



THE COMPASSIONATE FRIENDS

Supporting Families After a Child Dies



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

NOVEMBER 2012 ISSUE

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OUR NEXT MEETING

will be November 7th, the first Wednesday
of the month at 7:00 P.M.

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

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.--

WHO ARE WE...

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

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

November 7th Meeting is our Pot-Luck Remembrance Program, instead of our regular meeting. Friends and family are invited. We will meet in the Fellowship Hall at 7 PM.

Mark Your Calendar... Sunday, Dec 9th is the World Wide Candlelighting at Malaga Cove Plaza at 6:45. (Set up help needed at 5:30.)

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

Remember to wear your picture button to the next meeting. For Picture Buttons of your child, call Ken at (310) 544-6690.

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November 7th meeting is our Pot-Luck Remembrance program. Instead of our regular meeting, we will be inviting friends and family to join us for our pot-luck dinner and remembrance program. The thought of enduring the 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.

Our pot-luck dinner is a time to share our love for our children with our friends and family. It gives us a chance to grieve and remember the love that will always remain for our child. We hope this tribute will help you ease into the holiday season. This will be a gentle time of poetry and music, tears and smiles, sharing good food and togetherness, as we join old traditions with new. Even if you have never attended a meeting or haven't been back to one for a while, we hope you will join us for this evening.

We will meet in the fellowship hall from 7 to 9 P.M. Each family is asked to bring a main dish and either a salad or dessert to share. For those of you who would like to read (or have something read for you) or share something about your child, we would love to hear from you during the ceremony. This is a great opportunity for friends and family to participate if they would like.

Pictures of our children will be on display at the dinner. If you have not brought a picture for our memory book, be sure to bring one. We will put all the pictures back into the Memory Book after the ceremony. Also, bring a picture for each free picture button you'd like made to the dinner and Ken will make them.

Remember, by sharing in this memorial service with family and friends, it reminds us we are not alone in our pain. It is a special time we set aside to include our departed children in the holiday festivities. Our children live on in our friends and families, in our memories, and in the many happy holidays now past. We have found sharing these memories helps us all.

Just a Reminder: December 5th we will have a regular meeting, but it will be held in a different room. (Our regular room is being used by the church on that day. The room change will be listed in the Dec. newsletter.)

Sun., Dec. 9th is the World Wide Candle Lighting at Malaga Cove Plaza from 6:45 - 8 PM. We need help in setting up. If you can help set up

chairs, please call Ken at (310) 5446690.

Holidays

The cool crisp air of autumn brings the excitement and anticipation of Thanksgiving, the holidays, family gatherings, special food, warm, joyous memories - and, for those of us experiencing illness, grief or separation from those we love, it can also be a time of pain, sadness or dread.

How can we comfort and heal the hopelessness and emptiness we feel as the rest of the world is dancing with happiness? Instead of pretending to be happy, allow yourself the permission to be exactly where you are – sad, withdrawn, depressed, angry – or, if a moment of quiet, relief, warmth, love, or happiness washes over you, allow yourself that moment. You may judge yourself for being sad or a "downer" and in the same breath, deny yourself any moments of peace and happiness, by feeling happiness or for feeling good.

Grief will come in waves— waves of memories of what you once shared together that you no longer will have. Holiday time can bring up incredible frustration, helplessness, and anger at a world that appears to be totally oblivious to your pain. As the holidays approach, focus on what you need to take care of yourself. It might be to create a new way of celebrating important events that will be a healing balm to your grief rather than a re-opening of the wounds. Solicit other people's support in your active process of surviving the season. Share with family and friends your plan to take care of your hurting. If there is something someone can do to nurture you, let them know. You will be giving them the gift of caring.

Our senses are acute at this time. Every sight, sound (i.e. music), aroma, taste (i.e. goodies), and touch will be magnified. Or the opposite may occur and we may be anesthetized and not be able to feel anything.

Throughout our journey into and out of the winter months, it is vital that we listen carefully each day, hour, and minute, to what we are experiencing, what we need, and what we can do to get what we need.

