



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

JUNE 2015 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: Lynntcf@aol.com

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

**OUR NEXT MEETING
will be June 3rd, the first Wednesday
of the month at 7:00 P.M.**

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

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

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

The Compassionate Friends Mission Statement...

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

The June 3rd meeting will be our Balloon Liftoff and Pot-Luck Remembrance program. Friends and family are invited. Remember to wear your picture buttons.

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

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

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

Chapter Leader:
Linda Zelik
(310) 370-1645
Lzelik@verizon.net

The National Office of TCF
P.O. Box 3696
Oakbrook, IL 60522-3696
Toll free (877) 969-0010
<http://www.compassionatefriends.org>

June 3rd will be our Balloon Liftoff and Pot-Luck Dinner instead of our regular meeting.

All parents, grandparents, siblings, and friends are welcome to join us for a pot-luck dinner and Balloon Liftoff in memory of our children. Each family is asked to bring a main dish and either a desert or salad to share. TCF will supply the balloons and notes.

This is a time to reaffirm the love that we still share for our child with our friends and family. We will meet in the main hall at the church, at 7 P.M. to write our messages. We will then send the balloons off together, with the liftoff at 7:15. Afterwards, we will return for dinner and a short program.

Sharing this special event is one way we can honor the memory of our children with friends and family. All our pictures from the memory book will be on display, so if you haven't brought yours in, please do so. Remember to wear your picture button of your child. Ken will be there with the button machine, so if you need a picture button of your child, bring a copy of a 3" picture and he can make one for you.

During the program we invite friends and family members to read a poem or tell a story about their child. If you would like to say something or like something read for you in your child's memory, this is your chance.

Do Balloons Float to Heaven?

(An Interpretation)

"What were you doing?" whispers Katie, sneaking up behind Kenny.

"I'm lighting a special candle; a bright light."

"Why?" said Jami.

"Because today is a special day," Jason whispers. "Our parents are going to send us their love."

"Why are we speaking so soft?" asks Katie. "Don't they know?"

"Come give us a hug," laughs Michael as he leans down. "We're just trying to surprise the others."

Jami tiptoes up to whisper, "But wasn't it just yesterday when they sent all those balloons?"

"Well, listen, I've been meaning to talk with you about 'Time'." As he spoke, Jason came to take the little girls in his arms.

"But why did we light the candle?" asks Autumn.

"If the sun shines extra bright today it will help them watch the balloons better," replies Timmy.



Lindsay's eyes opened wide. "And maybe the breezes will blow extra strong to lift our balloons all the way to heaven?"

"No fear of that," smiles Jason.

"Come here, everyone! Gather round!" calls Michael.

"Come on, Sally, let's go see!" exclaims Robin joyfully.

"What is it?" asks Charlie.

"Look! Over there! The balloons are coming!" shouts Tyler.

"Are they from our parents? Just like last time?" asks Kimberly.

"They want us to know they still remember," replies Timmy.

"I love balloons!" said Danny.

"And look, I see my Mommy and Daddy," yells Sally.

"And there's Mommy, Grandma, and Pa Charlie," cries Jami.

"Do you think they can see us peeking up here?" wonders Lindsay.

"Mom, could you give Dad a kiss for me? I think he needs one."

"Here's a balloon for little Katie." said Mickey. "For me? But I can't even see my Mommy and Daddy there." As Kenny places the balloon in her hands he points out the message on the note. "See? Here's your name. This is my mother's handwriting - I would recognize it anywhere. There's a balloon for everyone."

"And look, my mom wrote this one: 'To all the children waiting in heaven,'" reads Lindsay.

"But everyone up here is someone's child," smiles Steve.

"I guess this bundle is for everyone then," said Timmy.

"How can I help you, Mom? Michael holds his mother's message close to his heart. "Oh, Dad this means so much to me!"

Quickly reaching out to grasp a balloon. Danny giggles, "Oh, look, here's another one with my name."

Hillary hugs her balloon. "I feel so loved. Thank you. Thank you."

"Mom, I've always been your guardian angel. I love you so."

"Kendra, here's a new pink one for you." "Love from Mom and Dad. We miss you", said Wendell.

Josh watches as more balloons come into sight. "There's one for me. And a yellow one for Kimberly."

Turning to tenderly watch them, Chad said, "We don't really need balloons to know they

remember.

Farrell looks at him and smiles. "No, we really don't. But this is such a pleasure, isn't it?"

Danny looks up and asks, "Do you think I could sneak out of heaven?" "Just long enough to give my Mom and my Grandma a kiss?"

"Tell me about this," said Charlie. "I've never seen anything like it before."

"Our parents got together and wrote a message on a note. Then they tied it to a balloon and sent them off to heaven," explains Jason.

"I remember, when I was little, I lost a balloon to heaven, too," said Timmy, seeming to clutch his green balloon even closer.

Hillary gasps. "You mean, you just let it go?"

