



# *The Compassionate Friends*

## *South Bay/LA Chapter*

### **Supporting Family After a Child Dies**

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

NOV. 2015 ISSUE

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

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

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

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

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

The Compassionate Friends  
Mission Statement...

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

The Nov 4th meeting is our holiday remembrance program and pot-luck. Friends and family are invited.

**Upcoming Events:** Dec 2<sup>nd</sup> is a regular meeting but will be held down the hall.  
December 13<sup>th</sup> is the World Wide Candle Lighting.

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

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

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**The November 4th meeting will be our Remembrance Pot-Luck** instead of a regular meeting. As the season changes many people feel apprehension about the upcoming holidays. It is hard to feel "Thankful" for anything when your grief is so new and all you can focus on is your pain and how much you and your child will miss out on in the future... what is there to be thankful for? This remembrance program and pot-luck is one way we can include our departed child in our holidays. It allows us to take a moment and realize how thankful we are to have even had our beloved child in our lives – no matter how short of a time we had together. With some reflection, we can start to appreciate the things we do still have and cherish...like the love that still remains for our children. We invite you to include friends and family members in our pot-luck as we pay a tribute to our loved ones.

Each family is asked to bring a main dish, a salad, or a desert to share. We will have a program where we share poems or stories about our child. We encourage you to participate if and when you are ready. The pictures of our children will be on display. If you have not already done so, please bring a picture of your child to put in our Memory Book. We will also be making picture buttons of our children. Remember to bring a 3" picture of your child for your button.

This month we will be facing the upcoming holidays. If this is the first major holiday after the death of your child you may feel overwhelmed with all your conflicting feelings. The following articles may help you find a way to participate in a less painful way.

## Be Good To Yourself



Often when we are new in our grief, the commitment of preparing a big Thanksgiving meal and entertaining can seem overwhelming. Some parents think the "whole family" will not be there so why bother. It will just make it even more apparent that someone so important to your family is missing. Thoughts of should you... or even how do you, mention your child without ruining the event for others crosses your mind. My suggestion is be good to yourself. Do whatever you feel up to doing. Keep it simple, and include your child somehow. Light a special candle, say a special prayer, serve your child's favorite desert and take the time to remember how

much they enjoyed it.

Some families only want immediate family around them. Other families may feel they want to get together because there is strength in numbers and with a bunch of people, the missing child won't be quite so apparent. The idea of being together and sharing memories of past holidays when the whole family was intact is comforting to them. Some families just try to block out the whole thing. Whatever you decide to try, just remember to take care of yourself. Have a back-up plan in place just in case you get overwhelmed and need to escape for awhile.

Deciding how you will spend Thanksgiving ahead of time can make the holiday much easier. If you want to be together, make it simple. Be a guest instead of the hostess, get together but go to a restaurant, just do dessert if it would be easier, or maybe skip the whole thing and go out of town.

Whatever you decide, remember to talk to your immediate family and get their input. Children often feel they have already lost a sibling and now they can't even have a normal Thanksgiving... which means they will have to endure an additional loss, if you try and skip the whole thing. They are hurting too and sometimes as parents we need to do what is best for them. Talk about everyone's feelings, and prepare a game plan. What ever you decide, try to keep it simple and take care of yourself in the process.

Keep in mind that countless bereaved parents who have endured that first painful Thanksgiving without their child would tell you that the anticipation was worse than the actual event. No matter how the day went, you will have survived the holiday and next year you will be in a different place in your grief and will probably do something different. But most importantly, where ever you are in your grief, take the time to be good to yourself and look for something to be thankful for. –Lynn Vines TCF South Bay/L.A., CA

## Why Should I be Thankful ?

The question tormented me the first year after my daughter died. I felt like my life was over and that I had been condemned to a miserable existence for however long I would be "stuck" on Earth. I couldn't think of a single thing that I wanted to thank God for. The whole idea infuriated me. In fact, I would have loved to slap him one if I could have.

This is now my 5th Thanksgiving without Colleen. I have a wonderful, supportive, and loving family. I have a roof over my head, food, a bed to sleep in, and the best friends a person could want. The ironic thing is, I had all those things back then, too, I just couldn't see them because I was too busy concentrating on what I'd lost.

The point I'm trying to make is that you can choose how you're going to feel. Of course, you'll be sad and miss your child; we all will. But you can dwell on what you do have. If you look, I'm sure that you'll find many things to be grateful for. The more of them that you can find, the healthier your whole life will be.

Whether you like it or not, life is going to go on. You can lock yourself in your room with the covers pulled over your head, or you can grab everything life has to offer and live it to its fullest. If there is anything we all should have learned from our children's short lives, it is that every moment is too precious to waste.

I wish all of you love, peace, and happiness on Thanksgiving and every day.

--By Kathy Hahn TCP, Lower Bucks, PA

*There's a vacant seat by the fire those words of  
Dickens say,  
In place of a child no longer here to join the Holiday.  
So we'll open our precious memories like precious  
gifts you share.*

*We'll rejoice in these and friends like you, who  
understand and care.*

--Vicki Douglas Otto, TCF Tucson AR

## Some Suggestions for Thanksgiving

Throughout our lives, expectations of things to come are based upon the past experiences. If, in the past you had set a glorious table and were the perfect host or hostess, it is very possible that friends and family will expect more of the same this year. They may not be aware that you are not looking towards the holidays with a fun and games' attitude. They probably do not know that in anticipation you may feel anxiety and fear. They are probably thinking that this year will be different and some sadness will accompany it, but I don't think they are aware of your anguish, especially if it's been "awhile".

