



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



Supporting Families After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

NOV. 2013 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: Lynntcf@aol.com

OUR NEXT MEETING

will be Nov. 6th, 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)

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

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.

Nov. 6th meeting is our Holiday Remembrance and Potluck Dinner instead of our regular meeting. Friends and family are invited to join us.

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

South Bay/LA Chapter of TCF
P.O. Box 11171
Torrance, CA 90510-1171
(310) 963-4646
www.tcfsbla.org

Chapter Co- Leaders:
Cheryl Stephens (323) 855-2630
mymeischka@yahoo.com
Linda Zelik (310) 370-1645
Lzelik@verizon.net

The National Office of TCF
P.O. Box 3696
Oakbrook, IL 60522-3696
Toll free (877) 969-0010

<http://www.compassionatefriends.org>

Up-Coming Reminders...

Oct. 2nd meeting bring your photocopies of your child to the meeting or to the pot-luck in Nov. so Ken can make picture buttons of your child. (He will also bring the button machine to the Nov. meeting.)

Nov. 7th meeting is our pot-luck and remembrance program instead of a regular meeting.

Dec. 8th is the World Wide Candle Lighting at Malaga Cove from 6:45 - 8:00 PM.

We are looking for TCF members who are musically inclined and would like to be part of the program at either the pot-luck or World Wide Candle Lighting. Please call Kitty at (310) 541-8221 and leave a message if you could perform or would like to help with set-up at either event.

The November 7th meeting will be our Remembrance Pot-Luck instead of a regular meeting. As November rolls around and 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 in our grief 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. This pot-luck and remembrance program is designed to help you ease into the holiday season. 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, stories, or tributes 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.

Ken will be making free picture buttons at our Oct. meeting and again at the pot-luck. Just bring a 3" photocopy picture of your child for each button you need.



The 16th TCF World Wide Candle Lighting...

The candle lighting ceremony starts at 6:45 and we will be lighting our candles at 7 PM.

This event occurs every year on the second Sunday in December.

Everyone, in every time zone around the world, is invited to light a candle in honor of all children who have died, that their light may always shine.

As candles go out in one time zone, they will be lit in the next, creating a wave of light that will encircle the globe. We will be having our local World Wide Candle Lighting at Malaga Cove. Chairs and candles will be provided. Please join us in the 24-hour memorial by lighting a candle, wherever you are, at 7 pm on December 9th.

Please help us get the word out to your church or temple, support group, or other community outreach so others will know about this event which is open to the public. For additional information call Kitty at (310) 541-8221.

In November we are forced to face the thought of 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. Nothing you do will feel normal. It is a trial and error matter as we experiment with new ways to observe holidays without our child here. The following articles may help you find a way to participate in a less painful way.

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 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

A Survival Guide For The Holidays



Recognize the sources of discomfort, try to anticipate even the smallest part that might elicit pain, and then decide what can or cannot be faced, altered, or eliminated.

Acknowledge that this year will be different. Eliminate whatever you need to. There is nothing you must do. Grief depletes energy. Because of this lessened energy, the simplest of tasks loom large and insurmountable. How can you face dinners and parties when smiling and laughter feel like the twist of a knife in the raw wound of your loss? How can you attend religious services with all of their reminders and implied promises?

Take care of your own health; guard your own strength and energy. It is OK to say "no" to invitations. It is difficult to predict your feelings and energy levels, so it's also OK to change your mind at the last minute about attending dinners, parties, and religious services, or to leave a function early. You must be your own guide.

Almost every town will display decorations (some of them starting as early as September), and music will be heard on most street corners. People will seem to rush around with purpose. All of this can increase your own feeling of purposelessness, isolation, and alienation from what the rest of the

world is doing and feeling.

Give yourself permission to change whatever traditions or rituals that you need to change. Nothing is written in stone. Just because something has been done a certain way for twenty years doesn't mean that it is the only way to do it. Change things if you want to. The option to return to the old traditions will be there next year and the year after.

