



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

NOVEMBER 2014 ISSUE

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

OUR NEXT MEETING
will be Nov. 5th, first Wednesday
of the month at 7:00 P.M.

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

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

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

The Compassionate Friends
Mission Statement...

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

The Nov. 5th meeting will be **our Thanksgiving Pot-Luck and Remembrance program instead of a regular meeting. Friends and family are invited.**

For a free Picture Button of your child, call Ken at (310) 544-6690. (Friends and family might like one for the upcoming events.)

Mark Your Calendar: Wed. Dec 3rd is our regular meeting. **Sunday, Dec. 14th** will be the World Wide Candle Lighting at Malaga Cove Shopping Plaza.

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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Save the Dates... Just a reminder to mark your calendars and invite friends and family to the November Pot-Luck Remembrance program and the World Wide Candle Lighting in December. The thought of enduring the upcoming holidays may seem overwhelming to the newly bereaved. One of the ways we can lend support and encouragement to each other is by participating in activities that are designed as a tribute to our deceased children.

November 5th we will be having our potluck dinner and candle lighting in the Parish Hall, here at the church from 7 - 9 pm., instead of a regular meeting. TCF has found that thoughts of being thankful for anything positive in your life is often overlooked because we are so consumed with our grief. This Holiday pot-luck and remembrance program is designed to help you and your family ease into the holiday season. Bring a dish to share and invite your friends and family to join us as we find ways to honor our children with our holiday remembrance program.

December 3rd will be our regular meeting. If we are not in our regular room, (the church often uses our room to set up for their Dec. festivities) just follow the signs to the meeting.

Sunday, Dec. 14th is the World Wide Candle Lighting at Malaga Cove. Plan to arrive by 6:45 because we need to start lighting candles by 7. The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age and from any cause. Candles are lit at 7 p.m. local time, creating a virtual wave of light around the world. Candles and chairs are provided. Dress warmly and remember we meet rain or shine. Friends and family are invited to join all the Compassionate Friends around the world as we light a candle at 7 pm in every time zone, creating a wave of light that moves around the world.

This month's newsletter will be focusing on the upcoming holidays. This often overwhelming and conflicting time of emotions can take many by surprise. Planning and preparing ways of dealing with the holidays as a bereaved parent ahead of time will make facing them a little easier. We hope the following articles will make the upcoming Thanksgiving season easier to bear.

Thanksgiving

The time draws near and the calendar says Thanksgiving is really here. Time to reflect and time to gather. Thoughts of what to be thankful of. Thankful? I think not. My life is not full these days. And to be thankful is beyond my grasp. But to give thanks? This, I believe, can be done. Searching my soul deep within reasons to give thanks, surface to the edge.

Yes, I give thanks for the memories of yesterdays. The love, the laughter, the joy of each day when James was with us. The trials and tribulations of being an active parent. The rewards and the challenges of raising a child. The days of blissful ignorance when I thought tragedy would never visit our home. The days when life was normal, even though I took it all for granted. For the treasures of today. The sunrise, sunset, the changing of the seasons. The new found friends along this journey I reluctantly travel. The tried and true friends who stand by me still. The strong and everlasting love of my husband. The warmth of wet kisses from my canine companion and feline friend. The encouragement and support, compassion and caring I give and receive as I survive and help others survive. For the hopes and possibilities of a peaceful tomorrow, with faith, love, and perseverance as I struggle to move on with James in my heart forevermore, spiritually guiding me with his new presence. With sorrow and reluctance, each new day. To yet, somehow, be open and loving, not to forsake what I've learned.... Because of what I've lost.

--Meg Avery, in memory of her son James

A Forgiving Thanksgiving



Thanksgiving, unlike Christmas, there was no pressure of giving just the right gift! Thanksgiving Day brought family gatherings and good food. Late on those afternoons, we would return home full from over-eating and satisfied that our family relationships were intact. It was also a day that reminded us of everything for which we were thankful.

We are supposed to be thankful, of our families, our comfortable life, etc. The death of a child changes our perceptions, however. When the family now gathers around the Thanksgiving table, I now see a missing plate that no one else sees. When our nieces and nephews are laughing

or crying, I hear a voice that no one else hears. When a family recounts a story about something his or her child did last week, I wish for a story to tell. (Of course, when I say no one else I exclude my wife and daughter. I'm sure that they see, hear and wish what I do, although probably at different times.)

We still have much to be thankful for, we bereaved parents, and we should remember that. But now Thanksgiving Day has an additional observance for us too, doesn't it? It is a day of forgiveness also. We must forgive others who cannot acknowledge the missing child, for whatever reasons. If family and friends cannot understand us, then we must exhibit tolerance, forgiveness and understanding. On a day which we offer thanks, we can climb another step on our ladder to recovery. I hope you have a forgiving Thanksgiving.

