



# *The Compassionate Friends*

## *South Bay/LA Chapter*

### **Supporting Family After a Child Dies**

**A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES**

**July 2026 ISSUE**

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

**OUR NEXT MEETING:**  
will be July 2nd, the First *Thursday* of the month at 7:00 P.M.

**LOCATION: use this one**  
**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. → Park In EAST lot. Follow path to back patio. Meetings are held at the **EAST** end of the church. Patio Meeting room is 101 classroom. Follow signs. (Last door, first floor.)

**--Please remember to park in the EAST 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 July 2<sup>nd</sup> meeting will start with "**Summertime Remembrances and Grief.**"

To participate in our Zoom meetings, contact Leo at (310) 283-6739 or [Liccia79@gmail.com](mailto:Liccia79@gmail.com) for the link.

The TCF Friday Lunch Group offers you a place to talk about your grief every Friday from 1-3. We meet at different locations each week so call to let us know you are coming. Everyone pays for their own lunch so arrival times & locations are flexible. Please call (310) 963-4646 for more information.

For a free Picture Button of your child, call Connie at (310) 292-5381.

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The Thursday July 2<sup>nd</sup> meeting will start with **“Summertime Remembrances and Grief.”** Happy times of previous summers that made you smile often become painful memories because of our losses. Schools are out, summer has begun and we need to find ways to both grieve and find ways to embrace summertime. Sorrow becomes more bearable as we learn to mesh our feelings and acknowledge where we are in our grief today. I hope the following articles will help you blend the precious dreams and memories you had for the child that is gone and the feelings you are now coping with in your grief. We invite you to join us and share what helped your family when making summer plans. All bereaved families deserve as much relaxing and rejuvenating time as they can find. Please join us at the next meeting and share what has been helpful for you in overcoming some of the sorrow that we face in the summertime of our grief.

## Summertime

With summer comes more time for relaxation and more time for get-togethers with family and friends. After our son died it left a void in all those family activities and lots of time for thoughts of summers gone by – vacations, 4th of July's, Bible schools, camps, baseball games, swimming lessons, skiing at the lake, and many other memories. It still seems important for us to participate in those same activities because on each occasion some memory is stirred of a time when our son was a part of these activities that made summer such a special time for us.

At first those memories made us so sad, but now when we remember what he did or said in certain situations, our hearts are a little lighter and even sometimes a little smile appears on our faces.

These memories are what we have left and they are so very precious. Summers are a good time to relax and remember our happy times together.

-- Carol Linch, TCF LaGrange, GA

## Summer Memories

Summertime is a happy time for most people in this country: vacations, holidays, family reunions, relaxed days at the pool, evenings in the backyard talking with family and friends, the smell of a fresh

rain, the long days, the cooling nights, fresh mown grass and flowers that bloom profusely. Despite Houston's heat, summer has become a treasured time for me. My son was a child of summer. Born in May, he loved the summer sun on his face and the wind in his hair as he first rode a tricycle, then a bicycle, then drove a car. Those were wonderful times for him.

The summer solstice on June 21 was a favorite day for us both. Since the summer solstice is the longest day of the year, Todd particularly loved to watch the sunrise and sunset. I found myself doing that again this year. As I looked at the sun directly overhead at noon (1:00 DST) I made the comment that this is the one perfectly balanced day of the year. Later as I watched a beautiful solstice sunset, I remarked to my husband about the light...the gorgeous light. I was seeing Todd in that light. He was laughing, chasing lightening bugs, running and spinning and turning, filled with the joy of summer. He was happy.

I listened to the neighbors' children playing, and I thought about all the wonderful summer days I had spent with my son. I am thankful that I had that time. I am thankful that my child was a son of summer. He found much joy in nature, in the outdoors, in activities that took him out of the ordinary and into the sublime.

That's how it is for bereaved parents. We eventually come to a place where we realize that our joyful memories have overtaken the pain of the loss of our child to death. We wouldn't trade the time we shared with our children for anything or any other experience.

We have many relationships in our lives, but the unique nature of the parent-child relationship is so special, so deep, so life changing, that we endure and even embrace the pain because we had, for that time in our lives, a relationship of pure love and pure joy with our child. There is no way to measure the depth, width or volume of a parent's love. It exceeds every other human relationship. Yes, we miss them terribly. We weep silently into our pillows at night. We light candles, take flowers to the cemetery, wear their favorite colors, treasure pictures of our children and keep them forever in our hearts. This is a big part of life for every bereaved parent.

