



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

SEPT. 2011 ISSUE

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OUR NEXT MEETING

will be Sept 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
(South of Torrance Beach)

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

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

WHO ARE WE...

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

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

COMING IN SEPTEMBER...

This month we will start our meeting by discussing the return of the school year while grieving.

Upcoming Events:

Nov. 2nd pot-luck and holiday remembrance program.

Dec. 11th World Wide Candle Lighting

July 20-22 35TCF International Conference (see pg.16)

Free Picture Buttons of your child are available. Call Ken at (310) 544-6690.

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Sept 7th meeting... This month we will start the meeting by talking about school days. Some people find the return of the school year a painful reminder of what they have lost. We will be sharing ways to help cope with these feelings.

The start of the school year is a time many parents approach their child's school and establish a tribute in their child's memory. Whether it be a tree planted, books for the library, a scholarship fund or some other type of remembrance, these things all need time to be established. If you have set up a tribute for your child, please come and share how you honored your child and the steps to accomplishing it.

One aspect of returning to school that many bereaved parents may overlook is how the friends of their deceased child will react. Their world was also shaken with the death of a close friend. Their anticipation and excitement of starting school is tempered with thoughts of their missing friend. We will be discussing ways to help friends and family members start off the school year.



I teach. I know that school's reopening will remind me, even six years into bereavement, of the bittersweet capability of this time. And, I admit, with some sorrow, I am never totally free of it, for often do I consciously hope that death will not again shadow a door that is mine, even the door to a classroom!

School is opening. For some among us this is a period of deep, unuttered hurt. Only the pain of the holidays may be deeper. As these doors open once again and as the opening weeks pass, let us remember and reach out to those for whom the school bell is no longer calling. For these parents, that bell is an endless tolling. Let us all offer the assuring hope that today's doleful tolling will instead, someday, become remembered images that will dance upon the heart, forming an anchor of love on which healing may poise itself to soar and to bring the darkness of pain to light.

--Don Hackett TCF South Shore Chapter, MA

Labor Day

The unofficial end of summer. The time by which we need to have new school clothes and supplies. The time to begin meeting new teachers and new friends. The time to ... what? To see other parents standing with their eager little ones, waiting for that first school bus ride to the big school. To watch with tear-filled eyes as the bus picks up their children for school, but no longer stops by our house.

Time to watch with anxious anticipation as the kids begin middle school. New experiences, new expectations, new fears.... Time to learn that saying "I love you" must be done in private. Time to realize that with us, "I love you" will always be said in silence.

Time to watch our teenagers experience high school and its freedoms and decisions.... Time to wonder what temptations await our children, to wonder about that car they bought, to realize all these things are happening to some other parents.

Time to buy single bed linens for the college dorm. Time to buy a new computer to take to school and keep the old one for us.... Time to listen to other parents talk about these events. No, for us Labor Day is just that-a day to labor through the memories left behind by the loss of our child, a day that truly signifies the end of the summer of our life.

--Sandra Wright

A New School Year Begins

School opens for another year. There is a flurry of activity to end the summer clothes to buy, notebooks, pencils and pens to gather, decisions to make on rulers and odd-shaped erasers. The family plans and almost plunges into the final weekend, the Labor Day splurge that ends summer and starts the fall. For many, there will be no flurry. Clothing, notebooks, erasers, and all those other things became simply another note of hollowness in a fragmented life. For these, the last summer weekend may pass unnoticed. It is a time to consume silence in the land of bereavement. When the school doors open, when the buses roll once more, communities across the nation visibly proclaim the hope we all invest in our children. Bereaved parents, having no immunity to these desires and aspirations for our kids, find themselves even more highly sensitized to that never-again kiss of parting and that vigorous waving as the school bus pulls away. Perhaps for some, an empty desk and an unoccupied chair will form the elements of a new vision that proclaims again an emptiness forever a part of life.

The End of Summer, the Autumn of Our Healing and the Harvest of the Heart



September summer has always been a time of nostalgia for me. The days are noticeably shorter with daytime temperatures beginning to cool down and the slightest chilliness of beautiful star filled evenings requiring a sweatshirt or sweater. Early morning streets are filled with children going back to school. Most everyone is finally back to work, relaxed and sharing the adventures and experiences of summer vacations. And then one day, there is a wind from the west. And just by its feel you know these are the last days of summer and that fall will soon gently ease itself into our Rocky Mountains. Before we know it, the canyons are blazing with the fire of fall color working its way down into our valley.