-- Jim Hobbs, BP/USA of Northern Texas



The Holiday Army

Here it comes again - the Holiday Army - in its annual march against us. Some of its generals are called "Thanksgiving," "Christmas," "Hanukkah," "New Year's Eve" and "New Year's Day." They are no respecters of the heartbroken and emotionally wounded, and their troops are merciless. They take no prisoners! They demand that we participate in their joy and nostalgia or they will mow us down with their militant tanks of holiday spirit.

Sometimes they declare their war on us openly - without shame or remorse. Sometimes, they wait for us in ambush. Their intelligence operators have been working diligently all year, waiting for the Thanksgiving Day (or sometimes Halloween!) trumpet signal to begin their attack. They just don't seem satisfied to have their celebrations and parties and dinners and festivities unless they can recruit all of us into their ranks.

Actually, we wish them well. All we really want is for them to leave us alone and let us mourn in peace and quiet. We prefer our "Silent Nights" to their "Deck the Halls" and "Jingle Bells." We don't intentionally spoil their fun; it's just that our pain makes them uncomfortable. They've been conditioned to believe that "The Holiday Season" should have no blemish of suffering or lack of frivolity. We must not only bandage our wounds while in their presence, but cover them with taffeta and sequins besides. They are convinced that all we need is to "put on a happy face" and all our sorrows will magically evaporate.

In their mad pursuit of happiness, they shoot us with the bullets of shopping, piped-in music, special holiday foods and fragrances, gift wrapping, decorations (especially the angels!), joyous children with happy smiles, cards, invitations, parties and gift exchanges. Any other time of the year, snow is considered a nuisance to shovel and plow through. At the holiday season, though, it is touted a romantic and is linked to sleighs and starry nights in front of fireplaces, snuggled close to those we love.

The most devastating bombs they drop into our lives are the images of reunion - times of greeting and hugging folks who are much loved and sometimes not often seen for awhile. They may only be separated by geography; our absent loved ones cannot cross the chasm of loss that looms before our tear-filled eyes. They remind us of things we should be thankful for (and we are more thankful for many of those things than they can ever imagine). They prod us with their spears of delightful togetherness, never realizing that what they celebrate is what we cannot now enjoy. We would not dream of attacking them in these battles for holiday survival. With our noses pressed against the glass that divides us, we actually long to be able to be part of their happiness. We remember the times we joined in their fun and we, too, were part of their army of nostalgia and joy.

Our broken hearts and bleeding wounds do not excuse us from being gracious, however. While grief does not give us permission to be rude and selfish, and we take no overt action against their aggression, we are not without defenses in these battles. We can shield ourselves with the armor of dignity with kind but direct and simple explanations: "We understand your need for celebration but this year we prefer quiet and private reflection and meditation." "Right now it's hard for us to function in large groups and to appreciate laughter and high spirits." "Our energy is so limited; we'd appreciate some quiet one-on-one time with you in a more spiritual atmosphere." We can gently remind them of how important it is for us to remember those we love who are gone. These or statements that clarify our position without judging or criticizing them for theirs. In kind and non-threatening ways, we need to tell them what's good for us, because they won't think of it on their own, and they can use the education.

We also can exercise the muscles of our sense of humor. It will take some effort on our part, but so does anything that is worthwhile and good for us. We can teach ourselves not to fall into the trap of thinking that our grief makes us the center of the universe. We can limit our demands that others treat us in "special" and "deferential" ways because of our pain. We can cut them little slack and remember that once upon a time, we were just like they are now. It's good and healthy for us to review our perspectives now and then and decide if we're being fair and reasonable.

We can express our love in simple and unhurried ways without all the frenetic, expensive and often hysterical hype that the holidays can generate. And we must exercise the expression of our love. Grief does not rob us of our ability to love; it reminds us ever more dramatically of our need to both give and receive love while we are here.

Whenever we can take some control in our situations, we empower ourselves, and then we feel less like victims in what seems like war of "peace on earth, goodwill toward men." Anytime we can educate and inform with mercy and compassion, we have given a truly spiritual holiday gift of love that will keep on giving forever.

-- Andrea Gambill, Colorado Springs, CO

At the Holidays, We Hope...

For those of you for whom this is your first holiday with the empty chair at the Thanksgiving table, we know that it is a particularly difficult day for you, and all of us who have been through that first major holiday understand your sadness and will keep you close in our hearts during this holiday season.