Somehow, on the summer solstice, I felt my child's presence in the light of the day and the



beautiful rose color of the solstice sunset. I could hear his voice, see his smile and feel his emotions. Peace slips into our hearts in extraordinary ways.  
-- Annette Mennon Baldwin, TCF/Katy, TX in memory of her son, Todd Mennon

## Remembrance

I see your smile in the brightness of the summer sun.  
A gentle breeze is the touch of your hand on mine.  
A wave breaks softly on the shore, and I hear you whisper,  
"Remember me."  
A winged bird begins its flight into the distant sky.  
The sound of children's laughter fills the air,  
The evening stars become your eyes,  
And I reply -  
"You are ever near."  
-- Priscilla D. Kenney, TCF, Kennebunk, Maine

## Summer Delight

Posted on June 26th, 2023

Where is the child who skipped through the sprays of summer rain and laughed his way into my heart? Where is the boy who climbed my trees and spied on me from behind the leaves? Where is the child with the suntanned legs who ran Fourth-of-July races in green parks? Where is the sleepy child who wrapped his arms around my neck and said, "When I grow up, I gonna marry you, Mom?" He's here.

He twines around our past, around my future, and takes me back home, and makes me young again as sure as summer comes. A suntanned spirit with an impish grin still whispers in my ear that stars are not stars at all but lightening bugs he's captured in a jar. In his youth he's my summer's glow, the sunshine in my garden, my comfort on long, hot, summer nights of remembering.

Where is the child that once played among my summer flowers? He darts and runs away as I idly dream of yesterday, at once elusive yet so near. Oh, I'm sure he's here. I'm sure I saw him just a minute ago. Or was it just a touch of summer madness that made me think I'd greeted him?

Oh, where is that child of summer gladness? His laughter slides down summer rainbows and captures me with unbound glee. His summer

brownness runs barefoot on my heart. With sun-bleached hair, he smiles at me from photos from summers past, and as long as I LIVE you will be loved.

--Fay Harden

## Tears are Hot

I never really noticed how hot tears are as they roll down my face. Sure I have cried many times before you died; but you leaving made time stand still and life feel so surreal. Shock, numbness, nausea, and pain so severe I was certain I would die. Can't they see it? Surely they can. No one acts as if they can see it. My heart hurts so badly, my soul aches; my breasts hurt yearning for my children, how can that be? Why can't they see it? Why can't they help?

Who am I now that my children have gone? Where am I now that your voices are nowhere to be heard? There are no phone calls with crisis to fix. No more reasons to give you money today. No problems that only Mom knows the answers to. It's been a year now since you went home, and I find myself feeling so alone. Who will care for me when I am old? What of my future? Where have my dreams gone, your college graduations, your careers, your weddings, the holidays at your homes?

Since you left I struggle with so many questions. Am I still a Mom? I have no children now, so how could I possibly be a Mom? What if I had bought four new tires for the car instead of two? What if I had not given you gas money to take the trip? I never noticed how hot tears are as they roll down my face. As I cry for missing you both as I often do, the tears fall in slow motion symbolic of how today it's still so unreal.

It seems like yesterday I received that dreaded call; I hate to have to tell you this, he said on the phone. At that moment I knew what I was about to hear would change my life forever. I knew what he was about to say I could not bear. But for some reason I did not know you were dead; I thought mothers were to know those things, a feeling, a hunch. I had so much guilt that I didn't know my babies had died when I was in that meeting at 10:30 that day.

My first thought when I heard his voice was that you made him call because your daughter/niece



“our baby girl” had died and you could not tell me yourself for your broken hearts and your personal shock. But then I heard those dreaded words that I will never forget the gist. Amanda and Logan have been killed in an accident, or maybe he said, Amanda and Logan are dead, or possibly even, there has been an accident and Amanda and Logan didn’t make it. I don’t recall but the end result was all the same.

I never noticed how hot tears are as they roll down my face. As I cry today a year later, I cry more for me and our little girl not having you in our lives for I know you are home now and we will be together again one day.

I thank you for leaving your baby girl here with me; I thank God daily she was in the car behind you. We have each other and we will make it through and create a new life together as you meant us to. Caring for her has helped me to heal that part of me that asked if I am still a Mom. My answer today is yes, I am a Mom of three, two of my children live in heaven and I have one precious little girl who lives here with me.

The year has gone so fast; I can’t believe I write this now a year later and in some ways I feel no different. The pain is still immense; my heart still hurts, my soul still aches, the physical pain still remains.

But the difference is today I have seen the other side; I have experienced joy where last year I knew I never would again, I have laughed and smiled and played as we used to do. I strive daily to go on in your memory, with your love as my inspiration as you would want me to. Some days I even forget to notice the temperature of the tears as they fall down my face, for once more they are healing tears, tears of joy, tears of anger and tears of sadness, they are not only the tears of a Mothers broken heart.