"Well, I didn't exactly let it go. It was just sort of taken out of my hands. I couldn't stop it."

Gathering everyone into a large circle, Kenny began to explain, "Our parents let the balloons go-on purpose. It's one of their special ways of sending their love all the way to heaven. It's very healing for them."

"I think it makes them feel a little closer to us," adds Michael.

"It lets us feel closer to them too," notes Charlie. "Doesn't it?"

"We children in heaven have a special message to send our parents, too." said Jason.

"Why don't we let them know we are always near?"

Joining hands, they smile at their parents, relaying their love:

*Let us send them sunshine
to brighten their day,
and flowers to soften their steps ...*

*Let us send them rain as showers of comfort, and
stars as beacons of love ...*

*Let us send them winds as a gentle caress, and
rainbows as a display of our eternal bonds ...*

*Let us send them laughter to lift their spirits, and
peace to lighten their hearts ...*

*And most of all, let us send them LOVE ,
to uphold them and sustain them and carry them
until we hold each other again.*

SENDING YOU OUR LOVE ALWAYS!"

--Dana Gensler, Lindsay's Mom
TCF of South Central KY

*It is acknowledging and living the pain
that brings forth the energy and strength
to allow healing and hope to return.*

--Darcie Simms "Footsteps Through The Valley"



A Stepparent's Thoughts

I am a bereaved stepparent - Stepfather to be exact. Robin Ann Crarley, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old. I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments all after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was! After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting not bad for a single guy, who had been unmarried for 13 years! Over the years, I got to know Robin's likes, dislikes, and all of her friends - and she had a lot of friends! I attended and participated in all of Robin's activities, supporting her in her many endeavors-including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her mother couldn't, encouraging her, supporting her- all the things dads do for their kids.

I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the respect. "Mom said I could, so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she became incensed at anything (sometimes it seemed everything) during the teen years. All dads know how trying those times can be!

Now I am a bereaved stepparent... the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were once a family-Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris OK?" Although I knew and lived with Robin for 10

years, very few ask, "How are you doing?" I am only the stepparent. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure; one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons - but that was part of our relationship - as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a father to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. Only society puts the "Step" in the name. Parent is still the biggest part of who we are. We hurt because they were our children too- often without the support and understanding that is demonstrated towards the biologically connected parents.

These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

--By Tony Cinocco, Denver, Colorado TCF

A Bear Hug for Father's Day

As Father's Day approaches, we are reminded of the significant contributions and unique love of fathers and stepfathers. Their defined role, after the death of their children, is to support their wives and surviving children. But their pain is deep.

Men, by their nature and in response to our society's expectations, do not usually grieve as openly as women. They do not talk as candidly about their loss. They generally do not reach out to others for comfort. They are, after all, the rock, the solid center of the family. Their wife's pain supersedes their pain because women are fragile. Or so we are told.

Yet, as I look into the eyes of so many bereaved fathers, I see a deep, gripping pain. The tears left unshed, the words that are never spoken, the anger, guilt and agony....all remain in the eyes of the bereaved father.

What can a father do? Talk with other bereaved fathers. Read books written by bereaved fathers. Talk with spouses, private counselors and close friends who are not as structured in their "male" societal roles. Try to attend three meetings of Compassionate Friends. You don't have to talk. But you might decide to express a single thought or

idea, logically presented, to the small group. You might find peace in this place, and then again, you might not. But, as my own dad often said, "Step up to the plate and see what happens." He was a pretty wise man.....a child of the depression, a football player, Greatest Generation, WW II Marine, a fighter, a provider, a protector....a man's man. He endured much in his 78 years, and I only saw him cry a few times.

But when his friend lost a child, my tough dad was the first one to reach out with a bear hug that wouldn't let go until the tears began to flow. They both cried. They both knew that the agony of losing a child was far worse than the horrors of war. Together, they cried.

Happy Father's Day....May your bear hugs be many and your memories become sweeter with each passing year. May your child live forever in your heart so that peace embraces you always.

-- Annette Mennen Baldwin

In memory of my son, Todd Mennen and my father, James M. Mennen TCF, Katy, TX



The Good Old Summertime??

The good old summertime has arrived. The time when we usually plan vacations, family reunions, picnics, etc. There are many activities going on, such as ball games, golf, swimming; though for some of us, a float trip on an Ozark stream is more enticing. Vacation Bible, Schools and ice cream socials are held at churches. We usually adopt a more casual lifestyle, cook outdoors, and free ourselves of rigid schedules. Whatever our interests may be, this is the time for family togetherness. When our family is still intact it can be a wonderful time ... if not, it can be a very painful time.

If this is the first summer following the death of your child, you may not have much inclination or energy for the usual activities. Although, many parents find that doing something physically demanding helps release the tension and anger associated with grief. Some have found a measure of healing and peace working in their yard or garden, or planting a flower garden in memory of their child. Others may feel obligated to attend family activities, and then they find that it does help to get involved. If you don't feel able to get out and get involved in your usual activities, don't be concerned, just do what you feel like you

can do now.

