



THE COMPASSIONATE FRIENDS

Supporting Families After a Child Dies



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

SEPTEMBER 2012 ISSUE

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OUR NEXT MEETING

will be September 5th, the first Wednesday
of the month at 7:00 P.M.

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

LOCATION:

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

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

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

WHO ARE WE...

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

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

September 5th ... This month's topic will be the continuation of "The Ask-It-Basket" and "Dispelling the Myths of Grief". Start thinking of a question you would like answered to put in the basket.

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

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

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September 5th Meeting ... Since we couldn't get into our regular room and supplies last month, the Ask-It-Basket was postponed until this meeting. To start, we all pick up a blank card and write a question down that we would like answered, and then drop them in the basket. Then the leaders will assemble the questions and as a group, we will try and come up with answers. Almost always, some other parent will have experienced something similar and will be able to help you.

This is an opportunity to anonymously ask something you are uncomfortable bringing up in person, but would like help with. We do this once a year and although the questions vary, the answers are extremely helpful. The anonymity of the Ask-It-Basket makes any question ok to ask.

Myths About Grief was going to be our main topic for Sept. It will be combined with the Ask-it-basket at this month's meeting. We will be discussing some of the misunderstandings we deal with in our grief. For the vast majority of us, we have never had to deal with the overwhelming impact that the loss of a child entails. Suddenly we are bombarded with stories of what to expect, how long the pain will last, the "correct" way to grieve, and platitudes that do anything but help. This meeting we will try to dispel some of the myths surrounding grief.

Myths About Grief



We have many misunderstandings about grief. One of the greatest myths is that we never get over it. Although grief is a process we must go through when we face a major loss or disappointment, the pain of grief does ease. We have to live through and express our feelings as part of that process. What the easing of grief looks like is that we can remember without intense pain. We can love without great sorrow. We never forget people we have deeply loved but we do not have to immortalize them with our pain.

The most debilitating of myths is that we must grieve forever to honor a loved one who has died. We can love forever. But it is no gift to someone who was dear to us to grieve for them forever. Would you feel honored if someone's life were forever disrupted by sorrow because you are no longer alive? Of course not. Why would we think

our incapacitating ourselves is a thoughtful gift to our dead? The best testimonial we can give to our dead loved ones, is living a full life in their honor.

Another myth is that we can overcome grief by willing it to be over. This is the voice of the stoic speaking. Grief cannot be willed away. We must go through our grief to end it. We must face all the complex feelings of our grief. Allowing our feelings helps make them disappear.

A commonly held myth is that everyone in a family should grieve alike. Being related by blood doesn't mean you have similar emotions or reactions. On the contrary, in my experience family members are often uniquely different from one another. It as if each has a role - the crier the angry one, the practical planner, the nourisher, the avoider etc.

Our judgments about which are appropriate feelings of grief and which are not is another area of myth. People who are grieving have a wide variety of feelings that range from sorrow to anger, loneliness, regret, or relief. We may view some feelings as healthier or "better" than others, but all of our feelings are a natural part of grief.

Another life-limiting myth is the belief after a loss that we will never love again. There is no truth that we won't love again, unless we close ourselves off from the possibility. We may be afraid to love and lose once more. But people of all ages and experiences love again, and we can too.

The myth that professional help - a support group, therapy, or grief counseling - cannot help us, limits our ability to heal. We may believe that no one else can understand our pain. Those are faulty beliefs that may keep us from getting help to move through our grief more quickly.

But again some of us believe it wrong to move through grief too quickly. Remember grief IS NOT the best testimonial to our dead. Living a great life to honor a dead loved one is the best testimonial we can give.

--Judy Tatelbalm Journeys Magazine,
published by Hospice Foundation of America

If you mention my child's name I may cry.
But if you don't mention it,
you will break my heart.
--author unknown



Myths about the Impact of Grief on the Marriage Of Bereaved Parents

MYTH (1) As the same child has died each parent experiences the same loss. Each individual mourns the relationship and person that has been lost. As parents, each of us has experienced our child differently and had a unique relationship with that child. Therefore, both bereaved parents are mourning different losses, and these will be what will influence what one misses and when one misses it (e.g., one parent may miss the opportunity to talk with the child after school, while the other especially may miss watching football games on Sunday).