Be gentle with yourself. Treat yourself as you would the most delicate, tiny child who is hurting—who yearns only to be held, cuddled, and protected. Care for yourself as the precious human being that you are.

—Janet Childs TCF, San Jose/Palo Alto, CA

Avoiding Thanksgiving?

A very difficult area of functioning is coming to grips with the knowledge that there is absolutely no way of getting around holidays, despite your best efforts to avoid them. And they are horrendous times for many years. Their pain cannot be minimized. But they still must be faced.

One family trying to avoid Thanksgiving - which was the dead child's birthday as well, decided that family gatherings were no longer for them. They would travel or simply ignore the festivities. One day the mother came upon her ten year old daughter crying and asked what was wrong. She was sobbing, reported the mother, "All the children in school had told of their plans and made table decorations for the holiday and Lynn felt completely removed from her classmates. She cried that she was not only deprived of her brother who was dead, but she couldn't even have Thanksgiving dinner and a turkey!"

I listened and held her in her arms and cried. What she was saying made sense. After all, we still had three living children. They also mattered. That night I talked to my husband and we decided that, no matter how bleak and empty it would be, we would have a traditional Thanksgiving dinner.

The family sat around the table, very quietly at first. The father said grace and thanked the Lord for a bountiful meal. When he was through, their ten year old said she had something to add. "I want to thank Mommy and Daddy for making this very special dinner for our family. And most of all I want to thank you God for having let us have my brother Eric for six years. The mother who will never forget what her daughter said told me there was not a dry eye at the table for a few minutes. But gradually, as the meal progressed, they made an effort to discuss why the holiday was celebrated. From there, the parents told of amusing experiences at Thanksgiving dinners in their younger years. The mother said she planned to tell the stories to lighten the atmosphere just as carefully as she planned the menu. By the time the meal was over, the parents discovered what had been built up in their minds as unsurvivable had become just another turning point.

There will be many such turning points as you work your way forward. You have already survived what you were certain you could not live through - the death of your child.

Turning points, plateaus, are merely steps in coping and nothing more. As you go through each holiday, each season, each happy/sad occasion, you will gain strength from having passed beyond yet another painful event.

--Harriet Schiff, The Bereaved Parent



Thankful... Versus Thankless

This is the time of the year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks I am really dreading the holidays. And why not? When your grief is so new you haven't had the necessary time to accept life as it is for you now.

On the other hand there are those of us who have had the necessary time and the proper support, who are able to observe the holidays in a less painful way. We have kept some of those old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn't include someone who was a vital part of who and what we were. We're different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words thankful and thankless follow one another in the dictionary; so close together in a book, yet so far apart in meaning. When you think about it the "difference between" the two words is full and less. Though those of us who have had more time do like the more newly bereaved, have less in the way of family, but our lives have fullness again because we have learned to be thankful and appreciate that which we have left in the way of people and memories more so than we ever thought possible.

As you approach this Thanksgiving, if you haven't yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn't until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays.

I hope the transition from thankless to thankful will be soon in coming to you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday season. I wish you more of the same in the New Year.

-- Mary Cleckley, Lawrenceville, GA

Freedom is Not Free ...

I watched the flag pass by one day,
It fluttered in the breeze.
A young Marine saluted it, and then
He stood at ease.

I looked at him in uniform
So young, so tall, so proud,
With hair cut square and eyes alert.
He'd stand out in any crowd.

I thought how many men like him
Had fallen through the years.
How many died on foreign soil?
How many mother's tears?

How many pilots' planes shot down?
How many died at sea?
How many foxholes were soldiers graves?
No, freedom is not free.

I heard the sound of taps one night.
When everything was still.
I listened to the bugler play
And felt a sudden chill.

I wondered just how many times
That taps had meant " Amen"
When a flag had draped a coffin
Of a brother or a friend.



I thought of all the children,
Of the mothers and the wives,
Of fathers, sons and husbands
With interrupted lives.

I thought about a graveyard
At the bottom of the sea
Of unmarked graves in Arlington.
No, Freedom Is Not Free.

--Cadet Major Kelly Strong, submitted by Wayne
& Jayne Newton, TCF, Atlanta Area

Hope

I sat down regularly to read the many
newsletters I received from the chapters around
the country. Most of the time there were articles
in them that made me cry a little.