It is a beautiful season and perhaps my favorite time of the year. We can sit for hours in Sugar House Park, watching the birds gather and head south for the winter and enjoy the trees now fully aflame with oranges, browns and reds so beautiful it can make our hearts sing with joy. And yet, with all the beauty that surrounds us, we as bereaved parents sometimes struggle to let it all in. For as summer wanes, and fall begins, our thoughts naturally turn to grammar school homework, high school parties and dances, college football games, shopping for new clothes, and the specter of holidays ahead without those of our children who have too soon been taken from us.

It is difficult to write about this just today. I just went to a wedding of my closest friends' son, where Jacob's cousins, nieces and nephews, brothers and sisters and past friends all came together for three days of reunion and celebrations filled with stories of the past. On Sunday, over thirty people were at my place sharing enchiladas and childhood memories of those years we were all together. And of course, the occasional, "I wish Jake were here to see this." For me, not an hour went by that I did not think of him or see his face in his young nephew who bears his name.

And yet ... and yet the season, the color, the beautiful days and evenings, the weddings, the

parties and football games, and the eminent holidays now fill me with thanksgiving that Jake was part of my life for sixteen years. No small thing that. I consider myself lucky for that much time, for I know so many friends who had much less time with their beloved children. So this year, I choose to find the good and the beautiful of the season, and let the holidays come. For, it is in remembering his face and the goodness of his life and the beauty of the season, I find sweet healing for my grieving soul.

Very soon now, autumn and the harvest season will be upon us, and the bounty of summer's growth will begin to fill our barns and sheds. And this will be an opportunity for us, even though we grieve, to discover the rich harvest of memories with those of our lost children. In their season, they provided us with a bounty of their own. If we are able to accept it, this can be a fall season where we reflect on their abundance of smiles, laughter, humor, growth, learning, and sharing of love. God how we loved them, and how they loved us. Even through all the difficulties, the energetic exchanges of opinions and ideas, the heartaches, the tears, anxiety and disappointments, we cannot avoid the fact that we loved them with a measure beyond our comprehension. And in spite of the difficult times, their sweet and sometimes very short lives provided us with an abundant harvest of experiences that are able, if we let them, to bless us with healing memories to last for as long as we live.

So as we say goodbye to summer, as best we can, let us welcome the fall season and the coming holidays and all the beauty these seasons can and will bring to us. I fully realize that for those of us most recently bereaved, this will be difficult, and in our sorrow and grief, seem perhaps almost impossible. Please let me reach out my hand and my heart to you in the quiet of your reading this right now.

If you can, imagine I am looking right into your eyes with all the compassion I can muster. And in that moment, I will share your tears, your agony of loss, and your grief, for I am truly one of you. I am after all, and have been a Compassionate Friend for over eleven years now. And as we share this moment, please hear the warmest feelings of my heart as I say to you this wretched agony of grief, this painful time of suffering, and this nightmare

and horror you now feel will pass. At some point I promise you will begin to experience the light at the end of this painful tunnel of grief. I promise you will have summers and falls and holidays to come filled with healing memories of your children.

I promise as Halloween comes, and you are finally able to turn your porch light on to welcome trick-or-treaters, you will see your own children in the bright and joyful faces at your front door, and smile and be glad they once blessed your life. I also promise the time will come when you will move past Halloween and look forward to Thanksgiving and the December holidays.

As I wrote earlier, I realize this may be too soon for some of you. All I ask is that you be willing to let these most difficult times pass -- as I have promised they will, and allow your hearts to soften and show you their rich places where you still love your children. For it is in those painful, tender places you will begin to find the abundance of love given to you by your children which will bring healing. And when that happens, you will look forward to Thanksgiving day with its abundantly filled table, and realize an equally abundant harvest of the heart.

Whenever we are able to accept it and embrace it, the grace of healing will come to all of us. Of course our lives will never be the same. We will always have the sadness of their absence in our lives and experience those frequent bittersweet times when we simply miss them. But the dark pain and suffering of their passing will itself pass - this I can promise you.

For in these past eleven years I have looked into every dark and secret corner of grief, and have spent with you, all those endless weeks and months of intense pain and tears. I have shared those endless days of self recrimination and regret and anger. And in all this I have finally found the autumn of my healing, and have feasted in the abundant harvest of love. Yes indeed, I promise you the light of joyful memory at the end of this dark tunnel.