Change the time, location and/or menu of traditional meals. Or eliminate them altogether this year. Attend religious services at a different time than usual, another house of worship - or don't go at all this year. Decorate differently, have someone else decorate, decorate exactly the same as always, or don't decorate at all. Open gifts at a different time than you did before.

Break large tasks into small pieces. Don't be afraid to delegate tasks to others. Tell friends and relatives what would be helpful to you. They would probably like to help you, but don't know what to do. Tell them as specifically as you can.

Memorialize your child in some way that is both important to you and would have meaning for him or her. It needn't be a large gesture, but it is helpful if it has a unique and personal value.

If you wish to go away for the holidays, do so. This year, you must do what is right for you. Remember though that you will take your thoughts and your grief with you.

Find something, some small thing, that is special to you. Do something you have never done before. Give your own life a degree of meaning and value no matter how bereft you are feeling.

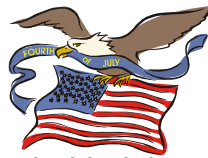
All of these suggestions offer the same basic message: There is no right or wrong way for you to do things. There is only your way and that is the correct way for you.

People have often expressed a wish to hibernate from November to January to eliminate the holidays completely. We can mentally ignore the holidays by pretending that they don't exist, but it takes tremendous effort and energy to deny all of the input we see around us. We also compound our loss - we have lost a child and we will also lose the holiday season. Remember that implicit in Thanksgiving, Christmas, and Chanukah is the miracle of human survival and hope for the future. Create your own hope for your own future. Give yourself the gift of this miracle.

--Pat Akery TCF Southern Oregon

Norman Rockwell Never Painted Me

At this time of year, it always seems
that I see the people of others' dreams.
Everywhere I look, every ad I see
shows "the joyful reunions of families.
With the table laden, good times abound ..
while other families reunited, gather round.
But Rockwell never painted an empty chair,
and a family mourning one who's not there.
A season that was once celebrated
now makes me feel more isolated.
I need TCF so that I can see
that there are others just like me.
Whose feelings about holidays are mixed at best,
whose strength of will is put to the test.
We're loving those that we still hold near,
but thoughts of one out of reach brings a tear.
Even now, amid the love and gladness,
this time of year brings a certain sadness.
I no longer have the average family,
so that is why Rockwell never painted me.
--Kathy Hahn, TCF Lower Bucks, PA



Veterans...

Beyond the history of grand events, behind the
memory of battles fought, of freedoms lost and won-
there stand the silent legends of this earth, the
monuments of human joy and sorrow and a sky of
laughter on a sea of tears.

And they who cried the tears - their children
fallen, sisters, brothers dead ... with lives washed
over by relentless grief they fought the battles
seldom written in stone.

And they who cried the tears and laughed the
laughter, (though we may not be told their name
and place) they share with us the history of
coping, of courage tested, and enduring hope.

And they who cried the tears and laughed the
laughter are history, as much as swords at war,
as much as grand events, and freedoms won.

And all whoever mourned - the whole world
over - are quietly with you and me today to walk
with us through grief, to hope, and to heal. We
do not walk alone.

--Sascha Wagner

Honor Your Child and Give...

Give your time to your TCF chapter: fold
newsletters, phone newly bereaved parents, type,

help however you can.

Give your ears to other parents in pain. Let
them tell you their story so that it will become real
to them.

Give your words of encouragement to another
struggling parents at a chapter meeting.

Give a contribution in your child's name to TCF
so it can grow and reach more parents.

Give your understanding to those who do not or
cannot understand your pain.

Give your ideas about grief and growth to
others so they can profit from your experience.

Give your patience to yourself and you family
as you all fight your way back to recovery.

Give your anger, guilt, depression, doubts, and
pain expression. Only by admitting their existence
in you, can you begin to work through them.

Give a chuckle or a loud laugh if and when you
can. Rediscovering humor is like finding water in
the desert to the grieving.