MYTH (2) Spouses will tend to be more similar than dissimilar in their grief. At latest count, people grieve according to 32 different sets of factors, each of which influences anyone grief response. Grief is highly idiosyncratic, as individualistic as a fingerprint. Spouses are no more alike necessarily in their mourning than are strangers. Loving one another, or living in the same house, does not make individuals respond to loss similarly. Some of the major factors contributing to differences between parents include: type and quality of the relationship with the child; sex- role conditioning; personality and coping behaviors; past experiences with loss; social, cultural, and religious backgrounds; social support received; reliance on drugs and alcohol; and physical health. Spouses will have to give each other wide latitude for their differing experiences of grief.

MYTH (3) Once a couple can learn to manage their grief they will be back to themselves again. A major loss always changes the bereaved somewhat. Parts of us die when someone we love very much dies; most of us continue on, but we are altered by the impact of the loss and to the adaptations to it that have been required of us. We not only will have to learn how to relate in a new way with our deceased child i.e., we still can have a relationship with that child, but it must be a different type now that he or she is dead. We also must learn how to relate to the rest of the world, including our spouse, in new ways to

accommodate the changes in us occasioned by the loss. Especially during the long period of acute grief, in which the absence of our child painfully teaches us repeatedly that he or she is gone, it may be very difficult to relate to our spouse because of our pain and distress.

Couples who are successful in managing to weather this crisis together: (1) keep the communication open as much, as possible; (2) recognize their distress and the changes in themselves, and work to express both in the healthiest possible fashions; (3) insure their expectations of one another are appropriate and give each other permission to grieve individually as necessary, and (4) find ways slowly to integrate all of the changes into the marriage.

The duration of mourning varies according to the particular loss its circumstances, the mourner, and conditions surrounding the mourner. Nevertheless, Its now known that mourning a beloved person may take years of acute grief and that the long-term mourning process takes much longer with some aspects of mourning never being entirely finished, i.e. there always may occur subsequent experiences which can trigger in us temporary upsurges in grief for our child (e.g. when his brother gets married and he is not there. Or when it is Thanksgiving and her place is empty at the table) - It constitutes neither pathological nor unresolved grief, nor does it mean that acute mourning still persists. Bereaved parents must recognize that mourning the loss of any major person, especially a child, will mean continuing throughout the rest of life to encounter times when the pain of the loss is brought back and the absence made more acute at that moment, which causes a temporary upsurge in grief - As long as this does not interfere too long with your continuing to move adaptively into the new life without your loved one, such reactions need not be incompatible with healthy adaptation for the rest of your life.

MYTH (4) Loss only bring pain and devastation. Despite the agony of losing their child and the long-term effects of such, a loss, many bereaved parents have worked enormously hard to develop some positive gains out of their losses (e.g. beginning support groups, reordering their priorities, developing better family communication, establishing closer relationships, etc.) while they never would have chosen to lose

their child to achieve these gains they are determined to choose healthy responses to it- you can do this as well.

by Therese Rando, Ph.D.

excerpts from TCF National Newsletter



You Are Not Going Crazy

One of the most common things we hear from bereaved parents is that they think that they are going crazy. If you feel this way, let us assure you that you are not. Grief and the resultant depression, fits of crying, and the feeling you are going to pieces may lead you to these feelings or often to the feeling you no longer want to continue living. It is not uncommon to have these feelings, but most grief-stricken people do not go crazy or commit suicide. It is most important at these times for you to have someone to talk to - to share your feelings - and for you to be able to verbalize your pain to ... We of Compassionate Friends want to help. We encourage you to call on us. We have all been where you are now, and we understand your pain.