So may you look forward to the fall and all its beauty and grace, and anticipate the holidays' peace and joy with a sure knowledge that this present darkness will pass, and that your life will once again be able to embrace the abundance of harvest enjoyed by the rest of your family and friends. And along with Rabbi Harold Kushner,

who wrote the book, *When Bad Things Happen to Good People*, be able to say as he did of his own son's life and death, "... I think of Aaron and all that his life taught me, and I realize how much I have lost and how much I have gained. Yesterday seems less painful, and I am not afraid of tomorrow."

--Erin Silva, erinsilva@earthlink.net
TCF, Salt Lake City, Utah



Some Ideas for Creating Your Own Memorials

1. Prepare a photograph album and have copies made for each member of the Family. Take time to share memories with each other.
2. Create a wreath or shadow box decorated with mementos of your child's life. Let each person select something special to put in it.
3. If your loved one wrote stories or poems, have these printed and bound for family and friends. Make tapes of them singing or playing an instrument.
4. Jewelry can be created using the child's birth stone. Locketts can be worn with pictures enclosed. Charms can be engraved with names and dates.
5. Order personalized license plates with the name of the child.
6. Send family and friends packets of flower seeds (Forget-Me-Nots?) to be planted on the anniversary of your child's birth or death.
7. Decorate the church with flowers on your child's birthday, anniversary of death or holidays.
8. Transfer photos, footprints, ultrasound pictures, etc. to a shirt with fabric transfer medium and copy of the object. Or paint your own shirt with stick figure drawings and your child's name and dates.
9. Keep a journal of your experience. Someday you might want to collect some of your writings and bound them into a booklet to give to family and friends.
10. Donate time or money to support groups. Clothes and child care items may be donated to outreach programs or crisis centers. Adopt a family; provide a meal or child's gift. Is there a local Ronald McDonald House you can help make happy?"
11. Create a quilt using pieces of your child's clothing, with panels signifying events that were

meaningful and special interests of the child.

12. Release a balloon tied with 'love notes'.

Scatter rose petals into the sea.

13. Decorate a room at your church or a children's hospital. Buy hymn books, medical equipment or toys.

14. Volunteer with senior citizens, very sick children, or special-needs children. Make a wish come true.

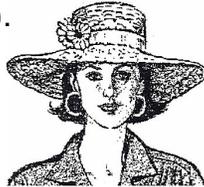
15. Start a bank account for the extended family to donate money into for flowers and upkeep of family graves for years in the future.

16. Keep precious items in a decorated memory box, trunk or book created for this purpose. Include toys, bulletins, letters, blankets, clothes, photos, cards, poems, journals. Photos of the mother while pregnant or an ultrasound picture can be very special.

17. Write about your child for a newsletter on special days.

18. Continue to sign the child's name on family cards. If not comfortable with that, use a special 'symbol' a sticker or drawing for your child (angel, dove, rainbow, heart, flower).

--Pen-Parents Fall 1994



Hats Off to Grief

It has been said I that a picture is worth a thousand words. Over the years I have found it frustrating to find words that are enough and deep enough to explain the depth or breadth of my pain following a significant loss.

Some years ago, I was at a garage sale and spied a huge foam chicken hat for the tidy sum of 25 cents. I inquired as to whether they knew anything about the origin of this wild-looking hat. Evidently it was produced by our local blood bank and originally had a card attached with the slogan, "Don't be a chicken; donate blood."

When I saw that hat, it reminded me of how, as bereaved persons, we often feel that we stick out in a crowd. After our two sons died, I sometimes felt that people were going out of their way to avoid me. After all, I might talk about "it." I have heard some folks describing themselves as being like "Typhoid Mary," with all sorts of people avoiding any topics about the person who died.

After Dan and Mark died, I sometimes found myself trudging around the house in my old red

bathrobe, crying my eyes out and wondering if there was any light at the end of the tunnel. Occasionally, I put on my chicken hat and tried to remind myself that someday I would be able to laugh again. I could not imagine ever again laughing or enjoying life, but intellectually I knew that it was possible.

When our other kids came home from school and saw this ridiculous picture of their mom wandering around the house with fistfuls of Kleenex, dressed in a ratty bathrobe and a chicken hat, I know they thought that I had slid over the edge. The twenty-five-cent chicken hat was a great object lesson for me. While I knew that things could change, I certainly could not imagine things changing for the better.

Over the years I started collecting hats whenever I found one that I thought might have a message for me that I might be able to use when reaching out to other bereaved persons. I had no idea that there were so many unusual and varied hats. Now I use my hat collection when I am teaching about the grief experience or when I am doing a program for bereaved people.