For those of you who have been through the first one and are in what I feel still the early years of this grief journey, we know how exhausting it is to try to put on a mask in order to make others feel comfortable. Here is hoping that you will be able to feel however you may feel today, and that your family and friends will be understanding and compassionate and allow you to have those emotions, whatever they may be.

For those of us farther down the road of our grief journey, we know that no matter the years that have passed since our child, grandchild, sibling or other precious one has been gone, though the years may soften our grief, we still ache for their presence and miss them with all our being. And, above all, I truly

hope that family and friends will speak their names, thereby giving you the gift of allowing you to remember - with them - the one you miss so much. Though gone from this earth, they are loved and present in our life every day and will forever be.

--Cathy Seehueter TCF St. Paul, MN



The Irritability of Grief

As much as I have read about grief, I don't think I've read anything about how irritable it makes me. I'm guessing I'm not alone. I am short tempered, easily annoyed, and just generally uncomfortable in my own skin. There seem to be many contributing factors.

First, even after four and a half years, I often do not sleep well. I go to bed too early, probably, because often I'm just "done" with the day and want it to be over. Then, I wake up in the middle of the night and can't go back to sleep because I ruminate over and over about Jordan's death, all the circumstances surrounding it, all the difficulties since. I wish my mind had an "off" switch. I could sure use one.

Next, my chest still hurts. Not as much of the time as it used to, but still often enough to bother me. There is an elephant who has planted its foot upon my chest.

Third, it takes a lot of energy to put on the mask I wear so that I can maneuver about in the world. The mask that smiles at the good news of others, the time they have with their intact families, the joys and challenges that come with an ordinary life. The kind of life I used to have.

There are fifty-five conditions listed on Wikipedia that can cause irritability. Grief isn't one of them. Insomnia and sleep deprivation are. I think grief should be there too.

I find exercise makes it better as does a dose of sunshine. Having a dog helps, especially a dog who "has issues."

Also, I'm not irritable when I am engaged in trying to be helpful to someone else. So I try to do more of that.

But I am still irritable. Grief makes me irritable.
-- Peggi Johnson TCF Piedmont Chapter, VA

May you draw strength from the holiday traditions of your past. Hope from the changes you make for the present... And from both, faith in your ability to celebrate the future. --Bruce Conley

Giving Back

For some of us, the first year of attending The Compassionate Friends was a time when nothing seemed to go right in our lives. We would struggle and scratch out an existence between the meetings each month. We would live for that night, once a month, when we could meet our friends and discuss the common tragedies in our lives. That first year, after the death of our child, seemed unbearable and oftentimes filled with confusing doubts about whether we could continue to live.

The most gratifying aspect about The Compassionate Friends, is the fact that such a group even existed and met every month. There was always a place to have the meetings, always somebody who opened the door of the church, opened the library, and served as leaders for our large and small group meetings.

During that first year, I took these simple aspects of having a meeting for granted. I just assumed that somebody else was going to do this for me, that previous bereaved parents would lend a hand to a bewildered soul such as myself. From my readings and interactions with other bereaved parents I came to believe that my life could continue on. During the difficult times of my life I found solace in the people I met in The Compassionate Friends.

Now it is time to give back for what we have received or benefitted from this group. This return on our investment need not be a large amount of time or money, but a small contribution back to an organization that has helped so many. Giving back is often harder than taking something away, but in the long run much more rewarding. Give back to the organization your time to get involved in some aspect or in some way, give back an article or poem to the newsletter, give back some money to buy more books or tapes, or come to a meeting and provide refreshments. There are so many ways you can give back to this organization. All I ask is that you give what you can to the newly bereaved parents who are lost like I was after the death of my son.

--excerpts from Giving Back, by Todd Holcomb, TCF/ N.E. Georgia Chapter

Celebrate you loved one with your own memories and the memories that others share with you. This celebration will keep your loved one with you and a part of you, forever.



Grieving In Pairs

How many times have people said, "Well, thank God you have each other." How many times have you felt "each other" to be entirely inadequate at meeting your needs? Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seems that my "bad" day is my wife's "good" day, or the day she wakes up crying was the day I had planned on playing tennis.

Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is himself face down in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts, too.

--Gerry Hunt TCF, White River Junction, VT

Bearing the Special Grief of Suicide:

The suicide of someone you love is a devastating tragedy. It happens in the best of families and to the best of people, shattering the lives of the shocked survivors.

Learn to live with unanswered questions. Behind your questions is a broken heart that can't be healed with simple answers. Struggling through the not knowing is extremely difficult. You may never have an answer, the puzzle never resolved.