Give hope to the newly bereaved by continuing
to be active in your Chapter - even when you no
longer need others - others need you.

--Joe Rousseau, former TCF National President,
TCF Saginaw, MI

Editor's note: These are just a few of the ways you
can give back to TCF. For all our wonderful
parents and siblings that already give to our
chapter I'd like to say thank you for your support.
Your efforts are what help keep our chapter
running, and assure that it will be here for the next
bereaved parent, grandparent, or sibling.

There are many small jobs that we could use
help with. For a one time job, we are looking for
people who can help set up for either the Pot-Luck
or World Wide Candle Lighting. We need
someone with musical ability to perform for either
program also. We need people to hand out
information about our chapter once a year at the
community outreach program at Torrance
Memorial Hospital.

For those who could make a three month
commitment, we need people to help set up or put
away books at our monthly meetings. We always
welcome members to share ideas and ways we
can improve our meetings. What would help you in
your grief? Let us know...This is your chapter.

We invite you to become a member of our
Steering Committee. (We meet three times a year
to discuss chapter business and ways we can help
our members.) These two hour brainstorming
sessions are open to all members and we

welcome you become a committee member. Just call Lynn at (310) 530-3214 if you would like to help our chapter in some way.

There are many who have given of themselves, and have given time and financial contributions, to TCF and to other bereavement groups at their church, their local hospice, their community service agency, their child's school, etc. Giving is not limited to a few references listed in this article. There are many, many ways to give of yourself, and those that do, find they receive as much, if not more, than they give. Try it and see how wonderful it feels to reach out to another bereaved parent or sibling in memory of your departed child or sibling.

You may, or may not, eventually want to do more, with our chapter, or with another support organization, but you won't know the rewards of giving unless you give it a try. You can make a short term commitment to TCF and see what we mean. We can use the help and I believe our chapter will benefit from your time. Please fill out the update form at the back of this newsletter and let us know if you can help.



A Moment of Help

After I lost my son, Nino, to a drowning accident a young scientist walked into my office at Denver University. He was always extremely detached in his interactions with people, so I was not surprised that he asked almost casually whether I was feeling better.

I could not answer his question because I had already started to cry. "Would you rather not have had a son at all?" he wanted to know. I shook my head and cried harder.

He handed me his handkerchief and said firmly "I suppose you need to cry yourself well." And without even a hint of emotion, he sat down facing me.

In the presence of so much detachment, I managed to recover my "composure." But the visitor took my hand and held it silently, until I began to cry again. Then he said, "Keep crying. You are not well yet..."

I will not forget this encounter. It told me two things when I very much needed to hear them. First, the expression of grief is necessary. And second, after a great sorrow we can expect - in time- to be "well" again.

- Sascha

What's Your Handicap?

"What's your handicap?" the golfer asked his partner. "My childhood," said his companion. Some handicaps are physical, certain limitations placed on our bodies. Other handicaps are emotional, burdens of heartache from sad or abusive childhoods. Others may be dealing with current issues - perhaps facing a terminal illness or grieving irreparable loss.

After losing my son, I found myself at a point where I simply could no longer stand the agony waiting for my pain to disappear. I knew that all my life I would miss him, and I became absolutely despondent. There is no way out of this, I thought. I'm spending my life waiting for this pain to disappear so I can begin living my life again. But the pain never will disappear. And I'll never begin living my life again. That's when a gentle idea began to change my life.

I began to understand that I was living and working with a handicap. The loss would always be there. The pain and heartache would always be present. I could accept that, treat it as a handicap and within that framework, go ahead and live my life once more. The moment I made that decision, my attitude and perspective changed. I was able to go on, able to move forward.

Many of us are living with handicaps. Some will change over time, but others won't. If that's the case, stop waiting for your handicap to disappear. Instead decide to live with it. Treat yourself with care and with gentleness. Allow yourself to feel and experience all the limitations and emotions of your present situation. Accept them. Let them be a part of your experience. Despite living with a handicap, go ahead and treat yourself to a life.