I would like to suggest to you that in fairness to yourself, you need to be honest about your feelings and, just as important, you need to communicate

these feelings to those around you. I really don't think that it is necessary for you to believe that because you set a tradition, and always make the turkey, and always had the family over, you need to feel obligated to do it again this year. Perhaps you would like to tell everyone that:

--Someone else will have to make the dinner this year.

--You want to make dinner in your home, but need lots of help because you don't have the energy to do it alone.

--You want to go to the parties, but you are afraid that you may break down and cry, and you want them to know in advance that this is really okay.

--You want to tell them that it's okay to talk about your child, and by not talking, it makes it very uncomfortable.

The list goes on, but the point is that if you pretend everything is "just fine" it's a lie, and that's not fair to you or the people who love you

--Diane Zankoff, TCF Simi Valley, CA



## Fall

It is so hard to believe that summer is over! Even though summer is technically still here until September, the cool evenings we have been having, school starting, and football games being played are all signs that fall is here. And I love it! To me, fall is the most invigorating time of the year. The crispness of the air, the beautiful coloration of the trees, the smell of leaf and wood smoke, the sky full of birds traveling south "talking" with one another as they go, are all part of this wonderful world we live in. I hope all of you will be able to feel and see the wonders of fall.

Sometimes we are so "down" and preoccupied with our child's death, and we are working so hard to just get through each day, that we are unable to appreciate what is going on in the world around us. Try to take a few minutes each day and look around. If you can focus on a beautiful tree or leaf, smell the chrysanthemums blooming in the garden or bite into a fresh apple just picked and enjoy doing this for just a few minutes, it will make your day seem brighter. And, if you are up to it, go to a high school football game or a band competition. The enthusiasm of the young people participating in these events is contagious.

Yes, it sometimes hurts. We want our children to be there also, enjoying these activities. But it also gives us renewed faith that life does go on,

and there is happiness and excitement in the world. I hope you all can find some beauty and peace in the fall months ahead.

--Peggy Hartzell TCF Ambler, PA

## Quiet Courage

I have seen much courage in my life. Many types of bravery have inspired me. I am astonished by the courage of the elderly widow who buries her husband, quietly sells most of her personal belongings, furnishings and home and moves into a tiny apartment so that she can survive until death takes her, too.

I am distressed by the youthful courage demonstrated every day by soldiers who were high school kids heading for homecoming last year but who now serve in dangerous, hostile places fighting an enemy who is invisible in the crowd. The law enforcement memorial in Washington, D.C., speaks of the many brave men and women who have made the ultimate sacrifice in the line of duty to keep anarchy at bay.

The EMS and fire fighting people who hold strong to tradition and put themselves in harm's way each day to save others amaze me with their dedication and devotion to duty.

The single mother who works two jobs, raises her children, cares for them in times of illness, keeps a home, cooks, cleans and still finds time to bake cookies for the PTA fundraiser is a heroine who is doomed to remain faceless and unknown. Yet the courage to start each new day in the hope of making a better life for her children drives her forward.

There are all types of courage in this life. All are impressive, all are worthy of praise and all set standards for us to emulate. But the deepest, most compelling courage I have seen in my life is that of the parent who has lost a child to death. Each has experienced total helplessness and real physical pain in their loss. Raw in their grief, they join our Compassionate Friends group.

I am struck by how weakened in spirit these parents are, how tenuous their hold on sanity must surely be. Yet these parents quietly enter our meeting room and face the unknown with tears in their eyes and tremendous weight in their hearts. Their world is upside down, their children have died and the pain and loss seem insurmountable. They have been snatched out of their former reality and slammed into the depths of hell by a cosmic force more intense than a tsunami. These moms and

dads who have lost their beautiful child listen quietly as others talk of children who have lived for years in their parents' hearts. Each parent tells a story, each voice breaks, each heart breaks as a lost child's name echoes in the quiet room. The courage to acknowledge and face this new reality and look for hope in the midst of this infinite despair is a pure wonderment.

What pain is in this room? What deep, agonizing loss is systemic within this group? What will I say? How can I relate when I cannot even remember what day it is? How can I go on for one more day? These are the agonizing feelings of the newly bereaved parent. The Compassionate Friends meeting is the place they have chosen to begin their journey into what they perceive as a hideous, horrible, dark and unknown future. Yet their courage to face this, the greatest loss any human could possibly endure, is extraordinary. The power of the mind to begin to see reason, to begin to seek hope, to climb this mountain of trauma and travail cannot be overstated. This power is pure courage, raw courage, desperate courage, but courage in its purest form.

Each meeting brings the dread of facing the reality of their child's death. Yet the parents who have lost so much return to talk, to listen, to understand, to move into the light of hope. Gradually an understanding develops. Slowly each parent learns we must continue to live and honor our child. They light candles, visit cemeteries, fund scholarships, write poetry, raise funds to help others....all in memory of their precious children. They reach out to other parents who are newly bereaved, listening, talking and listening again with their hearts. Occasionally they smile. Then one day they laugh. The journey is long, the grief work is difficult, the pain is forever, yet they keep on moving forward into the light. There are no medals, no press releases, no television appearances, no accolades, no parades. The deepest, soul-permeating, life changing and amazing courage is found here. As I look at my Compassionate Friends I am awe-struck by the rare and quiet courage that fills this room.