Acknowledge your feeling of anger. Survivors may be angry at the way their loved one chose to end their life. We never get angry at someone we don't care about. Anger, therefore, is not the opposite of love but a sign of a love deeply wounded.

Turn guilt into forgiveness. Healing takes place, when you realize that you cannot judge

your yesterday with the knowledge of today. That love alone may not be enough to save another's life. That there are limits to your power and responsibility. That you were not the only influence in the life of your loved one.

Suicide leaves deep scars on the survivors. Those who have experienced the suicide of a loved one can learn to let go of blaming themselves or their loved one. Or they can learn to live and take responsibility for their own future. They can emerge from their sorrow with a profound appreciation for the solidarity they have experienced with others, and with a deep awareness of the beauty and fragility of life.

--Arnaldo Pangrazzi - Care Notes Abbey Press

Stillborn, Miscarriage, Infant Death, Parents Of Infants - On Losing A Baby



Unlike parents who have had an older child die, our memories are few, and for some parents even non-existent. Those of us who have had a baby die have found it common for some people not to recognize the loss as being as tragic as the death of an older child. Maybe it is just as tragic, maybe it isn't. For most parents who have lost a baby, the tragedy is felt as intensely as can be. For many parents who lose a baby, there is nothing else with which to compare their loss.

It is just like we who have lost a child (at no matter the age) feel that no one can understand the way we feel unless they, too, have had a child die. Those of us who have not had an older child have nothing else to compare the death of our baby with, just as those who have had an older child die cannot completely understand our feelings upon the death of a baby.

The death of an infant is often times considered "unfortunate", but so many feel that it can be remedied with the birth of another child. Some people find it difficult to understand the love, hope, and the future that has been lost with the death of a "much looked forward to" baby.

In my own situation, I have found that the words of consolation most often given to me are things like, "You're young, you can have other babies... or "It's better you were never able to hold her and love her." And things like, "It's over with, forget it, put it all behind you..."

The truth of the matter for me, at least, was yes, I could have more babies, but it did not matter how

many children I could have in the future, I still had lost Jessica.

She was the baby daughter I had wanted and tried to have for eight years. Upon her death, all my hopes and dreams and my happiness I felt were gone. The daughter I had looked so forward to holding and loving and spending time with was gone.

Yes, since her death I have been blessed with the birth of two children, a son and another daughter. I give thanks daily for their presence. But, just as another child could never take their place, neither have they replaced Jessica.

Was it really better that I never got to hold her? I think not. If only I had been able to hold that blessed little angel in my arms, if only for one short moment, I would be better able to cope with my loss. If I had been able to see her (even if she was already dead) I would have had a memory to hold on to the rest of my life. Learn to love her? I already loved her. I knew that she would be quiet and still when I spoke softly to her, she would react with some violent kicking when surrounded by loud noises. I knew her while she was yet inside me. She was real. I cannot ever forget her. I never want to.

I still wonder what she would have grown up to be like, what she would have grown to look like. Would she have been fair and active like Justin, or would she have been dark and composed like Ashlee? I think about these things even after four years. I expect to think about them for the rest of my life.

I wonder what it would have been like with three children to love. I wonder.... I guess for a parent of a baby who dies, the wondering is the worst. We just do not know. We have no memories to cherish.

I am not trying to make a comparison with the death of a child who lived to be older. I cannot compare things of which I do not know about. I just know that a parent who has a baby die feels grief, loss, pain, and hurt.

To grieve is to grieve, to feel pain and loss is to feel pain and loss, and to miss a child is to miss a child.

Of course, there are, as in everything, various degrees of feeling and to each parent his or child was special. The feelings still go deep and the loss is still felt at no matter what age a child dies.

--Deby Amos TCF Anniston, AL

For Friends and Family...



Hold Me

I want to cry.
Just sometime, let me cry.
Do not demand
that constant smile from me.

I know you are
uneasy with my tears.
I need to cry.
Please, do not turn away.

I promise you
that I will smile again.
Tomorrow I will be as light as air

But hold me now.
And let my sorrow be.
Just for today,
this moment: let me cry.
--Sascha Wagner

Newly Bereaved...

When Grief is New: Reminders

- * Try not to imagine the future; take one day at a time. Allow yourself to cry, both alone and with your loved ones.
- * Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
- * Try to be realistic about expectations for yourself, your spouse, other family members and friends. If each of us is unique and different, how can there be perfect understanding?
- * When a good day comes, relish it. Don't feel guilty and don't be discouraged because it doesn't last.
- * Take care of your health. Even though the mind might not care, a sick body will only compound your troubles, drink lots of water, take stress type vitamins, rest (even if you don't sleep), and get moderate exercise. Help your body to heal as well as your mind.
- * Share your feelings with other compassionate friends and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell - a very

healthy sign.