Most of us think going away on a vacation or short trip somewhere, will help us get away from the painful reminders of our child's death, and though it may be less painful than it was at home, we soon learn that we take our memories and emotions with us wherever we go. However, a vacation can be an incentive for doing something relaxing and enjoyable, though most of us feel guilty if we enjoy ourselves very soon after our child has died.

When we made vacation plans for the summer following our son's death in February, I was a little apprehensive. We were going to visit our daughter, who had recently moved to Michigan, and invited our daughter-in-law (our son's widow) and her daughters, ages three and five, to accompany us on the vacation. From there, all our group traveled upstate to stay a few days at a lake resort. Our little granddaughters kept the trip upbeat and lively, and we were able to enjoy ourselves for the first time that summer. It was helpful for all of us, even though there were several intense emotional moments. Now, we realize that everyone in our family was still grieving, each in their own way, and it would have been helpful to have allowed each one some private time to rest everyday.

As newly bereaved parents, we are like pioneers, charting our way through an unknown area to our new destination. We've been told that it is peaceful there, but we can't feel that peace until we arrive. Those who have already made the trip report that life is different, yet good, in that new place. But we find that difficult to believe, because we are still traveling that long, rugged trail, and the end is not yet in sight. "Don't be afraid," we are told, "we made it, and you will make it too. Just take your time, and you will find your way." Those, who have made the journey, encourage us to believe that we'll make it through the wilderness of grief and find peace.

As one who has found peace at the end of the journey, I'm thankful to those who encouraged me during those dark days when I could not see the way. Their loving support, and my faith, gave me hope that life could be good and meaningful again, and now it truly is.

If you are still struggling along, unable to see a future without pain and confusion, please reach out to those of us who have been there. We are here to take your hand and help you find the way to healing. Be kind to yourself and others, and take time to relax and remember. Your child would want you to try to find some ways to enjoy life once again, without feeling guilty. This summer you may find the road to

renewed hope and recovery.

--Lenora Sanders TCF, Cassville, MO



Speaking from the Heart

I was a late bloomer when it came to connecting to the digital world of Facebook. While Facebook was all the rage and others talked about how they found old friends, great new recipes, shared photos with family, and more, I really wasn't interested. However, one day I was looking over my son-in-law's shoulder as he perused his Facebook page and showed me photos shared by one of his Facebook friends who lived on the other side of the country, all made available because he had a Facebook page. Being able to keep in contact with my friends from all over the USA was very appealing to me, especially those I had met while attending The Compassionate Friends' National Conferences throughout the years. Suddenly it was very appealing; my son-in-law put a Facebook page together for me and I have been shamelessly hooked ever since!

The advent of Facebook opened new doors for organizations such as The Compassionate Friends, giving them an extraordinary opportunity to be able to reach out in new ways to bereaved parents, siblings and grandparents through the convenience and speed of the Internet. It was particularly advantageous for bereaved families who lived too far away from a Chapter meeting of The Compassionate Friends and therefore had little to no communication with other bereaved parents, siblings or grandparents. Through The Compassionate Friends/USA Facebook page, members could connect with other bereaved families who understood this most difficult grief journey; one that only another grieving heart could. They now had someone to freely share their child's story, as well as empathetic friends to bring comfort, understanding, support and hope with the reminder that we do not walk alone. I know that many of the friendships I have made from being a part of The Compassionate Friends Facebook pages--though I may never meet them in person--will continue to be my cherished friends for many years to come.

The Compassionate Friends main Facebook page, now with over 151,000 Facebook "likes", is an open group and began in June of 2009. Our first closed Facebook group, Loss to Substance Related Causes, began in August of 2014. Closed Facebook groups differ from the main TCF/USA

open page because you must ask to join the group. From there, the administrator of that group will ask the person requesting approval a few questions, and then allow them entrance if they qualify for that particular closed group. Once they are a member of a closed Facebook group, only they and the other approved members of that closed Facebook group can see the contents of what is posted, shared, and responded to. In brief, if someone is not an approved member of the closed Facebook group (such as other Facebook friends from your personal page), they cannot view or read anything that you or anyone else has posted on that Facebook page, making it virtually private.

We presently have 10 closed Facebook groups which include Loss to Suicide, Loss to Homicide, Grandchild Loss, Sibling Loss, Infant and Toddler Loss, Loss to Miscarriage and Stillbirth, Loss to Cancer, Loss to Drunk/Impaired Driver, Loss to Substance Related Causes, and Sibling—Loss to Substance Related Causes. In the coming days and weeks, we will be adding many more closed Facebook groups.

The following comment came from a bereaved mom who states, "Being a part of the closed group, The Compassionate Friends – Loss to Suicide, has helped me in so many ways. I am able to talk about my child and the tragic circumstances of his death without judgment or any stigma attached because they all have gone through this much maligned cause of death. They truly understand my intense pain and sorrow, the shock and the constant 'whys', and offer me comfort, friendship and support. It is a safe place where we—these people who are now my dear friends— are all in this together—helping each other every step of the way."