--Annette Mennen Baldwin, In memory of my son, Todd Mennen ~ TCF, Katy, TX

"Yesterday is experience--  
Tomorrow is hope--  
Today is getting from one to the other  
As best we can".  
--Author Unknown

## Living With Loss - Then and Now

When grieving, some people talk for therapy, others paint, carve wood or sculpt, others find solace in their churches. As a writer, I wrote my thoughts and feelings in a private folder on my computer. I have not shared my “therapy writing” with anyone before now.

Our son’s death in January 2006, took every part of my life and turned it upside down. Even though he was sick and his death expected, it was entirely unacceptable to me. My writing at the beginning of my misery is dark, for the light of my life had gone out—or away. Of course there were still people in this world I loved and cherished, but somehow the anguish of losing our son overshadowed absolutely everything. Hopefully, my therapy writing from “then” and “now” will offer hope to those suffering their own similar unacceptable loss.

### THEN: March 28, 2006

That great sadness causes great pain is no surprise. Can everyone see it all the time, everywhere I go? There is no spring in my step, no beauty in the world even though I know it’s still there; it simply is not there any longer *for me*. My shoulders slump and no one tells me funny jokes to cheer me up. Everything was so funny when Kyle said it, now he is gone and no jokes seem funny. How am I supposed to live without that laughter in my life? When I see a wedding photo I cry because I will never see my son standing by his bride at the altar, with a swell of pride and a hope of future for him springing forth from the depths of my heart. I don’t get to see him graduate from college. The UW said they are giving him a degree posthumously. I don’t like that term anymore. What difference does it make? Now he is dead and how is a degree supposed to help me feel any better? It doesn’t.

How can I help my husband and Megan, Kyle’s fiancée, when I can’t help my own self? I try to be nice, kind, and polite and it comes out apathetic. The only things I can do are the most basic personal care, like showering, dressing, eating, and sleeping—albeit sleep is fitful, containing horrific nightmares.

I know I am supposed to (‘should do’, ‘supposed to’, how I hate those expressions) want to keep going/living for others’ sake, like for Megan and Glenn. I love them dearly but I know they would be fine by themselves. I wish I could will myself dead.

Truly, I do. What is the ‘Big Lesson’ I have been put through something as unthinkable as this? What am I here in this world to learn?

I was the mother of someone extraordinary, not only did I love him with all of my heart, but I also *liked* him. Isn’t that unusual by itself? Although everyone liked Kyle, it seems unusual for a mother and son to like each other; but we did. He made me laugh all the time and now there is no more laughter or joy. How will I ever continue on through my life without my son?

### NOW – 2013 (7 Years Later)

The laughter has returned, ever so slowly. Beauty may be dimmer, but I see it now. Megan is now happily married to a great guy (who accepts her relationship with us, which is truly amazing) and she is still very much a part of our lives, for which I am grateful. I even sometimes think, “at least Kyle got to graduate from high school,” or, “at least he got to know what true love is,” or, “at least he got to attend college - and he loved it so much!” These thoughts slowly replaced “He will never be married,” or “he will never get to be a dad.”

Right after Kyle’s death, I read what other parents had written about their healing process and how they dealt with their grief. Hearing their stories gave me hope, and helped me understand how natural my feelings were—even the scary ones. Then one day I found myself laughing hard, really hard until my sides felt sore. Another day my little grand-nephew gave me a big, heartfelt hug - his sweet little arms around my neck melted my frozen heart. I feel immense appreciation every time I sleep next to my wonderful husband of nearly 33 years. I never use the word “lucky” to describe myself or circumstance anymore, but I feel fortunate at times. This is a huge improvement all by itself, that I can feel fortunate in certain relationships or events in my life.

And I can even remember, sometimes but not always, our son without wrenching pain. I do, of course, still have stabs of unbearable pain, but they are less frequent. For example, I spend time with a dear friend and can forget that Kyle died, if even for a few seconds at a time. I now remember times the three of us had together, and laugh with my husband about the memories instead of crying because there won’t be more memories to come. I can sing along with my radio when I am alone in my car again; I remember how much my car-singing bugged Kyle, so naturally I sang louder



and with more goofiness. I even make jokes out loud, when I am alone, in case Kyle can somehow hear me from wherever he is now. I feel as though we are laughing together.

What I miss the most is also what I treasure and remember the most. Somehow the pain slowly softens and the memories slowly become sweet again. They will for you, too.

--Sheryl Charvat, Eastside WA TCF Member



## Thank You Dear Compassionate Friends

I am writing to thank my compassionate friends for their sharing and support over some seven years. First, I thank you for the sanctuary you provided when I first experienced the shock of unknowably intense grief. You were a safe house in which I could breathe when pain was everywhere. As you have heard me remark, when your child dies you have to be careful just crossing the street because your mind is so deeply involved with grief that you may not see the oncoming bus. But on the deepest level, as a place of sanctuary where my pain was never out of place, you gave me the space I needed to learn lesson one--the paramount truth that: Those we grieve for need us to go on living in order that they may be remembered and the time we were together continually celebrated for its beauty and joy.

Secondly, I have to thank you my dear compassionate friends-- for that is what you are-- truly compassionate friends-- for another teaching. We are all equal in our grief because we must live with it always. Our children have died in many different ways, and we must somehow learn to live with their loss and we are all one in that fate. I remember my dead daughter everyday-- just as you remember-- and sharing equally with you has helped me understand how to live with grief that has become part of who I am.

And finally, I thank you for showing me how the grief I live with daily can make me a better person. Rarely in this world do we know what goes on inside the mind of another. But the thought that such a person may be experiencing the grief that never ends makes us just that much more understanding. And knowing the totality of our loss teaches us to value things differently. For truly we now know what things are really worth because what we have lost can never be returned to us. Nothing can replace it. When you miss somebody every moment of every day-- what survives has new meaning.