--Fay Harden TCF Tuscaloosa, AL

What Would He Tell Me About His First Day of School

OK. I didn't think it was going to bother me this much. I've been saying for weeks that I couldn't wait till school started to get Scott and Ashley out of my hair. (They couldn't wait to get me out of theirs, either!)

So here it is, the eve of the first day of school, and I'm thinking, "What would tomorrow be like if Nicholas were here?" His turn finally comes to stand outside with backpack and new shoes, waiting for the big yellow school bus. Or would he have been the only one of the three who wanted Mom to take him to his first day of kindergarten? What would he come home and tell me about his first day of school?

And what about the kids- "his class?" Will I forever look at these kids (and their parents) and wonder "what if?" They don't even know that they're missing a classmate.

Here it's been almost six years and I feel compelled to hang around the school and grab every kindergarten parent I see and say "I would

have had a child in this class." I surprised myself because I don't usually have those urges anymore. But this is harder than I thought it would be. Another milestone of life- the first day of school- that Nicholas (and I) missed.

The thing is, nobody will think of this. It's not a birthday or Mother's Day or Christmas. It goes by unnoticed except by a mother with kids too excited to sleep tonight - one starting 5th grade, one starting 2nd, and one ...

--Linda Moffatt TCF of St. Louis, MO

The Classroom for Learning to Live Again

Many of us are very aware of classrooms at this time of the year as the new school year begins for our children and young people of all ages. For some, the experience is not one they look forward to with pleasure, and it means the end of the carefree, unscheduled days of the summer. There was no need in their lives for continuous disciplined thinking and living. There were happy vacations, lots of swimming in a pool, picnics, and lots of baseball playing - all requiring lots of running and yelling, and of course the quiet lazy times when they could read about their special interests, work on hobbies, or just do nothing.

Now they are required to settle down into a set schedule and routine of doing what they may not especially enjoy at school in the classroom and at home. They must adjust to the confinement of sitting behind a desk for a specific time and to the need to concentrate for long periods of time on courses that are required for their education, but in which they have no special interest and which they may not even be able to comprehend. So, they must discipline their thinking, or they will be disciplined with extra work, low or failing grades, seemingly unfair, demanding teachers, and with questioning parents.

We can liken this setting somewhat, but in a much more intense way, to bereaved parents as they attempt to pick up the pieces of their lives after their child has died, and attempt to make some sense out of it all. Our happy carefree summer was the time before we experienced this most crushing loss, no matter how large or numerous our problems may have been in reality. Compared to this loss, all other problems simply

fade away as if they never existed. And now, at least for a time, we are faced with the belief that there can never be any more summers. We must learn to climb out of this abyss. For those who have accomplished this, they report that this education is the most difficult work anyone will ever do.

We can imagine that we are in a classroom. Here, we are encouraged because we learn that all the other students are bereaved parents. So, the first step upward is when we learn that we are not alone, that there are those around us who do understand, and who really do know how it feels and how painful it really is. Next, we discover that there are no teachers to tell us what is right and what is wrong. Instead, there are guides to assure us they and others more advanced than we are, have also had the same thoughts and feelings, or similar ones. This assurance that we are not "cracking up" gives us the confidence we need to climb up several more steps.

At this point, we find that it is becoming easier to concentrate on at least some of the simple daily tasks, such as grocery shopping or planning and preparing a meal or making a special dessert the family hasn't had for so long. Seeing their approval and appreciation gives us the power to discipline ourselves to try even harder because we see and feel that we have made a lot of progress with this "course" which we are required to "pass".

It doesn't matter if, during our most difficult periods, we slip back down a few steps. Because by this time, we have climbed the steps of concentrations and disciplines. We have the assurance that there are many hands reaching out to us and voices encouraging us, assuring us that we are almost there. However it is always necessary for each one of us to take each step by himself.

Finally, we just know beyond a shadow of a doubt, that if others did it and they believe in us, then we can do it, too. So no matter at what step you are in the "course" in this classroom, you can receive the help, the assurance, and the encouragement you may need to "graduate". Then you may help the many others who every day are just beginning and are just entering this classroom.