I read about children who are dead and
parents who were hurting, but never did I come

away from these reading sessions depressed.
I came away with hope - hope that the searing
torment does lessen and eventually give way to
warm, loving memories of our child.

When we are in the deepest throes of our
grief, when our beloved child has just recently
been snatched from life by a tragic accident or
succumbed to a fatal illness, or died in some other
way, can we believe again? When to simply get
up in the morning is a major accomplishment, can
we believe that we will ever again be able to
function with enthusiasm and purpose?

When every thought of our children brings
excruciating pain, can we believe that we will
someday be able to think of him/her and smile? I
know it is hard to believe that this will ever
happen, but it will.

Words used in defining HOPE are "expect,"
"trust," "anticipate," wish," "desire," and
"confident." These are the key words.

If we wish it, and are confident, the day will
come when we feel better. Of course, it doesn't
just happen. It takes long, hard grief work. It
takes many painful hours of allowing ourselves to
go through our grief. It takes patience and it takes
time. But know you will come to the light at the
end of the tunnel.

Know that there is hope. Know that many,
many bereaved parents who have been in the
same painful place that your are now have found
life meaningful again!

--Shirley Ottman BP/USA North TX

Grief Work Is:

Allowing the pain of grief to engulf your spirit.
Taking one more breath when part of you wants
to die. Getting up in the morning when your body
feels like it weighs a thousand pounds and
couldn't possibly move. Eating delicious food and
finding it tasteless. Putting clothes and makeup
on without a reason. Putting thought into a
decision that affects others when you couldn't
care less. Returning to everyday activities when
only a part of you is really there. Going through
the treasures of your child's life and death and
then talking about something else— for a while.
Smiling through tears. If you have done any of
these, your "grief work" has begun.

When does it end? After five years the load is
lighter. I am comfortable with that.

--Nancy Green, Livonia, MI TCF

Is There a Lawsuit in Your Future?

If your child dies because of carelessness or neglect on someone's part, be it an accident or illness, a lawsuit may seem the only answer that will satisfy your anger. It may appear a simple decision; instead, it is a choice that needs much consideration. Many times an out-of-court settlement for the full amount of an insurance policy is offered, but refused. Seeing the accused party on the witness stand, admitting full liability, is the only objective. No amount of money can make it otherwise.



Often there are two lines of thought within a household: one spouse in favor of a suit and unable to be at peace without one; the other spouse against the idea and unable to handle the thought of the stress that the suit would bring. The question then becomes: Whose needs are the greatest if you hope to live together in peace afterwards. Each spouse should carefully consider the other's ability to live with the final decision. There is not much comfort in winning a lawsuit but losing your marriage, or not having a lawsuit and losing your marriage.

It is important that you understand being involved in a lawsuit can, and usually does, lock you in place and does not allow you to move ahead through your grief work. It is so easy to concentrate on a lawsuit in an effort to postpone dealing with the unpleasantness of early grief. No matter the result of your suit, your grief, being the patient thing that it is, will be there waiting for you when all is said and done on the witness stand.

Not everyone should bring a lawsuit. Even if the facts seem clear-cut and plainly in your favor, you would be wise to seek the advice of an attorney who is a specialist in wrongful death actions, before making a decision. There are a few attorneys out there who, though not qualified, will foolishly take on such a suit. There is really nothing worse than having a lawyer botch it up from lack of expertise or experience.

Once you've selected a qualified attorney and brought all the honest facts before him, give him the necessary time to investigate your claim thoroughly. Let him have the responsibility for the decision to sue or not, and in the process, relieve your family of a tremendous burden. It

helps if your attorney knows about your claim as soon as possible so he can investigate it before the trail gets cold. Things can get changed or covered up if you wait too long.