We are honored to bring our members of The Compassionate Friends another means to connect with other bereaved families in order to support, comfort and bring hope to each other through the digital world of Facebook. Our closed Facebook group members grow daily, and we will continue to bring our members newly formed groups throughout the very near future. Here is a link to The Compassionate Friends closed groups:

http://www.compassionatefriends.org/Find_Support/Online-Community/Closed_Facebook_Groups.aspx

--In compassionate friendship, Cathy Seehuetter, Nina's and Chris's mom & Minnesota Regional Coordinator



Night Agonies

In the deepest part of the night, when I am alone with my blackest grief, I reach deep inside myself and measure the depth of love for my child.

I focus on these feelings, now made unequivocal by death, and realize that an emotion so strong, so pure, cannot be obliterated by the physical act of dying. My love lives on. This link to my child remains, unbroken, unaltered. This bond, the strongest two people can share, continues.

But how can it remain, if my child does not? A solid bridge must have a secure footing on either side. The strength of the love that flows to my child from the deepest part of my being remains as it was in her life. I must conclude it is still anchored in the very fiber of my child's soul—on the other side of death.

With the reawakened awareness of the connections of our love, I find proof of her continuance, a soothing reassurance that though she is no longer with me, she still IS.

--Sally Migliaccio, TCF, Palm Beach, FL

Take Our Grief In Small Bites

As with a four-course dinner, we must take our grief in small bites. The totality of our loss, the shattering of our psyche and the horrific blow to our brains is just too much to absorb at one time. Shock is nature's cushion. When shock subsides, our reality is a physical pain, an ache from deep inside that radiates throughout our bodies. Once this subsides, we endure the emotional agony and the kick in the gut that comes unannounced.

This quotation is very profound for both the newly bereaved and those of us who are much farther down the road of grief. The loss of our child will be the single most defining factor in our lives. However, if we do our grief work and all that this entails, we will eventually arrive at something akin to a new normal. Life will never be the same. We will never be the same. But we carry our children forward with us in our hearts and minds, imagining all that could have been and accepting that these things are no longer meant to be.

I have managed to find a serenity and a purpose in my life, yet the thrill of living is not the peaks, the sadness is not the valleys. Life now is "steady as you go." My compassion for others is almost automatic now, my understanding of the

macro perspective of life is deeper and wider than ever before. I acknowledge that there is much to be learned on this journey. But it is a painful education.
--Annette Mennen Baldwin TCF, Katy, TX



Words, Words, Words

"Where's your faith?
You should be happy for him."
"God needed another flower
in His garden."

"Time heals all things."

"You were so happy together. Be grateful for that."

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

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

What are you trying to say? Are you trying to fill the silence between us, show how much you care or how much you know? Do you think words will help when a heart is broken?

Why do we hide behind words, any words, when a hug or a simple touch on the arm would say so much more? Have we forgotten the power of presence? Do we fear silence because it might mean we have nothing to say?

Why must a moment between friends be filled with noise or empty platitudes or meaningless sounds of hollow comfort? Why can't two people simply be in the presence of each other, allowing that great strength to flow between them without any words to interrupt the message?

"You can have another baby."
"You were so happy together. Be grateful for that."

"At least he didn't suffer."

"She was so young. You didn't really get to know her that well."

ARRRGGG! Words! Words! Words meant to help that only add to the hurt. Give me silence, please! Not emptiness ... silences. Not loneliness... silence. Don't not come, but come silently. Sit on my couch, hold my hand, share a cookie, hand me a

tissue. Come, but leave your words of hollow hope behind. No words can speak more eloquently than the shared silence of presence. Come sit beside me. Hold me. Touch me. Be with me, but leave the noise behind.

Are we afraid that silence will kill us? Are we afraid that we will say "the wrong thing"? (What is the right thing?) Are we afraid that we will "remind" the bereaved of their loss? (Do you think we will ever forget it?)

*"Time heals all things."
"You'll be better tomorrow."*

*"You can't stay sad the rest of your life."
"Your loved one wouldn't want you to be so sad."*

If only I could think of something to say in return! But my mind as well as my body and soul have gone numb. I am frozen and I can't think of anything to say. Sometimes I am so shocked that I cannot believe I heard what you said, or maybe you don't even realize what you said.

*"Be happy she's healed now."
"Why are you so sad?"*

"We have gathered here to not to mourn the loss of...But rather to celebrate his life."

Words; Just words. You'd think they wouldn't hurt so much, but they do. Sometimes it really is better not to say anything. That doesn't mean don't do something... it means don't use words to fill up the space that sadness occupies. By all means, do something!