--Melodie Beattie from her book, *Journey to the Heart*

Suicide

Should the sweet remembrances of those things which so delighted us when he was alive only afflict us now? Since he gave us so much pleasure when we had him, so we ought to cherish his memory and make that memory a glad rather than a sorrowful one.

Because one page of your book is blotted, do not forget all the other leaves whose reading is fair and whose pictures are beautiful.

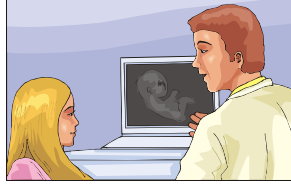
We should not be like a miser who never enjoys what he has, but only bewails what he loses.

--Plutarch Greek Writer 48-125 A.D.

Written on the death of his son who completed suicide.

That Sickening Silence

That sickening silence,
I've heard it before.
Waiting, expecting, hoping
for audible heart tones.
A defective doppler
that's all it is.



My baby on ultrasound,
I've seen this before.
Waiting, expecting, hoping.
No movement noted,
No heartbeat seen
No matter how hard I look.

Split second disbelief.
I've felt this before.
Waiting, expecting, hoping.
Heart wrenching horror.
Please let me wake
from this recurrent nightmare.

My baby so tiny.
I've held six as still.
Six caverns carved in my heart.
Healing they've begun.
Forever I am changed.
--Susan Hawkes, TCF Verdugo Hills,
Glendale, CA

Newly Bereaved...

For Those Who Have Recently...

Those who have recently lost children might feel that never again will hope, joy, fulfillment, or anything positive exist in their lives again. Slowly, after months or years which seem agonizingly long, a glimmer of happiness, contentment, or satisfaction occurs to foster optimism that life can once again become purposeful or meaningful.

It is not unusual for a bereaved parent to resent the suggestion that it is possible to feel better. Any thought of improvement requires a degree of energy and commitment not present in newly bereaved

persons. The length of time needed to reach the point where the desire to rebuild develops, is different for each individual and can not be rushed.

Each person must find his own space, struggling with disappointing reversals and difficult hurdles that hopefully will become fewer and more easily surmountable as time passes.

--TCF, Sacramento Valley, CA newsletter

For Friends and Family...



An Open Letter to the Non-bereaved

Dear Friends, Co-Workers, Church Family, Extended family and "General Public,"

I am a bereaved parent. My child died. My world has been "turned upside down" and I have been "thrown" into a world of pain and grief that I never even imagined could exist. The absolute "worst" has happened to me and my family. Our child, grandchild, brother, or sister has died. Close your eyes for a minute and just try to imagine your world as you know and love it, being totally and forever changed in one split second. Imagine that one of your beloved children that you kissed goodnight last night, talked to on the phone to yesterday, or said "I love you" to today as they walked out the door to go to their every day regular activities, DID NOT

return home. Not today, not tomorrow, or not ever! Just try to imagine getting a phone call or a knock on the door from the hospital, Highway Patrol, Sheriff's department, or anyone telling you that your child is DEAD. I am sure that you can not even begin to imagine the horror of it.

It did happen to me and my world that I knew and loved is no longer. I am no longer the same me that you once knew. I am no longer the same "me" that I once knew. I am faced with trying to learn to go on without my precious child. Where do I start, what do I do? Where do I turn? The pain is unbearable, the pain is constant in the first days, weeks, and months and, I am told even years. I am consumed with this pain my every awakening minute. I can not sleep at night; I can not function at home, work, or anyplace. I may put on a "good face" and tell you "I am fine or OK," but this is far far from the truth. I am NOT OK or fine. Quite frankly, I do not even have the energy to tell you how I really am and there are really no words

in any language to adequately explain the horrendous pain, grief, or longing for my child that I am feeling.