--Mary Ehmann TCF, Valley Forge, PA

Welcome...



Why I Attend TCF Meetings

After a busy day at work, when I'm rushing home to eat dinner, then hop back in the car again, going to a TCF meeting sometimes feels like just another thing added to an already busy day. Although there are days I hate my hectic lifestyle, that same hectic lifestyle is what disguises my pain. I think of my son every day, the moment I wake up, on the drive to and from work, and before my head hits the pillow every night. But the busyness is what keeps me from dwelling on a pain that is now all too familiar.

Then I arrive. The same people, who were there for me at TCF from the beginning, almost five years ago, greet me. The faces that were once strangers, I now call friends. The "How are you doing?" greeting is genuine; they really listen and care when I tell them that things aren't that great. I can be honest and know that THEY GET IT. As we go around the room and share our stories, I find myself saying, "I do that too ... I've thought about that too ... That's something I've been struggling with too ..."

When our meeting ends, on my drive home, I can't believe I even hesitated on coming to the meeting tonight. I needed to be there. Although the pain of losing my son has subdued over time, it still remains. I'm thankful for TCF, a place I can go where everyone knows my name and my hurt. At TCF, I can share a "glimpse" of what really weighs on my heart, which is very often different than the mask on my face.

-- Jennie Ewert TCF Gladwin, MI

Editor's Note: Some people wonder if and when they should attend meetings...what they have to gain...how much pressure will be placed on them to talk about such private and painful feelings they are having. TCF understands the many conflicting emotions that occur after losing a child. There is no pressure to share anything. Often in the beginning just listening is beneficial. Some people come soon after the death, others wait awhile. Being in a safe place with other bereaved parents, grandparents, and siblings who understand the depths of your pain and allow you to share your innermost thoughts helps you to realize you are

not going crazy, you are just grieving. Hearing from others who have walked in your shoes gives you the hope that you too, can overcome this loss. We invite you to come to our meetings and see for yourself how helpful they can be.

Helpful Hint...



Promise

The colors of life change as we go through grief. We begin black and white, then gray settles over us, seeping into our pores, surrounding us, smothering us for a long period of time then slowly the colors change. We may not even be aware of their changing 'til one day we see a rainbow and know it was meant for us.

--Fay Harden, from *Songs from the Edge, Memoirs and Poetry*

Book In Review...



Comforting Those Who Grieve: A Guide for Helping Others by Dough manning, from a chapter entitled "Listen"

"Listening can turn grief into growth. We do not take grief away from people; we simply help them walk through it – by talking it out. They need to talk to be a good listener. A good listener is a walking, touching personal intensive care unit."

Thanksgiving

This Thanksgiving I am truly thankful for many things. My family remains my greatest blessing. Friends who continue to walk beside me and let me talk and show them the same pictures over and over are added to my family. True, the empty spot at our table screams, but it screams, "Remember me, I gave you laughter and fun," and I am so truly thankful for his life. It was too short by my standards, but he got so much done. As one of his friends wrote after his death Jon added the spice" He did that and it stays constant and precious. I try to share it for him.

--Jo Hepburn TCF, Lexington, KY

Say "Sean" To Me

I know your names; Sean, Andrew, Billy, Lisa, Mark, Hannah, Sergio, Bobbie, Josh, Richard, Tara.

You were two, or six months, or four hours, or five years or nine or sixteen, fourteen, or eighteen...

Too young to die; too young to leave your parents Who I know will never be the same.

Your names are written on their lives.

They will remember your birthdays

With "if only" and "would have been."

They will count the years and measure you by your friends,

Mourn your graduations, ball games, marriages, Their dreams for you are like questions answered in dark clouds.

They will hold you in their dreams, cradle your teddies, sleep with your sweatshirts, yearn for the scent of you,

Long gone from your pillows,

They will walk into your darkened rooms and hope that

Tonight, you will be there.

They fear they may forget your faces,

Your smiles, your voices,

And hold onto the grief that binds their love to you As longing seeps into every corner of their lives.

They will remember the insidious unknowns that stole your breath, in the river, in a swimming pool, in a drainage ditch...

That stopped your beating heart in a hospital bed, On a mountain, in a car on a snowy November night

They re-live your last days, last touches, last breaths, and re-wind them again and again,

Until they are tight in their mind's eye,

And it slowly unravels their lives.

Your names entwine with my own sons' names my fears, my love for them.

I weep for your mothers, your fathers,

Your grandparents, your friends.

And all those who will never know you.