- ◆ Bring flowers, a casserole (not tuna, please), chocolate, cookies, napkins, paper towels.
- ◆ Come help with the laundry, the childcare, the mail, the dusting.
- ◆ Drop off a ham, a turkey, a hug.
- ◆ Send a note, a lemon meringue pie, and a donation to my loved one's favorite charity.
- ◆ Slip a note into my pocket, a card in my mailbox, a hand into my empty one.
- ◆ Share a memory, a laugh, and a moment.
- ◆ Tell me stories of the past; bring me pictures from your scrapbook.
- ◆ Speak of love, not sorrow.
- ◆ Remember the life, not just the death.
- ◆ Give me hope, not meaningless words.
- ◆ Hug me, hold me, love me, leave me, but don't shower me with words that are meant to soothe, but sear instead. Your presence really is the healing touch. No words need be spoken between friends and family when love is the weaver of the threads.

"He's in a better place."

(I thought right next to me was a pretty good place)

"At least you have other children."

(Yes, but I really loved that one, too.)
"She's better off now... not in any pain."
 (She may be out of pain, but I'm not!)

"Where's your faith? You should be happy for him."
 (My faith may help my heart feel better, but it's my arms that are empty and aching.)

"At least he didn't suffer."
 (Yes, that's true, but I am suffering now.)

"She was so young. You didn't really get to know her that well."

(Since when does age have anything to do with how much someone is loved?)

"Time heals all things."

(Time does nothing except pass. It is what you do with the time that might change things.)

"You can't stay sad the rest of your life."
 (Oh, yes I can!)

"Your loved one wouldn't want yo to be so sad."
 (How do you know that? I have told my loved ones that I expect at least three days of heaving grieving. After that they can do what ever they wish. But I do want them to be sad... at least a little bit!)

"Be happy she's healed now."

(That may be true, but it is still my heart that is broken... my arms that are empty. What about me?)

"Why are you so sad?"
 (Oh, I don't know ... maybe its because someone I loved has died.)

"We have gathered here to not to mourn the loss... But rather to celebrate his life."

(The thought here is nice, but the timing seems a bit "off." (I am not quite ready to celebrate. I think I need some grieving time, too.)

Words. Just words. Let them fall to the wayside when you hear words that do not quite touch the pain or hit the mark. Realize that someone is trying to reach you, soothe you, and comfort you. So what if their choice of words falls short of the goal or even brings a moment or two of pain? At least someone cares enough to keep trying! And the sounds of silence are even worse than the words that come wrapped in good intentions and tied with a silly looking bow.

I'll take your comfort any way you can share it with me. But maybe the best words to say are simply, "I'm here and I don't have a clue as to how to help, but I'm here, and together we'll figure this thing out."

Come. Bring your gifts of memories, your arms with chocolates and your presence. Leave the words behind and just come. I'll hear what you mean, not what you say.

--Darcie D. Sims, Ph.D. Big A's mom

From *Suicide of a Child*

Always remember that if you could have prevented your child's death, you would have. There are a lot of reasons you weren't able to do so.

- * You may have been too frightened to know what to do.
- * You may have not known the difference between normal growing-up behavior and serious depression.
- * You may have been labeled "over-protective" if you did share your fears.
- * You hoped it would pass, get better, work itself out.
- * You wanted to give your child every benefit of the doubt and to trust your child.
- * You didn't want to be an alarmist when maybe nothing was really wrong.
- * You may have actually tried to get help and were ignored or turned away.
- * You may have done everything possible, and it still happened.

-- Joy & Marvin Johnson and Adina Wroblewski

To The Child in My Heart



Oh precious, tiny, sweet little one
 You will always be to me
 So perfect, pure, and innocent
 Just as you were meant to be.

We dreamed of you and of your life
 and all that it would be
 We waited and longed for you
 to come and join our family.

We never had the chance to play,
 To laugh, to rock, to wiggle.
 We long to hold you, touch you now
 And listen to you giggle.

I'll always be your mother.
 He'll always be your dad.
 You will always be our child,
 The child that we had.

But now you're gone... but yet you're here.
 We sense you everywhere.
 You are our sorrow and our joy.
 There's love in every tear.

Just know our love goes

deep and strong.
We'll forget you never--
The child we had,
but never had,
And yet, will have forever.
-- C.P. TCF Verdugo Hills, CA Chapter

For Friends and Family...

Please Understand

Time does not heal the pain of child loss. Time simply puts distance between our initial shock and pain and where we are now. Time adds fear to the bereaved parent's life -- fear that we will forget our child's voice, forget our child's smell, forget the details of our child's face....forget what it felt like to hold our child. No, time does not heal the pain of child loss. Our healing will come when we see our child again in heaven, and so we cling tightly to that hope as we pass through the long, dark valley of time.

--Silent Grief - Child Loss Support

Newly Bereaved ...

Grieving Heart

There are three major points for you to keep in mind as you go through your "work of mourning":

You will have your own unique way of expressing and experiencing grief. As long as it is changing, and moving, and "fluid", it is normal grieving.