Quite often I will begin by donning a crash helmet. When someone dies, whether it is sudden or from a long-term illness, our world as we know it can crash.

I follow the helmet with a baseball cap that has a fish head sticking out of the bill. This reminds me that as bereaved people we can often feel like a fish out of water. When grieving a major loss, we can feel set apart from others. I follow up with my hat that has a tomahawk sticking out of the top, because often we feel like our world has been chopped to pieces, and us right along with it.

So often we hear from well-meaning friends that we cannot question why things happen, "It is for the best, we are not given more than we can handle," are statements we hear ad nauseam. Hearing those well-intended, but usually not helpful, comments reminds me to put on my alligator hat because I and others have felt like snapping at someone when we hear such comments.

Some clients have told me that people close to them have set themselves up as experts on others' grief. One of the things that I have learned is that while we can be experts on our own grief, we are not experts on anyone else's grief. When I encounter people who give advice, but have no

experience with grief, I remember the saying "don't let the turkeys get you down." So I whip out a turkey hat complete with velour feathers.

Knowing that we will get better, and believing it, are very far apart. In the early weeks and months of grief, it can seem impossible that we can ever come to terms with our world having changed so much. My "when pigs fly" hat really makes that point. It is a pink pig with wings. Tolerance levels are often quite low for bereaved persons, and it can be hard to participate in social gatherings. We may feel like we are removed from everything and everyone. My dinosaur hat makes that point. And, because of low tolerance levels, we may feel really crabby. My crab hat illustrates that story nicely.

Anger is another common emotion. Sometimes we can pinpoint where our anger is directed and at other times we may have generalized anger. My concern is that we find constructive ways to work through anger. However, during this process, my shark hat satisfactorily expresses the feeling that I want to take a bite out of someone or something.

I have a baseball hat with two bills and the saying, "I am the leader. Which way did they go?" Confusion is a frustrating but very normal part of the grief experience. I often hear stories of bereaved folks driving in the wrong direction, missing appointments or showing up the wrong day, and so forth. Once, after our sons died, I was having company over for dinner and reached into the oven for the baked potatoes. They were not there so I quickly shut the oven door and then reopened it, thinking that my potatoes would reappear. Of course they still were not there. With my company all ready to eat dinner, I was frantically going through the kitchen to see where I had put the potatoes. I had them baking in the refrigerator. So much for being in charge. After telling that story, I whip out my bonehead headband.

We often find ourselves talking to ourselves and putting ourselves down. With the baked potato incident I was really busy telling myself what a bonehead I was. It is sometimes hard for us to give ourselves permission to make mistakes, and when we give ourselves a hard time, it only makes us feel worse.

My construction helmet is a reminder that for a very long time in grief, our lives are under

construction. It takes long time to begin rebuilding and looking toward the future. Part of learning to adjust to a new reality is taking risks and trying new things. That could be a support group or counseling. We can also find ourselves with new roles in life. For some that may be assuming the role of both parents, or perhaps we need to manage a household for the first time. My giraffe headband, complete with long neck, reminds me that when we are adapting and taking risks, we are sticking our necks out into new and unfamiliar territory.

My butterfly hat serves as a reminder that our world has changed and that to learn to adjust and embrace life we will need to take a lesson from the butterfly and be open to change. Though many times we would like to go back to the way our life was before our loss, that is not an option.

I have a piano keyboard fashioned as a hat. The object of that hat is to point out that we need to play our own tune and dance to our own music, whatever that might be for us as individuals.

A favorite book of mine is "Me, Myself and You" by Vincent Collins. I took to heart what the author had to say in his opening paragraph: "It would be great if we were daisies, because even bugs do not bug daisies." We are not daisies and my daisy headband underscores that message.

My star hat is bright and rainbow-colored and is a reminder that our horizon changes with a death and often our goals and dreams change as well. However, in processing and working through our grief, we can find new stars on our horizon.

A top hat trimmed with roses is my finale and one way of saying that we can be the leader of our own parade. We are not in charge of what circumstances come our way but we are in charge of working through grief and discovering a new world for ourselves.

Hats off to you as you work through and process your own grief and pain.