And when time silences the voice of solace,

I will say, Sean, Andrew, Billy, Lisa, Mark,

Hannah, Sergio, Bobbie, Josh, Richard and Tara.

--Nancy Jakobson Fort Collins, Colorado

Being Thankful In Tough Times

This Season I am Thankful for my Mind that still remembers you... my Voice that still speaks of you... my Spirit that still hears you... my Heart that still loves you...

-- Tanya Lord, The Grief Toolbox



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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Michael Bowed
Born: 5/95 Died: 8/14
Mother: Tomasa Richmond

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Amy Elizabeth Dodd
Born: 1/74 Died: 7/02
Mother: Kathleen Dodd

Asa James Dolak
Born: 2/94 Dfied: 12/13
Mother: Andrea Dolak

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

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

Sierra Dove
Born: Died:
Parents: Michelle & Mathew
Dove

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Maddison Grace Herrera
Born: 5/14 Died: 5/14
Parents: Gabriela & Jesse
Herrera

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 Honsinger
Born: 12/70 Died: 10/06
Mother: Sunny Honsinger

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Jessica Leffew
Born: 9/96 Died: 4/14
Parents: Jarrad & Omica Jelsma

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

Brian Lopez
Born: 9/93 Died: 4/14
Parents: Jarrad & Omica Jelsma

Kevin Le Nguyen
Born: 5/88 Died: 6/14
Mother: Tracy Le Nguyen

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kirk McMulty
Born: 7/84 Died: 2/14
Mother: Elaine Mc Multy
Sister: Reme Mc Multy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

William Nicassio
Born: 1/88 Died: 1/14
Mother: Pearl Nicassio

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

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

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

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

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

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

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

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

Tyiri Ojose
Born: 9/10 Died: 7/12
Mother: Maureen Ojose

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

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

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

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

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

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

Crystal Pagan
Born: 6/74 Died: 3/14
Mother: Sunny Honsinger

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

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

Maddison Grace Partida
Born: Died:
Mother: Gabriela Partida

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

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

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

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

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

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

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

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

Steven Quesada
Born: 8/77 Died: 7/14
Parents: Eleanor & Esther
Quesada

Shannon Quigly
Born: 112/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

Cindy Ranftl
Born: 8/68 Died: 7/97
Parents: Pat & Bob Ranftl

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Giovani Rubalcava
Born: 4/95 Died: 8/14
Parents: Gina & Dennis Diviak

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

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

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

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

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

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

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

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

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

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

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

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

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

Patrick C. Shillings Jr
Born: 1/88 - Died: 10/09
Mother: Rena Shillings

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

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

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

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

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

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

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



OUR

CHILDREN

REMEMBERED



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Susan Wagniere
Born: 7/75 Died: 7/13
Mother: Georgia Wagniere

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Brett Yodice
Born: 11/89 Died: 5/13
Parents: Sam & Susan Yodice

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

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

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

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

Birthday Tributes...



In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.) * Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

**A Birthday Tribute to:
Kevin Zelik
Nov. 1985 - June 2010**



Dear Kevin,
Happy 29th Birthday!
You've been gone for almost
4 1/2 years now. We think of you every day

and miss you very much. Our love for you keeps you present to us and helps ease the pain of your loss. Today we are very thankful for all the wonderful years we had with you, and we also wonder a bit about what might have been. What remains certain is that we love you very much and always will.

Love, Mom & Dad



**A Birthday Tribute to:
Richard Luthe
11/29/76 - 1/15/98**

Dear Rich,

Happy Birthday, Big Guy. I would like to wish you a happy 38th birthday, and tell you how much we all love and miss you. Sometimes it gets so hard for Dad and me not having you here with us. You were our life, our love, our treasure, our only child and wonderful son. But I do get a beautiful feeling and great pleasure in knowing that you are always looking out and watching over us where ever we are. No matter where we go we take you with us. So, my son, have a great birthday in heaven.

With all our love, Mom and Dad

P.S. See you at Disneyland for you birthday!

**A Birthday Tribute to:
Emma Fisher
Born Nov. 1999 Died: July 2006**



Dear Emma,

I miss you my sweet, beautiful daughter. You would be 15 years old this month, hard to believe we have celebrated 9 birthday's without you here.

Your 6-year-old face frozen in time, adorable smile, full cheeks, amazing blue eyes. You will be 6 years old to me forever.

Happy birthday my love, you are missed, but forever in our hearts.

With love always,

Mom, Dad, Mikey, Andy, Corey and Joey

For Siblings...



Not the Same

He was a very nice man, like so many others, and yet he was so different. His quick smile and gentle ways were like those of others and yet, he was so uncommon. He was kind and loving with unshakable faith like

others, and yet he was so unique. He was a dutiful soldier who gave his life like many others, and yet he was so special. The same as others? No Not to those who knew and loved him. He was himself, and individual, and he was my brother!