I am told by other more "seasoned grievers" who have also had a child die that "one day" I will not feel this constant all consuming pain, that I will find joy in my life again. But, that it is a very long and hard journey through grief to reach that point. I am on that long and hard grief journey right now. I am trying and please believe me when I say I want to see the day when I can breathe and not feel just this overpowering grief and pain. I tell you all of this because you can help me so much by just trying to put yourself in my place and understanding what I and my family are now faced with. You don't have to have the "right words" to help me, for there are no "right words." But you can give me your hugs, your understanding, and your support by knowing that this "grief journey" takes a long, long time and is not something that I can "get over" (I don't have the measles) or "move on" from. I have to go through this grief to get to the "other side" of it.

Thank you so much for understanding,

A broken hearted bereaved parent

--Pat Moser - Bereaved Mother, Ocala, FL - National President BP/USA. From *A Journey Together*, website for Bereaved Parents of the USA, www.bereavedparentsusa.org



Welcome...

How I Came to Be a Compassionate Friend

On August 26, 1990, a tragedy occurred prompting my attendance at a meeting of The Compassionate Friends. My only brother Michael was killed in an automobile accident. The first four days after the accident our home was filled with friends and family coming to offer love, support, and sympathy. But after the funeral, everyone left, leaving us to deal with this overwhelming grief alone. We did as well as could be expected for a family so suddenly torn apart. Mostly we talked about him until we couldn't go on; when things were really bad, we just avoided each other.

Immediately following the accident, I looked for support groups listed in the paper. I felt we needed professional counseling because Mother cried constantly, and she needed to talk to someone who could understand her deep, deep hurt.

Three months after my brother's death, we attended our first meeting. My parents, my sister, my husband, and I attended the meeting. We didn't know what to expect. Needless to say, we were too emotional to speak, especially after we listened to the stories of the others at the meeting.

Somehow we managed, however, and we shared some things with people who truly understood how we felt. We cried, we remembered, and we shared our tragedies.

Some people came to be helped, to let their feelings out, to lean on someone, or just to talk about their children, grandchildren, brothers or sisters. Others came to help, to listen, to be leaned on, and to be there when someone needed to cry.

There is a bond in all of us from the start because we have felt the hurt, pain, grief, heartbreak, and the loss that made us attend the meeting in the first place.

I am not happy for the reason I became a member of TCF, but since there are some things we can't do anything about, I am glad for the people who care enough to try to help us go on another day. I hope you all will attend meetings. We need you, and if you need us, we'll be there.
-- Gina Mitchell



Helpful Hint...

One way to include our children in our holiday dinner is to frame small photos of the child who died and include them in your holiday centerpiece.

Book in Review...



Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During The Holiday Season by Alan Wolfelt, PHD. This short and information packed paperback is full of good ideas to help you face holidays and every day without your child. Each page focuses on one idea and is in a short and easy to read format. Some of the ideas explore the basic principles of grief and mourning. Others provide ways to honor your unique grief, decide what is important and what isn't, create new traditions, and find hope for a meaningful new year-- all the while remembering the precious person who died.

Remember Me

To the living, I am gone,
 To the sorrowful, I will never return,
 To the angry, I was cheated.
 But to the happy, I am at peace,
 And to the faithful, I never left.
 I cannot speak, but I can listen,
 I cannot be seen, but I can be heard.
 So, as you stand upon a shore,
 gazing at a beautiful sea--
 Remember me.
 As you look in awe at a mighty forest
 and its grand majesty--
 Remember me.
 As you look upon a flower and
 admire its simplicity--
 Remember me.
 Remember me, in your heart, your thoughts,
 and your memories of the times we loved,
 the times we cried, the times we fought,
 the times we laughed.
 For if you always think of me,
 I will have never gone.
 --By Debbie Ann Walters