For you the first step may be to come to our meeting where you can meet and talk with the other "students" who are still struggling at various

levels with the same "course" that you are. Even if you don't need us, we need you. Take that first big step and come to the meetings you will get the help you need.

--BP of Tri County, MO Newsletter



Labor Day

On Monday, September 3rd, many of us will enjoy a day off work, usually in the company of friends and family, cooking burgers on the grill. It is Labor Day - a day to honor all working people. As parents, our "labor" begins at the birth of our child, an experience you are not likely to forget. But the pain has a wonderful purpose and so we don't mind too much. Some of us labor in vain to conceive but are blessed with a child through adoption. As our children grow, we labor constantly - giving them the guidance, nourishment, and emotional support they need to develop into caring and concerned adults.

But, along the way, our labor increases one hundred-fold. Now we labor in our grief and oh how we labor! Such exertion we have never known before in our lives. The things that came so easily before the death of our children are now so difficult - like reading the newspaper, making dinner, conversing in social groups - it is all just too much effort with too few rewards. And it can stay that way for a long time. Most of your energy is going into absorbing the impact of your child's death on your life.

Fortunately, most of us reach the point of a new kind of labor. We find new fulfillment in our family, a special cause, work that is important to us, and, many times, in helping other people. We are growing and making something good come of the rest of our lives. It is the choice that we finally feel free to make. So, as you labor, let me assure you that it will become easier, and when you are ready, it will become something that you do for yourself and for your child - a true labor of love!
--Lisa Beall, BP/USA, Annapolis, MD

When I miss you,

I can talk to that part of me that is you.

If I am quiet and begin to listen for the you inside of me, your voice will urge me into gentle conversation.

We will speak of never really being alone.

--by Molly Fumia

When a Life Breaks ...

After suicide, the first commandment is kindness, both toward the life that has broken and toward ourselves. We need to beware of using against ourselves some preconceived notions about suicide. If our child has taken his or her own life, many people feel compelled to comment that the dead sufferer should not have hurt THAT much. Moreover, the religious community removes grace, the social community judges character, the medical community pronounces insanity. If the concept of unbearable pain is admitted at all, we are told that either (1) the suicide's faith was weak, or (2) her/his expectations were immodest, or (3) she/he was mean and selfish. It must have been a weakling who said, "Every person has his or her breaking point" ... right? WRONG.

The truth is that most of us have wondered about ending it all ... because life does SEEM unmanageable at times. And we acknowledge the possibility that life is unmanageable for long stretches. Who is to say that we are always obliged or able to meet an overwhelming darkness with the strength and/or the will of heroic supersaint? We are all vulnerable, we can all feel lost and frightened and without hope. It's arrogant to assume that everyone is equipped to overcome even the most extreme challenge (whether real or imaginary) with fortitude, mastery, and SUCCESS.

Some of us are angry after a suicide has happened close to us. Most of us are incredibly hurt and helpless. We feel betrayed, we feel abandoned, even punished. We often blame ourselves for some carelessness, some omission, some selfishness, some cruelty, which caused that fatal break of life ... it can be a long time, before there comes a small and unexpected comfort: when reality reminds us that the suicide was, as it were, bigger than life.

Western society has little love for those who take their own life, nor for those who are left behind. But we CAN cross the boundaries of misguided opinion, and we can try to see beyond the camouflage of traditional superstitions.

Yes, the first (though not the easiest) commandment is kindness: Be good to yourself. Give love and honor to the memory of that broken life.

--Sascha Wagner



A Father's Point of View - The Loss of an Infant Son

How does it feel to be a father that has lost his first born son? At first it was like the world was the worst place to be. The pain and anguish were so great that I just could not bear it. Many men have said to me, "I don't know how you can bear it." They make it sound like I have a choice. All I really wanted to do was die with him.