--Pam Miller, TCF Evansville, IL

When Siblings Are Grieving

1. Don't overprotect us. We are trying to fit back into our lives, and over-protecting us makes it harder.
2. Many feel that being stoic is being strong. Don't hide your grief from us. Show us that you grieve too, so we will come to you when we are hurting.
3. Information is important. We want to know what has happened or is happening, but we are afraid to ask for fear of hurting you more than you already hurt. Please give us opportunities to ask questions, and please answer... truthfully.
4. We often feel we are being ignored when we are left with other people, especially when these people won't talk to us about what is going on. (Parents and family members can help us when they help others to be open).
5. Grief is an individual experience; it is full of ups and downs. Sometimes we're happy when you are sad, and sometimes we are sad when you are happy. Help us to accept that that is all right.
6. Advice and easy answers to difficult philosophical questions don't help. Don't tell us something just to be saying something. It's all right to tell us you don't have all the answers.
7. Don't tell us that we won't understand when we ask questions. We understand more than you think we do.

--Suggestions from the sibling group, TCF, Acadiana, LA

For Grandparents...



Memories Are Elusive; Capture Them While You Can

If I were to recall my many memories of James, they surely would begin on the very first day of his life. And what an unusual day it was - so hot and rainy, with flashing bolts of lightening and loud claps of thunder. Late that afternoon, I was holding him in my arms, and the feeling of joy

and happiness is something I can still hold in my heart. After that, the visits were so much fun to see the progress James was making from month to month.

But then the day came when he came to say good-bye for a while because he was moving from Connecticut to Georgia, which seemed to be very far away. Then it was time for phone calls and letters with photos enclosed.

I had summer visits to look forward to and of course, always at Christmas. I remember the fun I had with James in the joy that he loved about the holiday.

When it became possible for me to live here my happiness was complete because then it meant I could see him more often.

The soccer games - always proud days because James played so hard to win for his team - the times he stayed at our house where we played games - none of which I could ever win - the help he loved to give me doing crossword puzzles - and the delight in his eyes when he found the piece of the jigsaw puzzle that I just knew had been lost. The vacations we took together - he so enjoyed seeing new places, sharing "The Little Mermaid", "The Velveteen Rabbit" his very favorite movie and book.

All these and so many more will be cherished in my mind and heart and James will remain there for all time. I am his grandmother, will love my precious grandson, my James, for all eternity. May God hold him in the palm of his hand for us all.

--Georgiana Stempien, TCF Atlanta GA

From Our Members...



The Elephant In The Room

By Terry Kettering

There's an Elephant in the room. It is large and squatting, so it is hard to get around it. Yet we squeeze by with, "How are you?" And, "I'm fine."... And a thousand other forms of trivial chatter. We talk about the weather. We talk about work. We talk about everything else-except the elephant in the room. There's an elephant in the room.

We all know it is there. We are thinking about the elephant as we talk. It is constantly on our minds. For you see, it is a very big elephant. But we do not talk about the elephant in the room. Oh, please say her name. Oh, please say

"Barbara" again. Oh, please let's talk about the elephant in the room.

For if we talk about her death, perhaps we can talk about her life. Can I say "Barbara" and not have you look away? For if I cannot, you are leaving me Alone In a Room With an elephant.

--Submitted by Linda Olson

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

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

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

Healing the Grieving Heart... Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at www.health.voiceamerica.com.

Welcome New Members ... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to

feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

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

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

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



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

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



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

SIBLING PHONE FRIENDS

Kristy Mueller..... (310) 373-9977
Joey Vines.....(310) 658-4339

REGIONAL COORDINATOR

Olivia Garcia.....(818) 212-3506

Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be

included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new member's children.

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

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



Additional Grief Support Bereavement Organizations and Resources:

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

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

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

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

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

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

NEW HOPE GRIEF SUPPORT COMMUNITY: Grief support and education groups for adults and

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

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Call Patty Ellis (310) 546-6407—new number

Torrance Memorial Bereavement Services: (310) 325-9110 Weekly grief support.

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

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

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

Other Grief Support Websites...

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

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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

A SPECIAL THANKS TO:

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

CHAPTER OFFICERS:

CHAPTER LEADERS: Linda Zelik
NEWSLETTER EDITOR: Lynn Vines
PROOFREADER: Sandra Myricks
TREASURER: Ken Konopasek
CARDS & WEBSITE: Crystal Henning



STEERING COMMITTEE MEMBERS:

Kristy Mueller	Linda Zelik
Lori & Dudley Gray	Cheryl Stephens
Cheryl & Bill Matasso	Lynn Vines
Nancy & Elliott Fisher	Ken Konopasek
Kitty Edler	Crystal Henning
Susan Kass	

Request to all members... The South Bay/L.A. chapter needs your help...