Compassion incorporates passion in the spiritual sense of the Passion--god's supreme act of self sacrifice-- the sacrifice of his child. And from your compassion I have learned that grief, no matter how enduring, can be lived and shared.

Thank you, Tom Ashton  
TCF, Manhattan Chapter

## A Suicide Survivors Beatitudes

Blessed are those who recognize our grief is compounded: that we grieve the death of a beloved person, but foremost, we grieve the cause of the death--suicide.

Blessed are those who give us permission to mourn the loss of one dearly loved, free of judgment, censure and shame.

Blessed are spiritual guides who relieve our concerns for the repose of our loved one's soul with the truth that God is All-Knowing, All-Loving and All-Forgiving.

Blessed are those who don't offer the meaningless cliché, "Time heals", because, for a long while, the passing of time holds no meaning or value for us.

Blessed are those who don't say, "I know just how you feel," but instead say, "I am here for you. I will not tire of your tears or your words of sorrow and regret."

Blessed are those who have the patience and love to listen to our repetitive obsession with "why?" without offering useless answers or explanations.

Blessed are those who reaffirm the worth of our deceased beloved by sharing memories of his/her goodness and times of fun, laughter and happiness.

Blessed are the mental health care providers who explain to us that, very probably, our loved one died of a terminal illness called depression.

Blessed are those who challenge our sense of omnipotence with the reminder that no one has enough power or control over another to cause them to end their life.

Blessed are the first responders to our loved one's suicide who try to relieve our sense of guilt and responsibility by assuring us, "This death is not your fault."

Blessed are those who lend acceptance to the value of the relationship we shared with the one who died by allowing us to speak of them and "what might have been."

Blessed are those that allow and encourage us to use our loved one's death in a manner that gives our loss and grief meaning and purpose.

Blessed are those who do not expect us to find "closure," "grief resolution," "recovery," or to "be healed," understanding that these terms define "grief work in progress" that will take the rest of our life.

Blessed are community care givers who direct us to suicide bereavement support groups where our anguish is understood, our loss validated and where we are encouraged by the example of others who have traveled this road before us.

Blessed are long-term survivors after suicide who role model. Not only can we survive, but, in time, we can thrive, we can regain peace of mind, restored confidence, renewed productivity and revived zest for living.

--by LaRita Archibald, Reprinted from The Survivors Group (friends and families of suicides) newsletter, Norwell, MA, May-June, 2004

## The Grief of a Parent Who Has Lost an Infant



To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should that child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent expects to outlive his child; the death of an infant is often the loss of a child unknown even to the parents. The expected stages of grief (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant.

1. Shame and guilt. Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

2. No memories. Parents may only have "souvenirs of an occasion" (birth certificate, ID bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they still feel they hadn't really gotten to know their child.

3. Loneliness in grief. It is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn they may give the impression that you are grieving unnecessarily over

a non-person. They hope that you can "forget this baby" and "have another one."

4. Neglected father. Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby too.

5. Mothers vs. fathers. Since the mother has bonded with her child all during pregnancy, her grief may be much deeper than the father who only came to know this child after birth. It may be difficult for a father to understand why his wife's grief is so profound and so prolonged.

--By Claire M. & Sue S. ~ TCF, St. Louis, MO

## Newly Bereaved...

### Dear Survivor: A Letter to You

It is said that death is part of life; that it is the other side of birth. I believe that death can also give meaning to life, a meaning that may escape you now while your grief is fresh and raw, but which may someday bring a special quality of peace to your spirit.

As terrible as your loss seems now, you will survive it even though that may seem unbelievable right now. Once that happens, you will have touched upon a new and incredible inner strength. But for now you may be a mixture of thoughts and feelings. Despair, longing, anger, guilt, frustration, questions and even understanding, tumble over each other, striving for but not quite reaching comprehensible sense and shape.

You seek relief—you need to heal. It is a journey, and you must work on it. And so, cry. The pain is real, but the tears are healing. Often we must struggle through an emotion to find the relief beyond. And so, talk. Talk to each other about your loss and pain. Don't hide or deny real feelings. Tell others that you need them. The more you deny something or address it in silence, the more it can claim destructive power over you. And so, search.

Over and over, you will ask "Why?" It is a question you must ask. Though you may never find an answer, realize that it is still important to wrestle with the "why" question for a time. Eventually, you will be content to give up the search. When you can willingly let go of the need to question "why," it will lose its hold over you, but it will take time.

And so, speak. Speak as often and freely of

your loved one as you need to. He or she will always be a part of you. Not to speak of the deceased denies his or her existence. To speak of the deceased affirms his or her life. Believe that in time, the pain of loss fades and is replaced by precious memories to be shared.

And so, grieve. This time of sorrow can be used to draw a family together or pull it apart. You may be one who needs to feel and express guilt so that eventually you will gain a more balanced view of your actual responsibility. You may need to give yourself permission to feel and express anger even though you think it's inappropriate.

And so, grow. We know we cannot control all that happens to us, but we can control how we choose to respond. We can choose to overcome and survive it. When we choose to grieve constructively and creatively, we come to value life with a new awareness.

And so, become. Become the most you can become. Enter into a new dimension of self-identity and self-dependence as you come to love others more fully and unconditionally. In letting go of love, we give it freedom to return to us. Become all that your loved one's death has freed you to become.