--Eloise Cole *Grief Digest*



Getting On With It

It's taken me over three years to figure it out! When people would say to me, "Get on with your life," what they really meant was live life just as you did before— as though nothing traumatic has happened to you, and you haven't changed. Obviously, they couldn't tell that I was doing

exactly what they were telling me to do. I was getting on with my life... My life! And my life included (and still includes) living with the horrible fact that my daughter is dead forever, adjusting to my grief-transformed husband; trying to be a supportive, not-too-protective-nor-distant mother to my son, maintaining relationships with my non-bereaved family and friends, and figuring out this "new me". This is a lot to get on with! So, if anyone ever again tells me, "Get on with your life," I'll know what to say; "I AM!!!"

--Melinda Siegel, Contra Costa, CA Newsletter

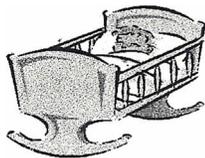
You Cannot Live For Them

If you have lost a loved one to suicide, you probably feel guilty because you did not prevent the death. The guilt is misplaced, even when the victim is known to be suicidal. Persons bent on suicide, whether it be long held intention or a spur of the moment decision, will find a way to destroy themselves. You can prevent the self-destruction only if you are there, watching and guarding, every minute of the day and night. That is simply not a practical possibility.

You cannot live for the victim, because to do so, to try to do so, is to deny your own life. Your loved one has made the decision, you did not. You would not have... remember that. Do not let this guilt be one more part of the heavy burden you must bear.

--Bob Lierman TCF, Rockford; IL

Sometimes Late At Night



Sometimes late at night
When I'm alone,
Sometimes in the middle of the day
When I'm with friends,
I want to hold you
And feel the touch of your tiny hands.
I long to see a sparkle in your eyes,
Just to see a smile on your face.
I wish I could hear a cry from my baby boy.
I think after a year
I should be over the pain
Of not having you near.
Then I realize I never will be.

--Lynn Yekalis, TCF, Atlanta, GA

Newly Bereaved...

Riding The Waves



I feel as if I have been body surfing in the ocean, cruising at the top of the wave, enjoying the ride-- then suddenly, being body-slammed into the sand. Unable to move, the waves rush over me, pounding and crashing onto me. Occasionally the tide recedes, and I lay breathless on the wet, sandy shore.

I cannot move. I wiggle my toes, squint, open my eyes, and see the rest of the shoreline. While my view is obscured by my tears, the salty sea, my straggly hair, and my prone position, there is some daylight. Just as I prepare to roll over, and maybe get to my knees, the waves of grief lap at my toes and suddenly crash upon me once more. Unable to withstand the power of the waves, I fall to the beach once again.

Finally, the tide recedes again, but I still cannot move. I am bone tired from my past efforts I am aware of noise around me I can hear the chirping birds, and feel the warm sun. The laughter of children beckons me to once again open my eyes. Helping hands are touching me, encouraging me to rise up. Gently hands soothe me with their light touch. Warm hugs embrace me. It feels good, for a while, until the voices drift on down shore, leaving me alone with the setting sun. I marvel at the beauty and thank God for His presence.

It becomes dark again. The wind blows in, bringing dark clouds and a chill to the air. I shiver, and the sense of calm and peace is not so reassuring. The tide is at my ankles, and my toes sink into the sand. I can do this. I can stand up against this set of waves...maybe. Or, maybe it's easier to lie down and let them roll over me. Better yet, I wade out further, a little deeper, challenging the waves of grief. And then-- surprised I lie down and float. The waves roll under me, crashing harmlessly on the shore. As I float, I look up at the rising moon. The waves lull me to sleep in the moonlight. Maybe, just maybe, I will rest well. Maybe, I can ride these waves. Maybe a new, sunny day is coming.

--Ramona Lyddon Chester, CA

*Grief isn't a seasonal song
It's a lifetime song,
but it doesn't have to be a sad song forever
Live through the hurt so that joy can return
to warm your heart and light your life.*

-- Darcie Sims

Friends and Family ...

Please Be Gentle An After Loss Creed



Please be gentle with me for I am grieving. The sea I swim is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day.

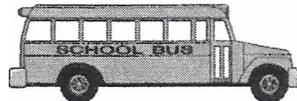
My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.

Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be. Listen patiently to my story I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss.

Nurture me through the weeks and months ahead. Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path. Please, will you walk beside me?