It's Okay

It's okay to be afraid
 of the things we don't understand
 It's okay to feel anxious
 when things aren't working our way.
 It's okay to feel lonely ...
 even when you're with other people.
 It's okay to feel unfulfilled
 because you know something is missing
 (even if you're not sure what it is.)
 It's okay to think and worry and cry.
 It's okay to do
 whatever you have to do,
 but just remember, too ...
 that eventually you're going to adjust
 to the changes life brings your way,
 and you'll realize that
 It's okay to love again and laugh again
 and it's okay to get to the point where
 the life you live is full
 and satisfying and good to you.
 and it will be that way
 because you made it that way.
 -Laine Parsons, TCF Bradenton FL

Saying grace at the dinner table is part of the holiday ritual for many families. The following prayer can easily be adapted for your special child.

Thanksgiving



I give thanks, Lord for...

Time -

The time I had with Tim, time to grow and learn even when I'm no longer young, and time which will one day reunite me with my child.

Friends -

Those that I've known that time has taken from me, those that I cherish now, and those I've yet to meet.

Answered Prayers -

I asked for comfort and strength to face what I must face and You answered me - maybe not the way I wanted, but You always answered me.

For Family -

And I find my family expanding with each day. I find relatives need not always be family and family need not always be relatives. Love makes families - not bloodlines.

For the Children -

Those remaining - mine and everyone else's
 And for the ones that remain only in memory.

For Love -

Love that's been given to me so freely from hearts that were broken like mine, but still could offer me strength and hope.

For all of you, I thank God.

– Judy Dickey TCF Greenwood, IN

In reality we never lose the people we love, they become immortal through us. They continue to live in our hearts and minds. They participate in our every act, idea, and decision. No one will ever replace them in spite of the pain. We are richer for all the years invested in them. Because of them, we have so much more to bring to our present relationship and all those to come.

-Leo Buscaglia, author of "Survivor"



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/2/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

Miaamor Jennine Steen
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 Szucs

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Serena Yasmeeen 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

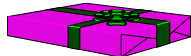
Steve R. Young
Born: 7/57 Died: 2/90
Mother: Marjorie Young

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: Richard Lee Luthe Nov 1976 - Jan 1998



Dear Richie,

I sit here thinking of you and how much life you put into our family. With your big smile, warm heart, and loving ways you taught us how special life really is. Now, all we have left are those special loving memories. We all struggle to hold on to the joy, laughter, and love you brought to us. Best of all, we were blessed with being Richard Luthe's parents.

What a honor it was and still is, to be called your Mom and Dad. We were so very proud of all you accomplished in your 21 years of life.

There is one thing I wish I had told you, before you had to leave us, Rich. I know you remember the night you received your rank of Eagle Scout. You asked the audience to carefully listen to the words as you dedicated the song, "Wind Beneath My Wings" to your dad. You said it was how you truly felt. As we listened to the song we realized how much you really loved us and wanted us to share in your accomplishment. We thank you for that tribute.

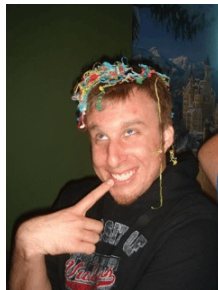
Things we take for granted may have been a struggle for you, but you always finished what you set out to do. In our eyes, you were our hero. We would like to thank you for giving us the best 21 years of life, and for all the love you brought to us and all of your family and friends. You left no heart untouched, and will in be our hearts forever.

Love always, Mom & Dad

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

Happy birthday, Kevin! You would have been 28 this month, and there isn't a day goes by that we don't think of you. We miss your beautiful smile, sweet and gentle nature and great sense of humor!

We are so proud of all that you accomplished in



your too short life. You achieved the rank of Eagle Scout, graduated from the University of Hawaii and showed your talent in the numerous plays you directed and starred in. You touched everyone you knew with your kindness and compassion. Stay happy and watch over us until we can be together again.

Love, Mom, Dad and Jeanine.

For Siblings...