And so, accept. Accept that in some strange way, his or her death may enable you to reach out with a new understanding, offering a new dimension of love to others. I believe in a loving God Who is with us, offering strength, guidance and solace as we struggle with our anguish. I believe as we regain balance and meaning in our shattered lives, we can come to see that death can indeed bring a new meaning to life. This is my prayer for all of us.  
--Eleanora Ross in Bereavement Magazine

## Friends and Family...

### Thanksgiving Joy

Thanksgiving was always an easy holiday. Unlike Christmas, there was no pressure of giving just the right gift. Thanksgiving Day was a day of family gatherings and good food; Late that afternoon, we would return home full from overeating and satisfied that our family relationships were intact. It is also a day that we are reminded of all that we have to be thankful for. We are supposed to be thankful for our health, our families, our comfortable life, etc.

The death of a child changes our perceptions. When the family gathers around the Thanksgiving

dinner table, I now see a missing plate that no one else sees (of course, when I say no one, I exclude Bren and Kim. I am sure they see, hear and wish what I do, although probably at different times). When the nieces and nephews are laughing or crying, I hear a voice that no one else hears. When a family member recounts a story about something his or her child did last week, I wish I had a story to tell.

We still have much to be thankful for, and we should remember that. But now, Thanksgiving Day has an additional observance for us who are bereaved. 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 try to understand them, especially on holidays. If we can exhibit tolerance, forgiveness, and understanding on a day on which we offer thanks, we can climb another step on the ladder to recovery. Hope you have a forgiving Thanksgiving.

--Jim Hobbs, BP/USA, Denton, TX

## Welcome...

### Loss and Grief



Have you ever wanted to scream out in frustration in not being able to control your life? Did you ever wonder if you would care about anything again? Were your feelings ever hurt by people who turned away from you? Did you ever cry until your eyes and throat hurt? Have you ever buried your face in a certain piece of clothing and breathed in the memories? Do certain days ever get you down? Was it ever difficult to leave your home? Did you ever start crying for no reason at all? Did you ever get so angry that you can't think straight? Have you ever felt guilty about something you didn't do? Has your faith ever been tested to the limit? Were you ever tempted to tell others how you really feel? Did you ever think you would wake up from a terrible dream? Do you ever think about special moments? Have you ever wondered "why?"

Did you ever find Compassionate Friends who understood your grief? Do you ever feel it's getting a little easier? Yeah, me too.

--Cathy Heider TCF Algona, IA

Editor's note: Sound familiar? We can all relate to these and many other emotional issues that come



with the death of a child. We invite you to join us as we help each other in our grief.

## Helpful Hint...



"Grief doesn't have to be a passive thing that happens to you. Grieving is first and foremost something you do to heal your wounds after experiencing a terrible loss in your life"

-- Bob Deitz, Life after Loss

## Book Review...



### *Beyond Tears, Living after Losing a Child*

Nine mothers who lost a child and met in a support group give comfort and direction to bereaved parents. They candidly share with other grieving parents what to expect in the first year and beyond. This book can be purchased from the Centering Corporation. The Centering Corporation is the Nation's oldest and largest bereavement resource center. It is a non-profit center that offers thousands of grief resources for children and adults. Visit their website at [www.centering.org](http://www.centering.org) or call 1-866-218-0101 to see all that is offered. Tell them you are with TCF for free shipping.

## A Special Thanksgiving for Me

This Thanksgiving is different but special  
 And I want to make it clear  
 That we still must be very thankful  
 Because of the presence that is here  
 On the table there is food to eat  
 At our sides, are people we love  
 A warm house is under our feet  
 And our dear Bryan is right above  
 Although he's only here in spirit  
 At this special Thanksgiving meal  
 He should not be put out of our minds  
 For our memories are very real  
 Think of one wonderful moment  
 When Bryan made you smile  
 And be thankful for that memory  
 For that makes this time worthwhile  
 As I feel a tear form in my eye  
 I smile instead of cry  
 Because I know that is a tear  
 That will not be shed by Bry  
 For he now is in a place  
 Where he will be happy forever more

And we will all see him again  
 That is what I'm thankful for...

--By Bonnie, TCF, Burlington County, NJ  
 Reflections of an Anniversary

Frozen in a hundred photographs, my son,  
 No more do you crash through the door  
 And throw your adventures at my feet  
 Or solve the non-workings of a music box.  
 Your rolling giggle echoes in your sister's voice;  
 Your dimple somehow lodges on your brother's  
 face  
 And younger brother lives with your scientific thirst.  
 We said good-bye years ago  
 But you never left.  
 Memories, a thousand moonbeams of joy,  
 Not frozen, but active  
 A spirit filling in the corners and hollows of my life  
 A love expanding my capacity for living  
 Until in eternity—we meld again.  
 --Marcia A. TCF, Mercer Area Chapter, NJ

## Dear Child Of Mine

Dear Child of mine, who died before your time,  
 I am grateful for your life.  
 Though death brought the end of hopes and  
 dreams,  
 Still I am grateful for your life.  
 Through you I have known joy and sorrow,  
 laughter and tears.  
 Through you my life has been enriched, my  
 compassion heightened and I am more keenly  
 aware of the grief of others.  
 I am grateful for your life.  
 Now I draw upon my memories of you, some  
 happy, some sad. They keep you close in many  
 ways. They are priceless,  
 precious memories that help me bear the pain.  
 Through them I will learn to live again.  
 I am grateful for your life.  
 I have been blessed by your life and left with your  
 love.  
 I will share that love and strive to live to be a  
 blessing to others.  
 Dear Child of mine, though you died before your  
 time, you are never far away from me.  
 I have loved you in my heart of hearts and there I  
 will love you through eternity.  
 I am grateful for your life. Dear Child of mine.  
 --By Betty Stevens, TCF Baltimore MD