Much of what make The Compassionate Friends such an unique group is the compassion we share for each other in our grief. While we are newly bereaved it is all we can do to make it to the meetings. But, for those of us further down this road, we need to remember to help those newly bereaved families cope and reestablish their life after this great loss. Giving back to TCF who was there when we needed it can be done in many small ways. Please help us help others... like those who were there to help you when you were newly bereaved... This can be done in many different ways: Make a donation in memory of your child, send in a birthday tribute, write something for the newsletter, help set up at a meeting, donate a book to our library, call a newly bereaved family and be there to listen, share and offer suggestions at a monthly meeting, attend a steering committee meeting to help plan topics for the newsletter and programs, invite friends and families to our remembrance programs.

We also need help setting up for up upcoming pot-luck and remembrance program on Wed. Nov. 5th. If you could come at 6:00 and help set up it would really help. We need to set up the tables, place materials and centerpieces on the table and fold programs before guests begin to arrive. If you are ready to write a poem or tribute in honor of you child, sibling, grandchild or friend, we would love to have it as part of the program.

We need to get the word out about the upcoming World Wide Candle Lighting that will take place Sunday Dec. 14th. We have flyers and posters that need to be handed out. If your church, synagogue, club or organization could include it in their next bulletin, it would let the community know TCF exists. This event is open to the community and one way people can reach out and support families who have lost a child.

Please help, after all, "We need not walk alone. We are the Compassionate Friends.

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

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

In loving memory of Mark Edler, 11/73 - 1/92. Mark, we all miss you everyday. Your nieces and nephew are growing up fast. Little Mark loves happy faces and surfing. It's been a tough year, but I know you are waiting for me. Happy Birthday, until we meet again to celebrate.
Love, Aunt Roxi

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.

Dear Compassionate Friends,

It is time to update our mailing list to make sure we have your current information. ALL OF THIS INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL. Since we are now sending out more than 500 newsletters monthly, it is time to confirm that each person still wishes to receive it. We want all bereaved families to have the benefit the newsletter provides. Please take a moment and respond so our records will accurate. Please, simply fill out the form below and return to P.O. Box 11171, Torrance CA 90510-1171. We don't want to delete anyone who still wishes to receive a newsletter, but it is also available online at www.tcfsla.org Please mail this form, e-mail Lynn at Lynntcf@aol.com or call (310) 530-3214 to respond.

There is no charge for this newsletter. However, if you would like to make a year-end donation to help with our postage expenses or library materials, please include it in the same envelope. Since our chapter depends upon voluntary contributions to cover operational costs, donations are very much needed and appreciated. To dedicate the donation, please enclose the completed donation form with your message.

IMPORTANT: Compassionate Friends is a "support group", which means that we help or support each other. The best way our chapter can survive is for bereaved parents to help other bereaved parents. If you feel that you have reached a point in your own grief where you might be able to give of yourself, WE NEED YOU! There are many jobs that we need your help with. Please join our Steering Committee which meets three times a year to discuss chapter business and new ways to help the newly bereaved. You could bring refreshments to a meeting, help set-up chairs at the meetings, become a "Grief Buddy" to help the newly bereaved, put out our library materials, or help facilitate the leaders at a meeting. All these little jobs when combined, are what makes a good chapter. With your help, we will continue to be there for the next bereaved family who doesn't even know they will need us in the future. Thank you, TCF South Bay/L.A. Chapter

Please print clearly the following information:

Your name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Yes, I want to help ... A donation is enclosed in memory of _____

Please delete my name from the newsletter list.

I wish to continue to receive the newsletter. OR I wish to receive the newsletter online

I can volunteer to help our chapter in honor of my child. Please call to discuss my options.

For corrections or to add you child to the Our Children Remembered section of the newsletter: Please print your information the way you want it to be listed on the Our Children Remembered section of our chapter newsletter.

Child(ren)'s Name (including last name) _____

Birth date(s) _____ Death date(s) _____

Parents' Names (including last name) _____

Thank you for taking time to fill out this form and returning it to:
The Compassionate Friends South Bay/L.A. Chapter, P.O. Box 11171, Torrance, CA 90510-1171

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

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Although you and your
loved one
will be apart,
May the warmth of
Thanksgiving
comfort your heart.
–Hope for the Bereaved

– Change of Service Requested –

November 2014

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

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