You are in for the roller coaster ride of your life. It is the nature of the beast. Grief is not orderly and predictable. It will wax and wane. You may reach a period of relative calm, and a break from the tears. "What a relief" you'll think, "Maybe I'm finally reaching the stage of acceptance". And then, WHAMO! Brought to your knees again by intense grief. And you'll wonder if you are making any progress at all. You are. The passage of time assures this. It really will come to an end. In its' own time. You will come back to life with loving remembrance in your heart, ready to embrace life again without your beloved at your side. You will gradually feel stronger and more in charge of your life. It really does end.

Am I going crazy? No, you're not going crazy. And you are also not alone in feeling like you are "losing it". When you think about the overwhelming loss you've experienced, it is indeed a miracle that



you don't lose your sanity! But there's a safety net built into the wondrous grief cycle that somehow keeps you safe in the storm. You will survive this, sanity intact, and eventually go on to reclaim your life and some degree of joy, despite your loss.

There are many ways in which grief can touch you-- physically, mentally, emotionally and spiritually. It's an all-encompassing thing, you know? You need to understand that there are a wide range of "grief symptoms", and you may wonder what is "normal" and what is not. Rest assured that almost ANY symptom you might have, although it would be considered alarming otherwise, is perfectly normal during grieving.

--www.recover-from-grief.com



Welcome...

Tissues, Tears,& Treasures

A circle of chairs and boxes of tissues, a roomful of tears and emotional issues. Frightening at first, I did not want to enter into this strange group, and be in the center. What I soon learned, as we sat side by side, we were bound by the love of our children who died.

Each shattered heart,
desperately seeking a moment of peace,
from the pain and weeping.
So many things different, and yet all the same,
hearts lost in a fog of loss and pain.
Those who have journeyed, much further than me,
reached out in comfort, listened quietly.

-- Diane Barta (Tony's Mom) TCF Portland, OR
Editor's note: We invite you to join us at our meetings to help yourself as well as to help other bereaved parents and siblings. You will find comfort and encouragement on your road through grief. Who better than another bereaved parent, grandparent, or sibling, to understand what you are facing after the loss of a child.

Helpful Hint ...



Remember:

Grief Work is Like Winding a Ball of String. You start with an end and wind and wind, then the ball slips though your fingers and rolls across the floor; some of your work is undone, but not all. You pick it up and start over again, but never do you have to begin again at the end of the string.

The ball never completely unwinds; you've made some progress.

- TCF newsletter, Evansville, IN

Book In Review ...



I'm Still With You by Carol Obley. This is a collection of true stories of after-death communication from the experiences of the author, a psychic medium. I found these stories to be inspiring and comforting in dealing with the grief after losing my son. This easy to read book demonstrates how love does not die but continues from the other side. Ms. Obley also gives helpful tools for healing grief and moving on.

--Linda Zelik

My Dad Is a Survivor

My dad is a survivor too
Which is no surprise to me.
He's always been like a lighthouse
That helps you cross a stormy sea.

But, I walk with my dad each day
To lift him when he's down.
I wipe the tears he hides from others.
He cries when no one is around.

I watch him sit up late at night
With my picture in his hand.
He cries as he tries to grieve alone.
And wishes he could understand.

My dad is like a tower of strength.
He's the greatest of them all!
There are times when he needs to cry
Please be there when he falls.

Hold his hand or pat his shoulder
And tell him it's okay.
Be his strength when he's sad
Help him mourn in his own way.

Now, as I watch my precious dad
From the Heaven's up above...
I'm so proud that he's a survivor..
And I can still feel his love!
--Kaye Des'Omeaux (reprinted with permission)
Dedicated to all dads who have lost a child and were forced to survive.

Knowing When you died...

I knew you would leave... but I didn't know it would be this soon.

I knew I'd be sad... but I didn't know it would be this dark and this deep.

I knew I'd miss you... but I didn't know how much my heart would really ache.

I knew I would cry... but I didn't know I had this many tears.

I knew you wouldn't be coming home ... but I didn't know how long forever really was.

And then...

I didn't know I could think of you without crying... but the smile that sometimes appears, helps my heart to heal.

I didn't know to laugh without you was possible... but now I laugh in your honor.

I didn't know I would have to live the rest of my life without you... but I have our love and memories to carry me through.

I miss you and love you, McKaila.

--Sandie Steffes TCF Denver

The Boys & Girls of Summer



The boys and girls of summer,
No longer in our sight
Those sun-kissed happy faces
Now fill our dreams at night.

Long years ago they played and swam
Their laughter echoed along the lake.
Fishing, camping and firelight talks,
Youthful dreams of the life they'd make.
Those boys and girls of summer,
Now swim on a distant shore.

The memory of their faces,
Bring summer's joy to the fore.
Boys and girls of another time,
Now crowd the sands at the lake.
Laughing, splashing, in sun and spray,
Unaware of hearts that watch and ache.

--Arleen Simmonds

There is a huge difference between living in the past and remembering the past.