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

Troy Akasaka  
Born: 1/91 Died: 2/15  
Parents: Jay & Sharon Akasaka

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

Marie Ann Andrade  
Born: 4/76 Died: 12/96  
Parents: Sabino & Ana Andrade

Nancy Geraldo Andrade  
Born: 8/90 Died: 8/05  
Parents: Elizabeth & Rogelio Geraldo

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

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

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

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

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

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

Jeremiah Bell  
Born: 9/74 Died: 6/15  
Mother: Angela Albarez

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

Vincent Begole  
Born: 11/82 Died: 5/10  
Parents: Angela & Vincent Begole

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

Kurt Boettcher  
Born: 2/71 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

Austin Broussard  
Born: 3/95 Died: 9/12  
Parents: Travis & Marty Broussard

Michael Bowen  
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 III  
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

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

Ophelia 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

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

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

Hannah Elizabeth Cortez  
Born: 9/92 Died: 7/13  
Parents: Rafael & Shari Cortez

Layla Crandall  
Born: 4/15 Died: 5/15  
Parents: Mary Shahroodi & Shawn Crandall

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

Adam Crow  
Born: 5/70 Died: 7/15  
Mother: Flora Crow

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

Christopher deLapp  
Born: 3/93 Died: 11/13  
Mother: Viviana Baca-Curac

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

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

Cori Daye Desmond  
Born: 3/80 Died: 2/09  
Parents: Mark & Monica Desmond

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

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 Died: 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



# Our Children Remembered



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

Gregg Emberson  
Born: 1/75 Died: 1/92  
Mother: Cindy London

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

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

Marilyn Gardner  
Born: 6/53 Died: 1/14  
Mother: Pat Gardner

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Angela Johnson  
Born: 4/92 Died: 3/15  
Parents: Dennis & Maria Johnson

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

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

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

Scott Koller  
Born: 10/83 Died: 3/15  
Mother: Betty Benson

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

Michael Kropfman  
Born: 12/88 Died: 3/12  
Parents: Brenda & Greg Kropfmann

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: 11/06  
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

Quinn Frances Leslie  
Born: 12/12 Died: 9/14  
Parents: Ian & Katie Leslie

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

Joseph McCoy  
Born: 9/11 Died: 11/14  
Mother: Amy McCoy

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

Jeremy Stewert Mead  
Born: 10/61 Died: 11/14  
Mother: Carol Mead

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

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

Jacki Montoya  
Born: 10/89 Died: 7/15  
Mother: Theresa Montoya

Joshua Montoya  
Born: 4/15 Died: 7/15  
Grandmother: Theresa Montoya

Anthony Moreno  
Born: 2/91 Died: 11/13  
Mother: Ivette Romero

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

Marily Murney  
Born: 6/53 Died: 1/14  
Parents: Herb & Pat Gardner

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

Lisa Nakamaru  
Born: 12/93 Died: 10/14  
Mother: Grace Nakamaru

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 Samuel 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

Tyri 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 Died: 2/13  
Parents: Elliott Joseph Oliver Jr. & Linda Barcela

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



# Our Children Remembered



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

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

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

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

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

Mallory Richards  
Born: 8/92 Died: 1/11  
Mother: Lisa Richards

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

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

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

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

Jacqueline Taylor  
Born: 1/83 Died: 7/11  
Mother: Jennifer Flynn

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

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

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

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

Maddison Grace Partida  
Born: Died:  
Mother: Gabriela Partida

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

Patrick C. Shillings Jr  
Born: 1/88 Died: 10/09  
Parents: Patrick & Rena Shillings

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

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

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

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

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

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

Edwin Rodriguez  
Born: 3/64 Died: 12/14  
Sister: Nancy Garcia

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

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

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

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

Michael William Schlarb  
Born: 4/61 Died: 7/14  
Parents: Bill & Sharon Schlarb

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dominic Niall Pennington Roque  
Born: 8/02 Died: 9/09  
Parents: Kerrie & Ren Roque

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

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

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

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

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

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

Steven Quesada  
Born: 8/77 Died: 7/14  
Mother: Esther Quesada

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

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

Vance C. Valdez  
Born: 10/90 Died: 3/12  
Parents: Carlos & Maria Valdez

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

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

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

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

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

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

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

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

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

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

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

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

Julius Ramirez JR.  
Born: 8/09 Died: 8/10  
Parents: Bridie & Jules Ramirez

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

Jonathan David Streisand  
Born: 1/87 Died: 2/13  
Parents: Pricilla & David Streisand

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

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

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

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

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

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

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

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

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

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



## Our Children Remembered



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

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

Michelle Whitaker  
Born: 6/72 Died: 4/06  
Mother-in-law: Karen Scott

Taylor Whitaker  
Born: 4/00 Died: 4/06  
Mother: Karen Scott

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

Aaron Young  
Born: 9/74 Died: 6/15  
Mother: Sheila Young

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.