My son was only 2 months old, but I can tell you that in those 2 months he taught me the importance of family and love and how precious life can be. At the same time, he taught me how fragile we are and how vulnerable we are. He touched me so deeply that he was able to physically and emotionally change who and what I am. People that have never experienced this type of loss will never know how it can change a person. When you lose a child you lose all of your hopes and dreams. People can't understand that your life is forever changed.

When you lose a baby people can be very cruel. They feel that you could not be emotionally attached, since you do not have too many memories of his life. You should just have another child and the pain will go away. People do not realize that it is not how many memories you have of a child, but that bond you have from when you see them for the first time. That bond is why it hurts so much whether he is a baby, child, teenager, or adult. It does not matter. You have lost something so precious that only people that have experienced it could understand.

As a father who now has a beautiful 2- year-old son, the pain does not go away. Sometimes it can be worse. Every step and every thing that my son does is wonderful, but it also reminds me that Brandon did not get a chance to do the same things. Time has helped me reach an understanding of how short life is and to not take my new child for granted. Brandon has taught me to cherish every breath and every smile Ethan has to offer. By my doing this I will continue to honor Ethan's big brother, Brandon.

--David Orozco. Potomac, MD, TCF

Newly Bereaved ...

Tread gently near the tender souls who've lost a child,
Whose hearts are bruised and bleeding;
For healing comes slowly
With pain in every forward step,
tears in every backward look.
So much love still flows for that special one-
Arms reach out to hold and back to cling,
But reach forward only numbly,
Fearful of forgetting or being disloyal by going on.
There is guilt in laughing, feeling pleasure, even
being alive.
There are questions, longings, heartaches.
But slowly, surely, strength and healing come,
In God's own time-
Not as answer, nor as forgetting,
But as acceptance that this pain,
This loss, is ours to live with and somehow,
By God's grace to use to bless.
--Jean Spleftstoesser, TCF, Pike's Peak, CO

For Friends and Family ...



Why Don't You Call Me Anymore?

She calls to talk and asks how I am
So I tell her of gut-wrenching days and questions
of "why?"
Of longings to hold my son again.
Quickly, she lets me know how she is
Parties and vacations, new friends and clubs,
and hanging up,
I miss what I had and loathe what I am
I read the books,
I meet others like me who yearn to kiss their
cherub's face
who exist in the horrendous, bottomless pit.
And I learn life is:
cruel, unfair, senseless, but through it all
I become more real,
holding a deeper faith that works even in this pit.
After time, I call her to see how she is
and want to tell her about Death and Living
but her life is still an extended picnic.
So we have a pseudo conversation.
I can not explain
for she is not able to understand
the beauty of who I am
and now, I accept why my phone doesn't ring.

--By Alice J. Wislert Durham, N.C.



Welcome...

Strangers and Friends

Bereaved parents gather monthly and tell their stories again and again. The pain is evident on their faces yet strength comes deep from within. To simply attend these meetings is courageous .. We enter as strangers and we depart as friends. I've attended our group meetings for over four years. I never had the honor of meeting these children in life, yet I know them intimately - how each lived and how each died.

Some of us were blessed to have our children several years, and others only a few. Some children lived just a few months, days or minutes - and some never took a breath. Still, our pain and emptiness is universal. The weapons that killed our children are uniquely diverse; guns, hotdogs, fast cars, umbilical cords, alcohol, cancer, rope, bicycles, SIDS, drugs, horses, leukemia, cranes, balconies, rivers, carbon monoxide, motorcycles, AIDS, mental/emotional illness, genetic weaknesses.

Our grief is universally unique. As individuals our journeys lead us in many directions, yet once a month we come together, to tell our stories again and again. These strangers, these people I call friends.

--Kathy Anderson, TCF, Fort Collins, CO

Editor's Note: We welcome you to join us and find out for yourself how helpful it can be to talk to other bereaved parents. We share our stories, our pain, our obstacles in our grief, and together we find ways to cope with the death of our precious children.



Helpful Hint...