If, after a thorough investigation, your attorney tells you that you don't have a suit, believe him! He isn't about to advise you against suing if he feels there is a chance your suit would be fruitful. He does, after all, make his living from fees earned from successful lawsuits. It is his job to not only analyze what is in your best interest, but also to say no when he doesn't feel you have a winnable claim. Though it hurts to be told there is no remedy for you, it does allow you to shift your interest to more attainable things that are a part of surviving after a child dies. If the decision is made to go ahead with a lawsuit, start then working on your attitude, for it does you no good to win the battle but lose the war. Don't let opposing attorneys devastate you. It is their job to discredit your claim. They should be thought of as "hired guns." They do what they must do to win for their side. You must approach the suit knowing what your child was and was not capable of. When you have the truth firmly in mind, there is no need to take every insinuation made about you or your child to heart. Once you have decided to stay above the fray, you will find you have come out a winner, no matter the outcome of the trial.

--Mary Cleckley Atlanta, GA

To My Child Who Died by Suicide

Today, I said goodbye to you
For I must live, have things to do.
Always you'll be within my heart
But grief will not tear us apart.
You did what you felt you had to do
Leaving me, guilty, angry, and numb to you.
I couldn't let go, I had to know why.
The less I'd know, the more I'd cry.
You did what you felt you had to do.
And now no matter how much I rue
The choice you made, dearest boy.
I must go on, my wits employ.
You did what you felt you had to do.
This choice I'd never have made for you
I don't understand, I don't know why
But I must go on, even though I cry.
Today I said goodbye to you.

Happy for the time, together, we knew.
The good, the bad, will be in my heart
But grief will no longer tear me apart.
--Toby Sue Shaw. TCF Stanford, CT



After I've Lost My Baby, Please :

1. Don't ignore me because you are uncomfortable with the subject of death - it makes me wonder if what happened to me, means nothing to you.
2. Acknowledge my pain, even if you think I shouldn't be feeling it because I've lost "only a baby." And please, don't expect me to be "over this" in a month (or maybe even a year or two); losing a baby is one of the most difficult of all life's experiences and the depth of my grief will even shock me as it returns in waves over and over again long after everyone else has forgotten. (Holidays and the anniversaries of his birth and death will be particularly difficult.)
3. If you haven't yet called and a long time has gone by, tell me that you are sorry, that you just haven't known what to say, but don't say you've been too busy! This has been an extremely large event in my life and it hurts to hear it has been so low on your priority list that you couldn't spare a five or ten minute call.
4. If you invite me for lunch in the midst of my grief, expect to talk about my loss. It's all I'm thinking about anyway and I need to talk it out. Small talk neither interests nor helps me now.
5. Don't change the subject if I start crying. Tears (and talking about it) are the healthiest way for me to release this intense emotion.
6. Telling me that so-and-so's situation must have been harder to bear won't make mine easier. It only makes me feel you don't understand or can't acknowledge the extent of my pain.
7. Don't expect that because "He's in the presence of the Lord" that is all that should matter (i.e.- that I should not be hurting). I do believe he is, and I'm thankful for that, but my arms ache to hold him here and I miss him so.
8. Now is not the time to tell me about your own birth experiences - it reminds me painfully that you came home with a baby and I didn't.
9. Telling me I must be a very special person that God would send me such a heavy burden and that "God's will is best" implies that God purposely did this. I believe His will is best, too, but I don't believe everything that happens (including my baby's death or anyone being killed by a drunk driver, for instance) is God's will.
10. Don't remind me that I'm so lucky to have other kids I am and I know it, but my pain is excruciating for this baby and the others don't take that away.
11. No matter how bad I look, please don't say, "You look terrible." I feel like a total failure right now and I don't need to hear that I look awful too.
12. "Don't say I'm so glad you didn't get to hold him or nurse him." I am in agony because I didn't get to do those things. My arms ache to hold him and my breasts are full of milk meant for him, and the feelings of deprivation and missing my baby are so intense I can't imagine you'd believe it is easier for me this way.
13. Don't devalue my baby ("Oh well, better luck next time", etc.) - to me he was a very special, unique person and there is no way he can ever be replaced. (Besides, you don't know if there ever will be a next time - I don't either and that is a pain all it own.)
14. Don't say, "I know how you feel, I lost my mother..." It is not the same. We all expect our parents to die one day after they have lived their lives, but I am intensely grieving for all the might-have-beens of my baby's life.
15. When you ask my husband how I am doing, don't forget to ask him how he's doing too. He also lost a son he was eagerly awaiting and if you ignore his hurt it says to him that his pain shouldn't exist or doesn't matter.
16. Don't say, "you'd try again?" like I must be crazy. (If you had my history you might not want to face menopause without doing everything you could to change it either).
17. If I snap at you for saying any of the above (or anything else), please forgive me and try to understand it came from my intense pain. (Your dog might bite you when you try to pick him up at the side of the road after he's been hit by a car - that wouldn't mean he hates you or is ungrateful, just that he's been hurt and your touch, well-intentioned though it may be, has added more pain).
18. Hug me; tell me that you care and that you're sorry this happened.
19. Be available to me often if you can and let me talk and cry without judging me. Saying "don't be angry, is like saying don't be thirsty" - my feelings are part of a normal grief response and I