Hi Friends

On July 18 my sister, Monique, would have turned thirty. When we were children we would talk about how we thought our lives would be in our thirties, although in the back of our minds we wondered if she would live that long. After all those years of wondering we finally have the answer to that. As I laid on the couch one evening - crying, feeling alone, grieving over her loss and the losses I've felt since her death, I thought about how different my life would be if only she had not died. How my life would be better.

Since her death it seems as though everything was turned upside down and inside out. And as sad as it is, people who have clearly not experienced the death of someone who is tied to their heart tend to lack compassion and understanding, which in turn only makes the grieving person feel more alone, a feeling I wouldn't have if only my sister hadn't died. And in the midst of all this sadness and anger I found myself remembering all the hours we spent in our bedrooms playing house and planning our future. We made a promise that when we were married and had children no matter how busy things got we would always find time to sit and chat. I can see us so clearly as we made this pact. This one memory led me to remember other memories. I can still hear her laugh; at times I think I hear her call my name, and when my heart is aching over something, I think about what she might say to me at such a time. I cherish the memories we made.

She taught me a lot of things. She was the first baby I ever held, the first person I ever trusted, the person I shared my secrets with. She taught me about unconditional love and friendship, and sadly, through her death she gave me the desire to want to learn to live instead of just surviving. Her death taught me the importance of each minute we have here. It also gave me the ability to see the things that matter and to blow off the things that are not going to matter so much when our time here is up.

I've learned so much from her life and her death and although it is a daily struggle as I work very hard to implement these new lessons I've learned, and to adjust to this new life and this new person I'm becoming since her death. I find my thoughts moving from "If only she had not died" to "What if she had never lived?" What would my life have been like without her? While she just wasn't here long enough, the impact she's had on my life and the person I will become is too great to put into words. If she had never lived I would have missed out on so much.

I'm grateful for the times we shared and miss her deeply. I think of Monique as an angel in waiting. So in memory of her the following are lyrics to the song, "Angels in Waiting" by Tammy Cochran who is also a surviving sibling.

"We camped out on the living room floor in our old sleeping bags by a make believe fire in a tent made of covers we talked for hours my two brothers and me keeping the faith racing with destiny.

They were angels in waiting, waiting for wings to fly from this world, away from their pain, treasuring time till time came to leave, leaving behind sweet memories, angels in waiting, angels waiting for wings.

They always knew they'd never grow old, sometimes the body is weaker than the soul. In their darkest hour I made a promise I will always keep.

'll give them life.

I'll let them live through me.

They were angels in waiting, waiting for wings to fly from this world, away from their pain, treasuring time till time to leave, leaving behind sweet memories, angels in waiting, angels in waiting for wings.

They were angels in waiting,

Angels in waiting for wings,

Angels in waiting,

Angels in waiting ...for me.

Love and compassion,

--April Nicholson, Monique's sister

Sibling Book Review... *The Road to Coorain*: by Jill Ker Conway. The death of her older brother, Bob, in a traffic accident is only one event in her memoir, but it is clear for the author that it was a defining one. "He had been like the sun in my universe," she writes, "and most of my aspirations at school and in my daily life had centered on winning his approval....I realized I would always be trying to live out his life for him."

For Grandparents...



Grandparent to Grandparent: What advice would you share with a newly bereaved grandparent?

As I pondered this question my initial response was, "I have no advice" because when you are experiencing the horror and pain of losing a grandchild there is no path that seems to lead in the direction that you wish that you could go. So many times the prayers and wishes are that the power greater than we, should reverse their decision and take us instead. Take us and allow the precious little one the opportunity to remain on this earth and fulfill our child's hopes and dreams. But we know deep in our hearts that this is not possible.

So I would say to each and every grandparent who is in pain, "build the foundation for memories" ! It is something that we do so very well. Grandparents bring to the extended family, love, hope and joy, but most important strength! Our children are looking to us for guidance and support. Talk about the missing angel and the beautiful times no matter how short they were. Bring identity to the "grandbaby" that will last through eternity with friends and family members and others that we touch. Also remember that regardless of how uncomfortable the outside world is about the mention of the name or the feelings attached, it's okay!