- Jill Englar, Westminster, CA

September Song



The school bells ring, young voices sing
And small ones shout with glee
The autumn air beckons school to start
And left alone is me
What makes me feel so down and blue
And boggled down with thoughts of yo~?
I see the school bus passing by
And find myself with a tear in my eye
Is it the clothes we can't buy
While others grab the jeans to try,
Or is it autumn in the air
That pulls at heart strings-already bare?
Maybe it's falling leaves and dying grass
Bringing reflections like a looking glass
Whatever the reason that stirs my heart
Every year when school must start
Reminds me how much I miss you
Forever loved Forever missed
Mom, TCF Fort Wayne, TX

You can shed tears that she is gone,
Or you can smile because she has lived.
You can close your eyes and pray that
she'll come back,
Or you can open your eyes and see all she's left.
Your heart can be empty because you can't see
her,
Or you can be full of the love you shared.
You can turn your back on tomorrow and live with
yesterday,
Or you can be happy for tomorrow because of
yesterday.
You can remember her and only that she is gone,
Or you can cherish her memory and let it live on.
You can cry and close your mind, be empty and turn
your back,
Or you can do what she'd want;
Smile, open your eyes, love, and go on.
-Anonymous

What Thou Givest

Shall I cry out in anger, O God, because Thy gifts are mine but for a while? Shall I forget the blessing of health the moment it gives way to illness and pain?

Shall I be ungrateful for the moments of laughter, the season of joy, the days of gladness and festivity, when tears cloud my eyes and darken the world, and my heart is heavy within me?

Shall I blot from mind the love I have known and in which I have rejoiced when a fate beyond my understanding takes from me friends and kin whom I have cherished, and leaves me bereft of shining presences that have lit my way through years of companionship and affection?

Shall I in days of adversity fail to recall the hours of joy and glory Thou once granted me? Shall I in turmoil of need and anxiety cease blessing Thee for the peace of former days? Shall the time of darkness put out forever the glow of the light in which I once walked?

Give me the vision, O God, to see and feel that light imbedded deep in the core of eternity, undiminished and bright, an eternity that survives the dread hours of affliction and misery.

Those I have loved, though now beyond my view, have given form and quality to my being. They have led me into the wide universe I continue to inhabit, and their presence is more vital to me than their absence.

What Thou givest, O Lord, Thou takest not away. And bounties once granted shed their radiance evermore.

--Written by a Jewish Rabbi



Our Children Remembered



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

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

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

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

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

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

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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: 7/002
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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: 1/4/78 Died: 5/13/85
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

DJuan 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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Gerald Slater
Born: 2/71 Died: 894
Parents: Bob & Gwen Slater

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

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

Miaamos 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. Szuccs
Born: 4/72 Died: 6/11
Mother: Dolores C. Szucs

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: 1100
Parents: Beverly & Victor
Teresinski

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

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

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

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

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

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

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

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

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

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

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

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

Serena 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



Our Children Remembered

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

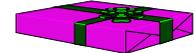
Cristofur Daye Wroten-Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

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

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: Michella Matasso Aug. 1986 - Jan. 2007



Michella,

You were a beautiful baby and brought lots of happiness into our lives. As you got older, I knew that you were really special. You were smart, vivacious, friendly and kind, especially to those who needed it the most. You brightened lives with your smile and laughter. You were a good role model to your cousins. You were beautiful inside and out. You touched lives in ways that few people are able. You will be forever in our memories until we meet again. We love you.

Love, Mom, Dad, Angie, and your Family

A Birthday Tribute to: Lisa Sandoval Sept 1976 - Dec. 1992



My Sweet Lisa,

This year you would have been 35 years old. You've actually been in Heaven longer than you were here on Earth. You were always so full of life and energy. I miss that enthusiasm every time I think of you. I remember all the little things you did for others. When I close my eyes and dream of all the smiles we've shared, I long for the day when I can smile with you again.

Happy Birthday. You will always be my special Baby Girl, regardless of the years that pass. You stole my heart and are forever part of my soul. I love you and can only imagine the kick you are getting watching me being a grandma (me too!) We miss you just as much today as 19 years ago. Take Care, my angel, until we meet again.

Love, Mom

For Siblings ...



Butterflies

When we were children, Joe,
You and I were like caterpillars.
We formed ideas, learned our lessons
and wrapped our cocoons.
Then as young adults,
Taking our values, we emerged
Like butterflies set free.
Never losing Faith
Always remaining patient
We sought the flowers of our youth.
The golden sun warmed us.
We flew side by side until
You became sick with cancer.
Your soul remained strong.
Your spiritual wings glowed
Of the joys of Heaven.
You flew away with the angels;
As I prayed for the strength to watch you go.
Then I remembered.
You are a Monarch
in the presence of God.
My brother, Joe,
You have become
the most glorious butterfly of all.
--Mary Lario, Williamsport, PA

For Grandparents...