will work through them quicker if you aren't judgmental.

20. Just love me and I will always remember you as a true friend.

--TCF, St. Louis, MO newsletter

Newly Bereaved...

Can I Still Grieve?

How much time am I allowed; are there rules I must go by.

Does anyone ever keep track of the thousand tears I cry?

Will I someday know the answers, have it figured in my head?

Just how long am I supposed to grieve now that my child is dead?

People think they know the answers to all the questions I may ask.

But only if you've lost a child, can you understand this task.

I'm reading all the books I can, to know what griefs about.

But do these rules apply to all?
It's hard to figure out.

While driving home from work tonight, I feel I'm sinking low.

I try to put grief off my mind, but where can I now go?

You think grief has a pattern, with a beginning and an end.

But I'm grieving for a lifetime, can you understand, my friend?

So, when I really need you, will you stay or will you leave?

What will be your answer, when I ask, "Can I still grieve?"

--Debbie Hefflinger TCF Toledo OH

For Friends and Family...



Words, Words, Words

Words, just words. Often spoken in an attempt to ease the pain of grieving the death of someone we love. But, instead of bringing relief, those words just seem to add to the hurt, the confusion, the anger, the grief. There are no words that will make it all right that someone we loved has died. But there are words that can

soothe the hurt, ease the loneliness and add to the healing.

I don't think people are trying to hurt grievers. They just seem to engage their mouths before their brains. Or maybe what they were planning on saying sounded pretty good in their heads, but by the time those words of hope came out, something happened. And those words came out; sending hurt instead of hope across the space between us.

What are you trying to say? Are you trying to fill the silence between us, show how much you care or how much you know? Do you think words will help when a heart is broken? Why do we hide behind words, any words, when a hug or a simple touch on the arm would say so much more? Have we forgotten the power of presence? Do we fear silence because it might mean we have nothing to say?

Why must a moment between friends be filled with noise or empty platitudes or meaningless sounds of hollow comfort? Why can't two people simply be in the presence of each other, allowing that great strength to flow between them without any words to interrupt the message? "You can have another baby." "You were so happy together. Be grateful for that." "At least he didn't suffer." "She was so young: you didn't really get to know her that well."

ARRGGG!!! Words! Words! Words meant to help that only add to the hurt. Give me silence, please! Not emptiness... silence. Not loneliness... silence. Don't not come, but come silently. Sit on my couch, hold my hand, share a cookie, hand me a tissue. Come, but leave your words of hollow hope behind. No words can speak more eloquently than to share silence of presence. Come sit beside me. Hold me. Touch me. Be with me, but leave the noise behind. Are we afraid that silence will kill us? Are we afraid that we will say "the wrong thing"? (What is the right thing?) Are we afraid that we will "remind" the bereaved of their loss? (Do you think we will ever forget it?)

--By Darcie D. Sims, Ph.D., Louisville, KY (excerpts)

*The tragedy of life is not death,
But what lies inside us
While we Live....
-Norman Cousins*

Welcome...



Waiting for Answers

Years ago I left my first meeting of The Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse, I was ready to take notes and do as they prescribed. I would do anything to ease the ache in my soul.

But when I walked out into the spring, air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I knew I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory?

During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had long feared were true: yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed.

My grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future: the joy, the lessons, and the inevitable pain. How could I do otherwise?

As I walked to my car after that first meeting, the TCF chapter leader caught up with me. "How can I stop this pain?" I asked. She put her arm on my shoulder. "Just do what feels right to you," she said, "Listen to your heart. And we'll be here to listen, too."

Sometimes the best advice is none at all.
--Mary Clark, Sugar Land-SW Houston, TX
Editor's note: Our children have died from many different causes and at various ages. No matter what caused the death, we understand the pain involved. You will find your grief lessens the more you surround yourself with people who truly understand how we all grieve differently. Knowing what others have experienced helps you become

prepared for the grief work involved with the death of a child. Some people are ready and want to find answers to their questions and feelings right away. Others need to wait awhile before they are ready to come to a meeting. Come when you are ready. Bring a friend to lean on if you wish. If you just want the support of the newsletter and/or the phone friends, that is fine. TCF will be here if and when you are ready. Besides our regular meeting, our chapter has a group of Compassionate Friends who meet for lunch every Friday at one o'clock at Mimi's Cafe. (PCH & Crenshaw Bl.) This small group is less intimidating to some. We also have great Compassionate Friends who have volunteered to be called at any time by bereaved parents who need to talk. Take advantage of these additional tools for dealing with the death of your child. As our motto states: "We need not walk alone. We are The Compassionate Friends". As the holiday season approaches, we encourage you to use any and all means available to help in your grief.

Helpful Hint...



Thoughts For When You Get Depressed:
Don't ever try to understand everything -
Some things will just never make sense.
Don't ever be reluctant to show your feelings -
When you're happy, give into it!
When you're not, live with it!
Don't ever be afraid to try to make things better
You might be surprised at the results.
Don't ever take the weight of the world on your shoulders
Don't ever be threatened by the future
Take life one day at a time .
Don't ever feel guilty about the past -
What's done is done, learn from any mistakes you might have made.
Don't ever feel that you are alone -
There is always somebody there for you to reach out to.
Don't ever forget that you can achieve
So many of the things you can imagine,
Imagine that!
Don't ever stop loving
Don't ever stop believing
Don't ever stop dreaming your dreams
--Author Unknown,

Book In Review...



Renewing Your Spirit A Guide for Holidays and Special Days by Sherry Williams. A season filled with joy can become a burden to people who have recently experienced a loss in their life or are caring for a loved one. However there is a way to cope with the constant reminders and memories on these holidays and special days. This book that will help grieving individuals learn creative ways to integrate the memories of a loved one into new holiday traditions and rituals. Order online at www.centering.org or toll free at 1-866-218-1010 (tell them you are from TCF for free shipping)

The Role Model

I watch with wonderment as you go about your daily tasks.

I see the determination, the quiet confidence,
And wonder if you were always like that
Or did your child's death touch you deep inside
And soften your soul?

Did your priorities change?
Did your pace slow?
Am I seeing the new you or the old?
I see you laughing and talking with friends and wonder
If you still cry
When you're alone
And remember your child
With death memories
Too bitter to own?

Or have you traveled to a higher plane,
Another phase
Beyond the tears and grief
And fears and untold sorrows
That trap me in their maze?

I don't know.
I know only that I look to you
And hold on tightly
With hope in my heart
That someday I, too,
Can gather strength. .
And find my new start.
--TCF, Montgomery, AL

A Family Grieves

That, old expression, "Not all there,"
Is true when said of me,
For time has not consoled my mind
Nor made my heart grief-free.
Most days I cannot concentrate,
Or do the things I should do.
The simplest task seems just too hard
To try and make it through.
I dread the long and sleepless nights.
I hate to face the day....
The sunshine does not chase the clouds
Of sorrow from my way.
The world continues just the same,
It thinks I'm "doing well".
It doesn't seem to know or care
I really feel like Hell.
It cannot see that deep inside
A part of me is dead;
How much the rest is hurt
Or the silent tears I shed.
For no one really wants to see
The pain and grief I bear.
I walk a long and lonely road
That seems to go nowhere.
The greatest comfort that I have
Is my remaining son
And he is just as dear to me
As the departed one.
So when he sees me crying hard
And hurting to the core,
I tell him that I love him now,
Not less, but even more.
He, too, is hurting from that loss.
He loved his brother, too;
He mourns that brother deeply as
His dad and mother do,
When we comfort one another
We can remember happy things,
Thus an inner strength and courage
To each the other brings.
But, even though that sharing helps
To ease the heavy load,
In deepest grief, each walks alone
Along a lonesome road.
-Jane Barton, TCF, Central New Jersey