Writing - A Self-Help Form of Therapy

It can be helpful to write about the death, the days leading up to and away from it, the details and events that form the fabric and the scenario. Thoughts and feelings that are just too painful to express in words can now find their way on paper. The pictures within will take concrete form through

the written word. Whether sudden or anticipated, death often leaves the bereaved with an overwhelming sense of unfinished business, a need for completion. Writing offers an opportunity to say what could not be said when the loved one was alive. In addition, it offers a chance to say goodbye. "We all possess the innate ability to heal ourselves.

Writing heals the heart, the mind and the soul. Each written work opens doors to the past and to the future, and to a heightened sense of peacefulness and emotional well-being. Therapeutic writing becomes a gift to oneself and to the one we've loved and lost."

--Excerpted from *WRITEAWAY*, Thoughts on the Art of Writing To Heal by Joannetta Hendel in Bereavement Magazine, 2/89

I Wonder



I saw your friends at the park today, carrying cheerful squeals from one end of the playground to the other.

Pigtails blowing in the breeze, as little legs skip against the wind, innocently unaware of the wonders being performed inside each of them.

Around and around on the tire swing they go, giggling at every twist and turn; in an instant they jump off and run for the slide.

I wonder...as I watch the empty tire swaying back and forth...what you might have been like, Jessie.

It hardly seems possible three years have gone by and yet it feels like forever since I could bend down and whisper in your ear.

I can picture your sweet face framed by soft strawberry curls; you look over at me, your round blue eyes gleefully expressing the thrill of life.

The tire stops as my daydream ends and I am gently reminded that you are exactly who you were created to be, however puzzling it appears to me.

--Melissa Tinfow

Savannah, Georgia

Darryl the Sentinel

He sat in the bay window, watching
Listening for your truck,
For your steps on the sidewalk
Every morning for three weeks
Between six and six-thirty.

This loyal friend didn't understand
Why you never came,
Why you'd deserted him.

He, who loved you, who would
Announce your arrival
Telling us: Hey! Hey! He's here!
Could not understand
Where you'd gone,

Or why you'd stay away from him.
He grieved as much as we.

He became depressed and listless.
He slept more and more,
And ate less and less.

"Do something," I told your dad,
"Or he'll die, too," missing you.
So one morning at the appointed time
Your dad got Darryl's leash
And stood at the front door.

Slowly, Darryl came from the window
For the chance to go find you himself.
They started in the driveway at your truck.
Your dad opened the door,

Let him sniff the seats, the floor.
Smelling you, but not seeing you,
He was ready to look elsewhere.

So they began their early morning walks,
Fairly short walks, around a block or two,
To prove you weren't close by.

And after all, Darryl is getting old,
And your dad is not young anymore.
What began for the dog has helped them both
See that, yes, you aren't coming anymore
And the world is still intact

And the sun will rise on another day.
For now, they have each other
And Darryl is satisfied and living again.

--By Mona Follis

Sugar Land -SW Houston Chapter, Texas





Our Children Remembered



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

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

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

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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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
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

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

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: 1/78 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: 11/68 Died: 1/09
Mother: Kathleen Shortridge

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children

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

Remembered

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

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

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

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

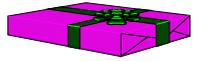
Steve R. Young
Born: 7/57 Died: 2/90
Mother: Marjorie S. Young

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

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

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

Birthday Tributes...



In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.)

A Birthday Tribute to: Cherese Lulhere Sept, 1974 - March 1996



Dear Cherese,

It doesn't even seem possible to think you should be 38 years old on this birthday.... instead, you will be forever 21.

We all miss and love you so much. I talk about you everyday and look at your pictures all around the house. When we visit with you at the cemetery, I never leave without telling you how very sorry I will always be for letting you go on the Semester At Sea trip I didn't know they would lie to you and cause you to lose your life. It's also heartbreaking that we lost Olivia, she was just 16 years old. Sophia and Carlos and me and Dad know you are holding her in your arms and taking good care of her you are both our loving angels.