--Angie Cartwright
Grief The Unspoken Website



Our Children Remembered



Page 11

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

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

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

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

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

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

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

Robert Bolde
Born: 7/94 Died: 9/12
Parents: Diane & Paul Bolde

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

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

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

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

Michael Bowen
Born: 5/95 Died: 8/14
Mother: Tomasa Richmond

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Asa James Dolak
Born: 2/94 Died: 12/13
Mother: Andrea Dolak

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



Our Children Remembered



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

Sierra Dove
Born: Died:
Parents: Michelle & Mathew Dove

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Melinda "Peepo" 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

Harrison Greenberg
Born: 12/95 Died: 5/15
Mother: Wendy Greenberg

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

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

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

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

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

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

Josephine Olivia Haman
Born: 6/98 Died: 2/10
Aunt: Caroline Ozimok

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

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

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

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

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

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

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

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

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

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

Maddison Grace Herrera
Born: 5/14 Died: 5/14
Parents: Gabriela Partida & Jesse Herrera

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

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

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

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

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

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

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

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

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

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

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 Leeann 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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bernard Lawrence
Born: 2/63 Died: 11/06
Mother: Jackie Bowens

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

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

Jessica Leffew
Born: 9/96 Died: 4/14
Parents: Jarrad & Omica Jelsma

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

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

Brian Lopez
Born: 9/93 Died: 4/14
Parents: Jarrad & Omica Jelsma

Kevin Le Nguyen
Born: 5/88 Died: 6/14
Mother: Tracy Le Nguyen

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

William Samuel Nicassio
Born: 1/88 Died: 1/14
Mother: Pearl Nicassio

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

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

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

Geoff James Nowak
Born: 11/97 Died: 2/98
Parents: Christen Murphay & 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: 7/12
Mother: Maureen Ojose

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

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

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

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

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

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

Maddison Grace Partida
Born: Died:
Mother: Gabriela Partida

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

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

Shannon Quigly
Born: 11/68 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: 8/09 Died: 8/10
Parents: Bridie & Jules Ramirez

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

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

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

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

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

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

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

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

Edwin Rodriguez
Born: Died:
Sister: Nancy Garcia

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 Niall Pennington Roque
Born: 8/02 Died: 9/09
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

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

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

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

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

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

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

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

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

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

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

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



Our

Children

Remembered



Birthday Tributes...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Taylor Whitaker
Born: 4/00 Died: 4/06
Parents: Michelle & Chris Whitaker

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

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

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

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

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

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

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

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

Brett Yodice
Born: 11/89 Died: 5/13
Parents: Sam & Susan Yodice

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

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

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

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

In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.) * Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.



A Birthday Tribute to:

Emily Matilda Kass

June 1995 - March 2006

Happy Birthday Sweetie!

20 years old!!! It seems unbelievable that this much time has passed, but when it's quiet, I can hear your laugh and feel your love. I know you would appreciate the fact that a new Jurassic Park Movie is coming out on your birthday...going to try and get Jess to go...lol!

Know that we miss you and that you continue to inspire others to be the best they can be. I still see you on your 9th birthday standing on your chair with a huge smile while all 300 people at the gymnastics banquet sang happy birthday to you....a good day.

Happy Birthday Sweetie Pie!

Missing you
Loving you
Forever in our hearts and thoughts!
Love Mom and Jessica



For Siblings ...

As long as we have memories,
yesterday remains;
As long as we have hope,
tomorrow awaits.
As long as we have friendships
today is beautiful
--author unknown

Another Milestone

I recently faced another milestone in my life. I graduated from college. It was an eventful day that was highly anticipated, but yet, the day was lacking in some respects. It wasn't the weather; it was a beautiful day. It wasn't the party afterward, either. It was the fact that my brother George was not here to celebrate with me.

I have faced other milestones without George, and not by choice. He was such a big part of my life growing up that it has been strange celebrating anything without him. He was there when I had my first boy/girl party. He was there when I went on my first date. George watched me go to my first semiformal dance, too.

But years have gone by since I have been able to share any joy over my accomplishments with George. I know he is watching over me. And somewhere, in an empty chair on the college green, he smiled and cheered when they called my name.

--Lee Ann Martelli, Sibling Leader
TCF, Cumberland Co., NJ

You Don't Answer

I remember when we were kids, we'd play that game where you were supposed to stay hidden.

But when I couldn't find you, it was the end of the game, and you'd always answer when I called your name.

At the cemetery it's peaceful and I can be alone.
There your memory breaks this heart of stone.

For in my heart lies the tears and the pain,
Because you don't answer when I call your name.

--Erin Hall TCF, Northern Virginia In
Memory of Her Sister, Elaina Ranel



For Grandparents...

Reinvesting in Life

A baby? You're having a baby?? Oh, No, I thought. I can't have another child to worry about. A grandchild, someone I would have less control of than my own son and daughter. The world is so dangerous. Bad things happening all

the time. We all have been through so much heartache. How can we give our hearts away again and be vulnerable to another loss?