Grandparent's Grief:



The death of your grandchild is like a double-edged sword. You grieve for the death of a child whom you cherished; a child whom you had hopes and dreams for. But you also grieve the death of your own child, the baby's mother or father. For the child's parents died with the child. Not physically, but figuratively. Your own flesh and blood, the person whom you once knew your child to be, will never be again. Your child has been transformed in a moment of time into a new person. An overwhelming grief has touched their lives. It is a time of confusion, anger and frustration for many grandparents. Offer your unconditional love and support. Go to support group meetings with your child and go to a grandparents group for yourselves. Remember your grandchild on special occasions such as his or her birthday/death day, Christmas and

Easter. Send your child a Mother's Day or Father's Day card reminding them that they are still the parents of the precious child, always loved but now lost. Share their pain with them, even years later.

It will surely create an even deeper bond of love, appreciation and fortitude withstanding the passing of time and circumstances.

In Peace and Memory of our Beloved Children...
Joanne Cacciatore
--St. Paul MN

From Our Members ...



Our Children May Not Be Forgotten After All

At one of our TCF meetings, we did the "ask- it-basket", and one question that I put in, which was read aloud, was "What do we do when it seems no one remembers our child?"

The answer walked right up to me the very next week when a friend of mine from work came to say good-bye since she and her husband were relocating due to a new job opportunity. She told me that she would never lose touch with me and especially would never forget my daughter, Alicia's date of death. She now has a little boy of her own. She did not have a child when she attended Alicia's funeral. She was still on maternity leave when Alicia's death anniversary date came this year. She wanted me to know that on this day of each year, she sits down quietly and remembers me and my family. Now that she is a mom, she is surprised that my husband, Dave, our surviving daughter, Monique, and myself still continue to enjoy life. I told her that we support each other and remember Alicia in all we do. I told her that without TCF, I don't think we'd be this strong or focused.

My friend will be a dear friend for life. Maybe if she didn't have to move out of state, I would have never heard this story from her. So, feel blessed that she did share this with me. I couldn't help but think that maybe all of OUR CHILDREN have probably TOUCHED MORE LIVES than we can ever imagine, both personally, and even those who never met our children face-to-face. I don't think they are as forgotten as it sometimes seems on a lonely or sad day. I think they are in hearts everywhere!

--Becky Jordan, TCF South Bay/L.A., CA

My sons surprised me with a twentieth year memorial ceremony for their brother. They had found Eric's friends from twenty years ago. Knowing that Eric was still remembered, and that his friends came from all over to share this tribute with our family was such an honor and a tribute to the wonderful son that Eric was. The following was written for Eric's 20th anniversary by his brother, Joey.

July 21st, 1991 will always be a sad day for our family because of the loss of a son, brother, a grandson and great grandson. We are here today to celebrate and honor the memory of Eric Vines, who has left this earth way too soon.

You were only here for 14 years and have been gone for 20. You missed out on so much, from new family members, to some leaving the nest and getting married, some on their own way, others still the same. Even though you are still apart of us and are watching down from the skies above, its just not the same. As years go by, because of you, we have meet so many special people in our lives. People who have experienced death and can relate to what has happened, and others so new to grief who haven't had the understanding and compassion of others.

I would like to share the following tribute to Eric with you:

Brother you showed me a lot of things,
I learned a lot I didn't know.
But you forgot to teach me one last thing...
How to let you go.

I know you didn't mean to leave me,
Sometimes we have no choice,
I miss being your little brother,
Hearing my name called by your voice.
I wish I got to say "Good Bye"
Before you were given to the sky.
If God could grant me one last wish
I'd ask to say my "Goodbye".
You always meant a lot to me,
I could never love you less,
I know it's true when they say
"HE ONLY TAKES THE BEST."
I know you are in a much better place,
And remember, we will meet on the other side.
Then on that sweet day,
I'll get to see you face to face!!!
Twenty years of you being gone,
It has just been way to long!



While we shed these tears, and think of you I am happy to release a butterfly in your memory- One for every year you've been gone. (As Joey finished, he opened the box of butterflies and one - by - one, they flew up and hovered a moment before landing on Eric's friends and family who had joined us in this wonderful celebration of Eric's life.)
-Lynn Vines, TCF South Bay/L.A., CA

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

TCF 2012 National and International Conference

The Compassionate Friends/USA, is pleased to announce that, in conjunction with the 35th National Conference, it will also be hosting The Compassionate Friends 5th International Gathering. The combined conference will be held July 20-22, 2012 in beautiful Costa Mesa, California.