We continue to keep your memory alive through your foundation, " Cherese Mari Lulhere Foundation " as you continue to help children everywhere. Thousands of children will know you helped save their lives www.cherese.org

I love you my dear sweet girl and Dad, Todd and Tere all send their love, too.
All love forever and always,
Mom

A Birthday Tribute to: Lisa Sandoval Sept: 1974 - March 1996



Happy 38th Birthday to my sweet daughter and friend. I miss you

more than words could ever express. Have fun with Dad on your B-Day in Heaven.

Becky, saving space for this years tribute for "Late Again, Susan Sandavol"

Love, Mom

For Siblings...



An Unbreakable Bond

From the same roots
Nourished by the same soil
We grew, side by side.
One a little older, the other a little taller,
Such different blossoms,
Different, yet strangely the same.
We grew, our lives entwined,
Held together by shared experiences,
Common joys and sorrows,
Whispered secrets known to us alone.
Through that bond of love,
We shared strength.
We grew, our different paths parting us,
An ocean between.
Yet slender tendrils of love still reached out one
to another
They touched and they formed a bond once
more,
An unbreakable bond like steel,
Through which strength and love flowed once
more.
Then, too soon, the bond tightened,
As I was drawn to her side.
Entwined once more, I held her
And watched helplessly,
As she withered and died.
I am alone.
Yet that bond of love,
That bond between sisters
Is eternal.
Even death cannot sever it,
Because my sister still lives
In heaven and in my heart.
--Sharon Gray, Written for her sister, Jenny
Reprinted from "We Need Not Walk Alone"

For Siblings - The Importance of Self-Care

One of the most notable characteristics of bereaved siblings is their ability to help others who are grieving. In research studies, this particular characteristic is mentioned again and again. However, bereaved siblings are often unable to help themselves with their own grief. One of the patterns of dynamics that is often seen in bereaved siblings is as follows. The surviving siblings have been so hurt and become so vulnerable that they cannot tolerate their own feelings. They would like to disown their own vulnerability. So they project their feelings on to others who are grieving, and then take care of the other person.

If this dynamic is operating in your life, you need to work on self-care. Withdrawing the projection from others, and accepting your own vulnerability is not easy, but is essential for healing. In order to take care of yourself, you have to know yourself and know what your needs are. Sometimes we spend more time trying to get someone else to take care of us than we do in actively caring for ourselves. First, you must learn what your needs are. Everyone knows about needs— we know that babies need love and attention as well as food. Needs do not go away when we become adults. Some of the needs that we all share are: needs for food, security, love, acceptance, beauty, order, appreciation, and self-expression. Get to know yourself and what it takes to make you happy.

Connect with other bereaved siblings: Connecting with others by reading about or sharing experiences is an essential part of your healing. At the moment you learn that your brother or sister is going to die or has died, you begin to form a special place within you to put this experience and keep it away from the rest of your life. This "trauma membrane" keeps others away from your pain and your experience. Other bereaved siblings can often get inside this trauma membrane when no one else can. Once you open this part of yourself to another person whom you trust, healing can begin.

--From The Sibling Connection-

<http://www.counselingstlouis.net/healing.html>

Mother of Sorrow

I hate to look at my mother
To see her in so much pain
Wrinkles hiding her countless tears
That would otherwise pour like rain.
I hate to see her hurt so much
But silently hold it in
Struggling to beat the heartbreak
When she knows that she can't win.
I hate to listen to her cries
Which she tries so hard not to show
Grasping on to everything
I wish she could let go.
I hate to watch her smile so bright
And know that it's all fake
Sure she's "happy" every day
But she's acting for our sake.
I hate competing with the sorrow
And I can't bring back my brother
Drew is up there watching you
He's living, loving, and laughing- Mother.
--Kristy Sheldon Ashtabula, OH

For Grandparents...



In many families, the relationships between grandparents and grandchildren are every bit as profound as those between parents and their children. The death of a grandchild also ranks high on the scale of human grief – but it is rarely acknowledged. There are few books or support groups addressing the grief of grandparents, and bereavement counselors who specialize in this kind of grief are rare. Grandparents are usually left to cope as best they can.