## Kevin Zelik 11/1985 - 06/2010



Dear Kevin;  
Happy birthday on this your big 3-0! It is hard to believe that you have been gone for over five years now but we still think of you and miss you every day! We have been watching the recordings of all your high school plays and are so grateful that we have them to remember you by! We all miss and love you sweetheart! Mom, Dad and Jeanine

## For Siblings...



## A Special Thanksgiving to Me

This Thanksgiving is different but special  
And I want to make it clear  
That we still must be very thankful  
Because of the presence that is here

On the table there is food to eat  
At our sides, are people we love  
A warm house is under our feet  
And our dear Bryan is right above  
Although he's only here in spirit  
At this special Thanksgiving meal  
He should not be put out of our minds

For our memories are very real  
Think of one wonderful moment  
When Bryan made you smile  
And be thankful for that memory  
For that makes this time worthwhile

As I feel a tear form in my eye  
I smile instead of cry

Because I know that is a tear  
That will not be shed by Bry  
For he now is in a place  
Where he will be happy forever more

And we will all see him again  
That is what I'm thankful for.  
--By Bonnie, sister of Bryan Todd  
Burling, NJ

## This Thanksgiving

This Thanksgiving and always,  
Through the grief,  
Through the tears,  
Through the loneliness,  
Through the fears,  
WE ARE THANKFUL  
WE HAD OUR BROTHERS AND  
SISTERS

--Khaki Chambers, TCF  
Pensacola, FL



## For Grandparents...

**A Grandparent's Sorrow** by Pat Schwiebert was recommended by one of our members and might be helpful for your parents. When your child is grieving and so are you, this booklet validates your losses as a grandparent. This booklet is especially written for grandparents who grieve. It offers a source of comfort, and also serves as a guideline to help you

help your children through this difficult time.  
Paperback, 40 pages.



## From Our Members...

### Yellow Butterflies

A message for Veteran's Day

At the turn of the century, in a small town in Virginia not far from Arlington, there lived a dear little flaxen haired boy named Jimmy. He had beautiful curly hair and when he played in the sunlight, it made his hair look like gold. His mother noticed yellow butterflies hovering over him as he played and remarked that they were the color of his hair.

The child grew older and was now ready to go to school for the first time. His mother walked down the garden path to the gate to see him off. She loved this little boy very dearly and was quite sad, for she knew she would miss him very much. As he went through the gate and was turning to wave to his mother, the yellow butterflies flew all around him; and one came to rest on his head. He liked to see them near, and never tried to catch them or harm them.

As he grew to be an older boy, for some reason the yellow butterflies flew around him many times. The years passed very quickly. Now the young man was graduated. About this time there was dread and fear of war. His mother's heart was heavy, for her son, Jimmy was already talking about enlisting if the United States declared war. War was declared in April, 1917. He enlisted. The day he left for training camp, his mother and childhood sweetheart went to the train to see him off. He tried to be cheerful, and make them feel the same, but his mother's heart was nearly broken and his sweetheart was very sad. They heard the train whistle and knew in a moment he would be gone. But just before the train arrived, again the yellow butterflies were there...flying all around him. He said, "The butterflies are still with me, and they will be here to welcome me back."

He went to war, and as soon as he could he wrote letters home, telling his mother and sweetheart to cheer up. The war would not last long, and he would soon be back. They received many letters, but suddenly they stopped coming. His mother thought he may be in action and couldn't write, and hoped to hear from him later.

But there were no letters for mother or sweetheart.

They scanned the casualty list. He was never reported wounded or killed in action, nor did they hear anything from the government concerning him. The war ended, and there was no news of any kind.

Time passed on. The broken-hearted mother read in the newspapers of the dedication to take place in Arlington. She went. There she saw the tomb and wondered who's son was lying there. In her heart she felt it might be her Jimmy. She tried to listen to the speaker, but heard little of what was said. Her anguish and pain was almost unbearable. At last she heard something like this: "We have come to honor this soldier. He was selected from a number of unknown soldiers. No one knows whose son is lying here."

Just then, Jimmy's mother gasped. It was all she could do to keep from crying out. Hovering all about the tomb were swarms of beautiful, yellow butterflies. She knew whose son was lying there. She thought, these people have gathered here to honor my son. It is his tomb they dedicate. And then she breathed a silent prayer, "Oh God, I thank Thee for those beautiful butterflies. They have come to welcome Jimmy back home  
--Anonymous, TCF, Providence, RI

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

**Our Website...** Joe Zelik is hosting the website and updating it with the current newsletter and chapter information. Thank you to those who are willing to get you newsletter online. To be able to send a reminder each month to let you know when the latest issue of the newsletter is available, we need your e-mail address. (Some of them are being returned to me as not a valid address. If you have

not been getting a reminder e-mail, please let me know) To update our files, please call Lynn at (310) 530-3214 to update by phone. You can also log onto our website at [www.tcfsgla.org](http://www.tcfsgla.org) if you want to do it electronically. Thank-you for your understanding and help.

TCF South Bay/LA

**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. There is also a closed group chat room for specific topics that you need to register for.

**Closed Group Chat... TCF National has several closed Facebook groups you may find helpful on your grief journey. Click the blue link above to be connected and request to join.**

**TCF - Loss to Substance Related Causes**

*Moderators: Barbara Allen and Mary Lemley*

**TCF - Loss to Suicide** *Moderators: Cathy*

*Seehuetter and Donna Adams*

**TCF - Loss to Homicide** *Moderators: Debbie Floyd and Kathleen Willoughby*

**TCF - Infant and Toddler Loss** *Moderators: Susan Peavler and Tiffany Barraso*

**TCF - Sibling Loss to Substance Related Causes**

*Moderators: Andrea Keller and Barbara Allen*

**The Compassionate Friends Sounds of the Siblings** (for bereaved siblings) *Moderators: Tracy Milne and Keith Singer*

**TCF – Loss of a Grandchild** *Moderators: Betty Farrel and Jennifer Sue Hale*

**TCF – Loss to Miscarriage or Stillbirth**

*Moderators: Kelly Kittel and Kenzie Janzen*

**TCF – Loss of an Only Child/All Your Children**

*Moderators: Lisa Ridge and Vicki Woods-Ozias*

**TCF – Loss to a Drunk/Impaired Driver**

*Moderators: Robin Landry and Rebecca Perkins*

**TCF – Loss to Cancer** *Moderators: Lee Meyerson, Michelle Setzer,, Marguerite Caraway Ward*

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

**2016 National Conference...**The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National

Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of next year's event, which promises more of this year's great national Conference experience. The 2016 Conference will be held at The Fairmont Scottsdale Princess. Plan to come and be a part of this heartwarming experience.