Seek out peace, poetry, anything of beauty that will allow you to attach to the beauty of the child that died. Music is one of the things that allowed me to cry when my stubborn strong image was refusing! Crying cleanses some of the pain and brings with it some peace. Don't punish yourself; don't second-guess about what you could have done differently to change the current situation. Just remember that neither you nor your child had control. Each of us will deal with the grief as our minds will allow and no one has the right to tell you to "get over it, get on with your life"! You will never get over it; you will only learn to put it into perspective as that hole in your heart the size of the Grand Canyon begins to mend.

--Pamela, Handprints/ Summer 2001 Newsletter

The Empty Space On The Wall

There's an empty space on our living room wall
Where your senior picture should be
Each time I pass by the empty space

It seems to call to me.
 You left us to go live with the angels
 So a senior picture you never will be.
 Yet, I can't bear seeing that empty space
 That seems to call out to me.
 So, I'll frame your sophomore picture
 And hang it with loving care
 Then when I pass that space on the wall
 Your precious face will be there.
 Still I know each time I look at your face
 The tears are certain to start
 I'll have filled the empty space on the wall
 But I can't fill the one in my heart.
 --Maxna Atherton, In loving memory of my
 grandson, Lee Dean Anderson

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@tcfbsla.org and she will help you with the steps to create your own tribute.

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

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

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

meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

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

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



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

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



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

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

SIBLING PHONE FRIENDS

Kristy Mueller..... (310) 373-9977
 Joey Vines..... (310) 658-4339
REGIONAL COORDINATOR..... (818) 516-2420

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. Call Patty Ellis (310) 374-6323

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
 survivorsof suicide.com opentohope.com
 taps.org (military death) alivealone.org
 bereavedparentsusa.org save.org
 pomc.com (families of murder victims)
 graspelp.org (substance abuse deaths)

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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

A SPECIAL THANKS TO:

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

CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

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

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

Love, Mom

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent from _____

Tribute _____

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

Dear Compassionate Friends,

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

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

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

Please print clearly the following information:

Your name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip _____

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

Please delete my name from the newsletter list.

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

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

For corrections or to add you child to the Our Children Remembered section of the newsletter:

Please print your information the way you want it to be listed on the Our Children Remembered section of our chapter newsletter.

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

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

Parents' Names (including last name) _____

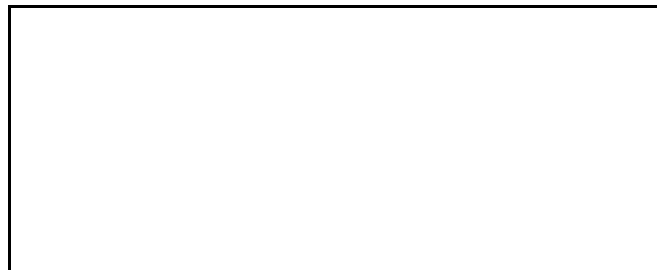
Thank you for taking time to fill out this form and return it to
The Compassionate Friends South Bay/L.A., CA Chapter, P.O. Box Torrance, CA 90510-1171

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

NON PROFIT ORG
US POSTAGE PAID
PERMIT 3223
TORRANCE CA 90503



A big Thank you to all the bereaved parents and siblings who continue to come to the meetings and reach out to others as they heal. Your child would be proud of the way you are helping families in their time of sorrow. Also, thank you to all the volunteers in their many capacities that keep our chapter going. Without them, this wonderful chapter could not exist.
--South Bay/L.A chapter of TCF



November 2013

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.

©2013 THE COMPASSIONATE FRIENDS -- SOUTH BAY/L.A., CA CHAPTER

If you no longer wish to receive this mailing or have a new address, please contact us.