When a grandchild dies, the anguish of grandparents is doubled. Their grief for a son or daughter suffering this tragic loss only compounds their pain at the loss of a beloved grandchild. Grandparents who outlast a grandchild struggle with a death that seems out of order; they may cope with survival guilt, perhaps wondering why they couldn't have died instead. Moreover, a grandchild's death chips away at a grandparent's assumed legacy. Most of us hope to make a mark in the world, and the achievements of our children and grandchildren are a part of that dream. When one dies prematurely, that loss resonates through the generations, and like the bell in John Donne's

poem – "it tolls for thee."
--By Helen Fitzgerald, CT

From Our Members...



Thank-you Nancy, for the new copies of your book for our chapter. The following epilogue gives a brief description of the book. Once again, journaling has proven to be helpful in grief.
--L.V.

Epilogue

When I started this book and reread my diary entries for the first time since I wrote them, it was difficult for me to relive the pain of that first year. My journal was where I reached out to Emma, where I asked questions and hoped for answers. I vented my frustrations, sadness, and despair. My journal was my only outlet, as I did not want to burden anyone else with my grief. In writing this book, I have relived the roller-coaster ride of emotions I had that first year, my desperate attempts to make sense of something I can never make sense of.

I am not sure if the entries will resonate with everyone, but they show the uncensored, raw pain of a grieving mother. Somehow during that first year I figured out how to survive. It is different for everyone, the things that help us survive. Each year I grow stronger and wiser in dealing with my grief.

The pain has not changed in three years, but my ability to survive has. I still have my ups and downs as anyone would, but my beliefs have not changed and my love for Emma has not changed. I still feel Emma's strength in me. I still see her in butterflies and rainbows and snails. We still have birthday parties for her, and Emma Celebration Day every year. We still go to our support group, Compassionate Friends. I have learned to live with my grief, and I hope that others who have lost their children can benefit from reading my diary entries and poems. Losing a child is the hardest thing a parent can face. But we can survive and thrive to honor the memory of our children. We can determine never to give up and never to stop believing.
--Nancy Fisher, TCF South Bay/L.A., CA

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

SIBLING PHONE FRIENDS

- Kristy Mueller..... (310) 373-9977
- Joey Vines..... (310) 658-4339
- Sue Gardner..... (310) 316-3777

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

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

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

Additional Grief Support Bereavement Organizations and Resources:

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

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

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

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

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

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

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

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

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

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

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

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS:

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Becky Jordan

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



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

In loving memory of all our children, I would like to thank the many parents, siblings, family members, and friends who helped make the National Conference a success. From our chapter's donations of water and supplies, many families benefitted. The time and energy you showed in memory of your children and sibling was awesome. Many of you further down the road in your grief came to work in various volunteer positions. Your hard work made it possible for the newly bereaved to attend healing workshops. For those of you who were participating in the conference for the first time, it was rewarding to see your reactions and comments on how helpful but overwhelming the weekend was for you. I know in the coming months, you will draw on your experiences of the conference. A special thank-you to Cassidy Mueller for the wonderful songs you performed in memory of your Uncle Keith. Sitting at the Volunteer Desk, I heard many people commenting on how young and talented, yet professional you were, singing on stage in front of 1500 people....Good Job Everyone! L.V.

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

_____ 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.

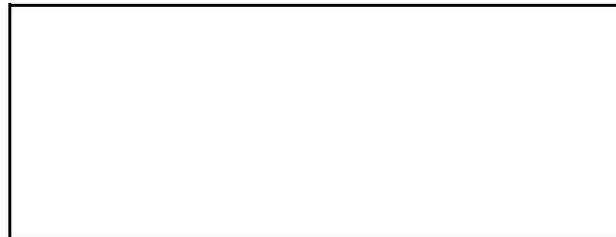
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*Successful grief work
depends on accepting
the loss and changes
that will have to
take place in our lives.
—Catherine M. Sanders*

--Change of Service Requested--



September 2012

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

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