Well, I reason, my daughter has a right to fulfill her life with children if she desires. Life goes on, I guess. But if something happens to this child, will she survive it? Would any of us survive another loss?

And then he is here. Minutes old, looking so calm and wise and so in control of the whole situation. He is so perfect, so beautiful. A genuine miracle! Bryan, can you see your little nephew? He's wonderful and somehow I think you are with us.

The world is brighter, warmer. We'll go to the zoo, to the park, to the ocean. We can go camping in the mountains and you can hop from rock to rock and catch fish. And we will show you how beautiful and wonderful life can be.

Thank you, Michelle and David. This is a truly great gift. My heart has been captured.

Welcome, Tyler Bryan Peck-Burnett. I'm a grandma and I love it!

--Sandy Jagoda, CF Contra Costa County, CA

From Our Members...



I once wrote about time,
how it can stand still,
move very slowly,
and move very quickly,
sometimes at the same time.
It seems like yesterday when I was holding you in
my arms,
I would put my hand by your lips to make sure I
could feel your breath,
then hold you tight as you took your first step,
and then listen anxiously as you said your first
word.
and in a blink of the eye you became quiet,
you became rainbows,
and snails, and flowers, and frogs,
you became whispers,
and tears, and memories.
Time moves slowly for me now,
only that day went by too quickly,
I wish time would have stood still,
I wish many things,
I wish you were here...
--Nancy Fisher 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.

News from the National Office... The Compassionate Friends is pleased to announce that Dallas, Texas, will be the site of the 38th TCF National Conference on July 10-12, 2015. "Hope Shines Bright ... Deep in the Heart" is the theme of this event, which promises to be another great national Conference experience. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. For registration or more information visit www.compassionatefriendsl.org.

TCF Is On Facebook Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. 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 have created a new website for our chapter. Joe Zelik is hosting the website and updating it with the current newsletter and chapter information. Due to the rising costs of printing and postage, we are asking everyone to get the newsletter online if possible. To be able to send a reminder each month to let you know when the latest issue of the newsletter is available, we need your e-mail address. To update our files, please call Lynn at (310) 530-3214 to update by phone. You can also log onto our website at www.tcfsla.org if you want to do it electronically. Thank-you for your understanding and help.

TCF South Bay/LA

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

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: June 1st for July 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
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REGIONAL COORDINATOR

Olivia Garcia.....	(818) 212-3506
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Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new member's children.

Library Information... At each meeting we have a library table. It is on the honor system. You may

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

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

Additional Grief Support

Bereavement Organizations and Resources:

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

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

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

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

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

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

NEW HOPE GRIEF SUPPORT COMMUNITY:

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

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement

support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Call Patty Ellis (310) 546-6407—new number

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

THE LAZARUS CIRCLE: Monthly grief support. Meets third Thurs of each month, 6-7:15 at First

Lutheran Church, 2900 W. Carson St. Torrance

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

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

Other Grief Support Websites...

agast.org (for grandparents)

groww.com

goodgriefresources.com

childloss.com

beyondindogp.com

griefwatch.dom

angelmoms.com

babysteps.com

healingafterloss.org

webhealing.com

survivorsofsuicide.com

opentohope.com

taps.org (military death)

alivealone.org

bereavedparentsusa.org

save.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

LOCAL TCF CHAPTERS

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

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



A SPECIAL THANKS TO:

Staples for their help in printing our newsletters each month

and to

The Neighborhood Church for the use of their facilities for our meetings.



CHAPTER OFFICERS:

CHAPTER LEADERS: Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Joe Zelik

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

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

In loving memory of Melinda "Peeper" Gardner-Collins, June 1956 - August, 2007 and Marilyn Gardner June 1953 - January 2014.

Love, Mom

In loving memory of Michael B. Ruggera, Jr., April 1951 - April 1996.

Love, Mom & Dad

In loving memory of my son, Daniel Swiggum, June 1988 to July 2008

Love, Mom

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

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

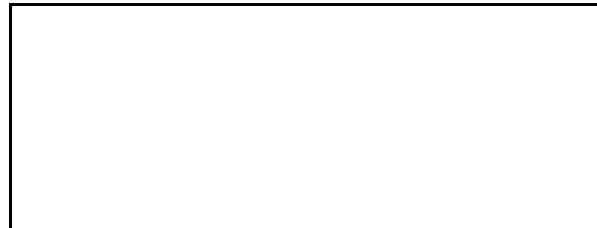


*Although you and your loved one
must still be apart
May the warmth of our
balloon liftoff
comfort your heart.*

NON PROFIT ORG
US POSTAGE PAID
PERMIT 3223
TORRANCE CA 90503

--Return Service Requested--

Happy Father's Day June 2015



Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

We are young, and we are old.

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

Some of us have found our faith to be a source of strength,
while some of us are struggling to find answers.
Some of us are angry, filled with guilt or in deep depression,
while others radiate an inner peace.

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

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

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