"We welcome to this conference all who are grieving the death of a child, for grief is a universal language and one that TCF'ers around the world know all too well," says TCF/USA Executive Director Patricia Loder.

Because many people will be traveling long distances from countries around the world, special excursions are being planned for before and after the conference, so everyone is invited to combine their stay with visits to some of California's great attractions.

The conference, the second International Gathering held in the United States, will be hosted at the Hilton Orange County Costa Mesa Hotel, described as one "that exemplifies class, and elegance with a modern twist." TCF will have a block of rooms available at \$129 USD for up to four occupants (King bed or double beds). You can read about the hotel in English, Spanish, and French at Hilton Orange County Costa Mesa.

Reservations for the hotel and registration for the conference cannot be made now, but will begin online earlier than normal for TCF conferences.

We Need Your Help... The Conference Planning Committee has started planing for next years conference. Our chapter is in charge of the Volunteer desk, and the Hospitality and Reflection Rooms.

Because it will be held so close to home, we strongly recommend that you start making plans now to attend. We will let you know when registrations can

be made for the conference. Right now, we are looking for people to help in the planning and/or at the conference. There are many job, both big and small that need to be done. Can we count on you to help?

We would love to include as many members of our chapter as we can to help the conference be a huge success. This is a rewarding undertaking that we can do to honor our children and to help the newly bereaved... Please help us make this one of the best conferences TCF has ever had. Please call Kitty Edler at (310) 541-8221 or E-mail her at KittyEdler@aol.com for more information.

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

Our Website... We are now posting a tribute page for each of our children. Please visit the new site and add your child's information. You can also download the monthly newsletter which will help defray chapter expenses of the printing and mailing of your newsletter. (Please let us know if you can be removed from the regular mailing list.) Contact Crystal at: crystal@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 every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations

across the country and streamed online simultaneously at www.HealthRadioNetwork.com

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

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

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



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

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: Sept.1 for Oct. 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 (chapter leader) | (323) 855-2630 |
| Kitty Edler | (310) 541-8221 |
| Karen Merickel | (310) 375-2498 |
| Richard Leach (grandchild) | (310) 833-5213 |

SIBLING PHONE FRIENDS

Kristy Mueller

(310) 373-9977 www.Alivealone.org

Joey Vines

(310) 658-4330

Regional Coordinator, Susan Hawkes (818) 249-7786

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

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

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

Additional Grief Support Bereavement Organizations and Resources:

The Compassionate Friends So. Bay/L.A.,CA:

(310) 963-4646. Parent support group & newsletter for bereaved parents and siblings.

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

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

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

ALIVE ALONE: For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van

Wert, OH 45891 Newsletter available.

www.Alivealone.org

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

BEREAVEMENT MAGAZINE: published 9 times a year. Articles for all types of grief. Subscription fee. Bereavement Publishing, Inc., 5125 Union Blvd., Suite #4, Colorado Springs, CO 80920

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

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

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

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



LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS:

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Becky Jordan

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray



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

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

Love, Mom

In loving memory of Whitney Young, 8/87 to 11/06. Happy Birthday Whitney! We miss you so! We are living life but with a broken heart.

Love, Mom & Dad

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

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

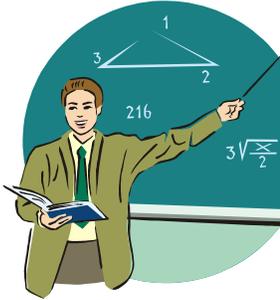
Mail to: The Compassionate Friends So Bay/ L.A. Chapter
P.O. Box 11171
Torrance, CA 90510-1171

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

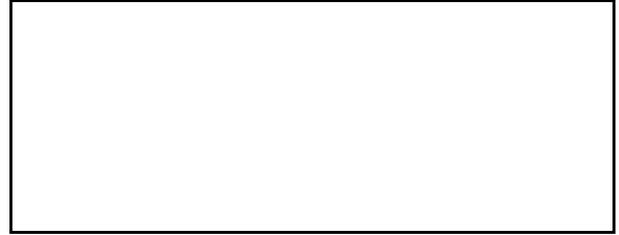
Tribute _____

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



Learn from those
who have experienced
healing after loss.
Their survival
is reassuring proof
that you too will endure.
--author unknown

-- Change of Service Requested --



SEPTEMBER 2011

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

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