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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. Diecy, 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Cherese Mari 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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

Leo Joseph Rank
Born: 3/11 Died: 4/12
Parents: Roberta & Leo Rank

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Joel Paulson Draper
Born: 1/84 Died: 3/04
Mother: Tracy Solis

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

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

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

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

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

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

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

 **Our Children Remembered**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**A Birthday Tribute to:
Emma Nicole Fisher
Nov. 1999 - July 2006**



Emma,
Happy birthday our pretty girl. You would be 13yrs old on Nov. 20th. Sadly, we have spent more birthdays without you here then with you here. Even though you have not been here physically for your last 7 birthdays we know you have been with us in spirit. Every year we have had a big birthday party for you, whether it is a bowling party, or cake decorating party or even a games party, we can feel you with us. We will always celebrate your birth and the day that you came to us. We love you very much and miss you more than we can say.

Happy birthday Emma,
With love, Mommy, Daddy, Mikey,
Andy, Corey and Joey

**A Birthday Tribute to:
Richard Lee Luthe
Nov. 1976 - Jan. 1998**



Dear Richie,
You were our life, our joy, our treasure. You were the best son, grandson, nephew, and friend anyone could ask for. And now you are the best guardian angel anyone could have. I thank you.

Have a great birthday, Big Guy. See you at Disneyland.

We love and miss you, Mom, Dad,
Family and Friends

(The following poem was written by Richie's friend, Heather.)

Lost

I lost something today.
Something that can never be found
I lost something that I took for granted
Something that I assumed would always be around
I lost somebody today
Somebody who isn't coming home ever again
I lost somebody who is very special
Somebody who was taken just as life began
I lost a piece of my heart today
A piece of my heart that is so vital to me
I lost a piece of my heart because of death
A piece of my heart that made me open my eyes and see
I lost my friend today
My friend was too young to die
I lost my friend before I was ready to go
My friend, why do we have to say good-bye?
I lost Richie Luthe today
Richie Luthe will forever be in our hearts
I lost Richie Luthe when God needed him
Richie Luthe went to heaven and angels helped, him depart
I found my guardian angel today
My guardian angel will protect me from pain
I found my guardian angel in a wonderful friend
My guardian angel, I trust you to never leave me again
(I was thinking of Richie's Mommy and & Daddy and this is what I came up with. I love ya!

For Siblings...



Turkey Talks: Thanking the Man Who Comforted My Brother

I gathered the courage to call the man who sat in the car with my brother while they waited for the ambulance to arrive. The man was a fireman, and he was off duty, painting a house to earn extra money, when he saw the accident. He jumped off of the ladder and rushed over to the car. He crawled inside the car and knocked out the windshield, because the driver was panicking and felt claustrophobic. The driver was my brother, Chris, and he died in the hospital about 30 minutes later from internal injuries. But while he waited for the ambulance, scared and struggling to breathe, the fireman sat by him and comforted him. We couldn't be there, but he could, and it means everything to me that Chris

wasn't alone during the last minutes of his life.

In honor of this, my mother takes a full Thanksgiving dinner to the local fire department each year to thank these courageous and thoughtful people. It took me over ten years to be able to speak to the man who knew the details of my brother's final moments. I wasn't ready to know for a long time, but I could thank him right away in a letter, and our family found a way to thank his profession for all of the sons and brothers they've saved, protected, and even mourned. It might not be perfect, but it makes us feel better. The firemen don't mind a day off from cooking, either.

You could write a letter, donate your time or your expertise, help another family get through the holidays, post your coping ideas on a blog, do something crazy or silly, work on a project together, take a vacation, go for a goal you've been denying, ask friends to help you create a memory book ... Find what works for you, and don't apologize for it. You deserve to do something that makes you feel better.