**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<sup>st</sup> 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.





Linda Zelik.....(310) 370-1645  
 Cheryl Stephens.....(323) 855-2630  
 Kitty Edler.....(310) 541-822  
 Richard Leach (grandchild).....(310) 833-5213  
**SIBLING PHONE FRIENDS**  
 Kristy Mueller..... (310) 373-9977  
**REGIONAL COORDINATOR**  
 Olivia Garcia.....(818) 736-7380

**Memory Book...** Our chapter has an ongoing Memory Book that is on display at each meeting. 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 Linda know so we can put your child's name on a donation label inside the book.



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

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

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

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

**ALIVE ALONE:** For parents who have lost their

only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available.

www.Alivealone.org

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

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

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

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

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

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

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

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

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

**Other Grief Support Websites...**

agast.org (for grandparents)	groww.com
goodgriefresources.com	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:**

Staples 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: Crystal Henning  
WEBSITE: Joe Zelik

### **STEERING COMMITTEE MEMBERS:**

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



### **In My Child's Memory...**

Room mother, coach, scout leader, etc. the list is endless when you have children. We volunteer to help, because help is needed, our children are proud when we help, and we feel good about ourselves when we help. Well...TCF needs the same commitment. Much of our healing comes from helping others. By volunteering to help, you ensure that the chapter will continue to flourish and be there for the other bereaved parents in the future.

I know it can seem daunting and you may be nervous to agree to help out during this difficult time, but you will be helping us, help others. Remember when you didn't know if you could even sit through a meeting? Remember how much it helped when someone else expressed the same crazy thoughts you were having but were too afraid to voice? Remember how helpful and reassuring it was to come to a meeting and be among others who truly understood the depths of your pain. Well, now that your pain has lessened, we really could use your help. Don't feel you can't do a good job or someone else could do it better. You don't need experience to fulfill any of the positions... you already have the experience of being a bereaved parent. You get it! You know what helped you. Now, you can muddle through just about anything, all you have to do is try. Besides, who in TCF would sit in judgement. We all are here to help each other. Please find the courage to reach out

and help our chapter.

It's about giving back...Now it is your turn. Please put your fears away and volunteer to help in one of the following positions that keep our chapter running. We will help you until you feel comfortable in your new role. You can do it, after all, you've already survived the worst pain possible. Volunteer in memory of your wonderful child. Do it for your Compassionate Friends. Everyone will benefit from your help. **Positions and jobs that need to be filled:**

**CHAPTER CO-LEADER:** Helps oversee general meetings. Gets our meetings started by announcing general info and then gets the discussion started.

**GREETERS:** Arrives at meetings early to meet, greet, and seat new members; assists with name tags and sign-in.

**SET-UP:** Arrive early to put out books and chairs.

**OUTREACH:** Helps publicize TCF so the community knows we are here. Attends annual networking meeting; displays information at health fairs.

**EVENT COORDINATOR:** Helps with pot-luck and remembrance programs twice a year.

**CARDS:** Sends a card from the chapter to commemorate a birthday or anniversary date for the newly bereaved.

**STEERING COMMITTEE MEMBERS:** Members who meet twice a year to give their ideas for meetings, topics, guest speakers, and agendas.

You can help in many different ways. Some tasks can even be performed from home. Your monetary and book donations are welcomed and needed. Submitting an article for our chapter's newsletter helps make it special. Sending a remembrance card that first year helps the newly bereaved know their child is being remembered. Become a phone friend and be there to encourage and listen to the newly bereaved. Sharing your ideas and suggestions to make our chapter stronger and available for families who have suffered the loss of a child helps us all.

Please stop and think about what TCF has done for you. We need your help in reaching out to the many new parents that are going to need us. You can help by getting involved and being a part of keeping our chapter functioning. Please do your part to help keep the organization going... to be there for those new families who will need us is. It is all about giving back...in your child's memory. Call Linda at (310) 370-1645 and volunteer.

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

In loving memory of John Mario Ruiz, June 1956 - June 2010.  
Love, Mom

In loving memory of our son, Kevin Reed Zelik, whose 30th birthday would have been November 12th. He passed away on June 23, 2010, at age 24. Kevin was a kind and gentle guy who loved acting, scuba diving, caving, cliff diving and several other high adventure types of sports. Kevin had just graduated from the University of Hawaii and was planning to become an environmental lawyer in order to protect the oceans and all the sea life within them.

With all our love, the Zelik family

In loving memory of Edward Wayne Myricks II, April 1972 - October 2011. I still cry, but instead of all day for days, it's a little each day (Mom). You are with me where ever I go (Dad).

Always in our hearts, missing you. Love Mom & Dad

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

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

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

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

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

Tribute \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

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

–Return Service Requested–



**November 2015**

**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.*