-- Scott Mastley, TCF, Atlanta, GA

From Our Members...



Grief - What Is It?

It is a raging forest fire within us, fueled by the tremendous pain of losing a child. It burns, frequently seeming to consume all of our feelings and senses for a long time, often years. For a while it is fueled by raging anger, by unexplained hatred. It chars all our mental faculties that are in its path. But, as in a forest fire, the seeds of our mental well-being fall to the earth, and as the fire burns itself out, these seeds take root. As they are watered by the showers of time, these seeds sprout into beautiful blossoms of good memories of what the soul and spirit of our child was and still is.

Her physical body is no longer with us, but the memories, the spirit and the soul will be forever stored in the minds and hearts of those to whom she made a difference. Love and compassion, understanding and inner beauty cannot be destroyed by the passing of life. As long as there is a person alive who remembers, our child lives on.

--In loving memory of our daughter Cindy, by Bill Friedman So. Bay/LA, CA

JUST A REMINDER... We could really use some help in setting up for the Pot-Luck and for the World Wide Candle Lighting. If you could be here to set up chairs at 5:30 for either event, it would be appreciated.

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

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

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

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

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

We encourage you to take advantage of our resources. We have a well stocked library of grief materials, a phone friend committee that

welcomes calls at any time, and a members' directory to call another parent you have met at the meetings.

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



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

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: Oct. 1 for Nov. 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
Sue Gardner..... (310) 316-3777

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

Library Information... At each meeting we have a library table. It is on the honor system. You may borrow a book and can bring it back at the

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

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

Additional Grief Support Bereavement Organizations and Resources:

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

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

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

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

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

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

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

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Also Spanish. Call Claire Towle or Patty Ellis (310) 374-6323

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)
beyondindogp.com
griefwatch.dom
angelmoms.com
babysteps.com
groww.com
webhealing.com
healingafterloss.org
save.org
survivorsof suicide.com
opentohope.com
alivealone.org
childloss.com
bereavedparentsusa.org
pomc.com (families of murder victims)
taps.org (military death)
goodgriefresources.com

LOCAL TCF CHAPTERS

Los Angeles: (310) 474-3407 1st Thurs.
Orange Coast/Irvine: (949) 552-2800 1st Wed.
Orange Co./Anaheim: (714) 993-6708
Pomona/San Gabriel: (626) 919-7206
Redlands: (800) 717-0373 3rd Tues.
Riverside-Inland Empire: (909) 683-4160
Ventura Co. TCF: (805)981-1573 1&3 Thurs.
Verdugo Hills: (818) 957-0254 4th Thurs.
San Fernando Valley: (818) 788-9701 2nd Mon.

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS:

CHAPTER LEADER: Cheryl Stephens
NEWSLETTER EDITOR: Lynn Vines
PROOFREADER: Sandra Myricks
TREASURER: Ken Konopasek
CARDS & WEBSITE: Crystal Henning
NEW MEMBER FOLLOW-UP: Cheryl Stephens






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

In loving memory of our all our children as Thanksgiving approaches. It may seem hard to be thankful when our beloved sons, daughters, grandchildren and siblings are missing... While they are not here to celebrate with us, we hope you will join TCF for the beautiful pot-luck and remembrance program that we hold in their honor.

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

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.

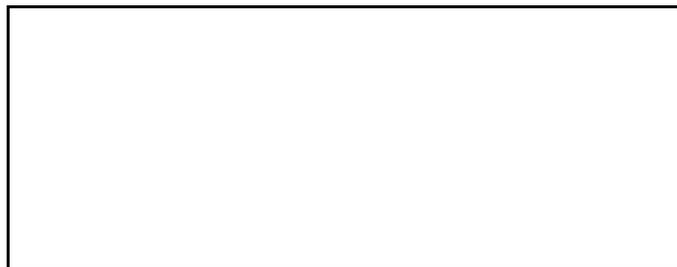



Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171

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Sometimes,
we are so busy
adding up our troubles
that we forget to
count our blessings...



November 2012

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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