--Deana L. Martin In Memory of my children,  
Amanda Suzanne Mills and Logan Robert Mills

## On Picking Up the Pieces

A few months after my son died someone said to me she was glad to see I was “picking up the pieces and going on”. Well, I was picking up the pieces all right, but what she didn’t know was they were almost a whole set of new pieces. I haven’t been able to go on as though nothing about me has changed since my child died. I’m a different me now and I am still learning how the new me reacts to old situations.

I have found the new pieces don’t exactly fit together all nice and neat like a jigsaw puzzle because some of the old pieces are hanging in there and they don’t quite mesh with the newer ones. I am and have been in the process of grinding off the edges, hoping for a better fit, one I could live with more comfortably. Time, patience and hard work are helping me accomplish this. How are the rough edges on your new pieces coming along?

--Mary Cleckley

## Independence Day

The Fourth of July, Independence Day, Our Nation’s birthday – Whatever you call it, we celebrate America’s independence from England on July 4th each year. As a nation, we have endured for

200+ years to become a significant, independent, and powerful force in the world. We were founded on the principles of equality and religious tolerance, of equity and opportunity, and of rights and responsibilities.

Several generations of men and women have defended our precious freedom with their lives. As we celebrate this year, let’s take a moment to remember those who paid the ultimate price for freedom – and to remember their families. It is sometimes easy to think only of the glory of their sacrifices, and to overlook the sacrifice of their families. War is never glorious, no matter how romantic the notion created by Hollywood. War has casualties that go farther and deeper into the fabric of our nation than we may realize. Those who died are buried with fanfare, as befits the nation’s fallen valiant. Their families learn to go on, just as we have, in spite of their loss.

But think for a moment of those who were declared missing in action, or who were prisoners of war. Their families must endure, often for years, and sometimes without an end to their pain and loss. Remember all of our nation’s fallen when you celebrate this year. Remember those ceremoniously laid to rest; remember those who were captured, imprisoned, even tortured; remember those whose fate remains unknown. And remember, too, the families of all of them. Death, no matter how noble, is never easy for



those left behind. We send our thanks to the veterans – living, dead and missing – and their families.

--By Tom & Sondra Wright, TCF Tucker, GA

## Teen Loses Brother to Suicide, Learns to Cope

At the age of 16, Carl David suffered the loss of his 22-year-old brother by suicide. In his words, "The effects on myself and my family were devastating, beyond description. We had but two choices; to pull together or tear each other apart. We chose the former and used every bit of strength to rebuild our lives. The challenges were monumental as every day was day one. We had to start over with each sunrise because the after-effects were so persistent and the pain so ever-present that at times it seemed insurmountable. We wondered if we would ever be able to move forward and regain some semblance of life."

He recalled, "It impacted our family in a myriad of ways but we ultimately found our way back to daylight with the help of our family, friends and professional help. It's human instinct to survive. We don't forget or get over it; we just learn to live with it as best we can. This kind of lacerating experience becomes part of our soul, embedding itself into our very psyche. Our unconscious keeps a permanent record of every moment of our life and reminds us of them vigorously when we try to erase or repress them.

"We eventually realized that life does go on, with us or without us, and that we had to forge on and live for ourselves and for my brother. He'd have wanted that and we knew that whatever the cause that pushed him to that final edge of desperation, if he'd known the pain that his loss would cause he never would have ended his life." Carl continued, "Everyone knows someone who committed suicide; far less than six degrees of separation."

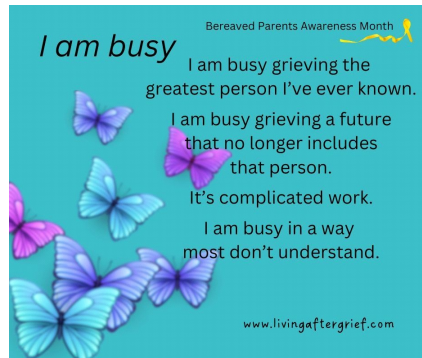
In Carl's latest book, *Bader Field: How My Family Survived Suicide*, he shares his emotional journey describing how he and his family survived the loss of his brother. Carl's message, "Kids need to know that no matter how desperate they feel, they are loved, there is help for them and suicide is not the answer. It's a permanent solution to a temporary problem. Life is a gift and every day we

wake up is a blessing. No matter the difficulty, we get a redo. We have the luxury of choice in how we will spend our time."

He described his heightened parental awareness today, "As a father, my perspective had become ever more profound. While our children were growing up, the haunts of the past were always there and our caution flags were always on guard. We never spoke of my brother's death until they were of sufficient age to understand and not freak out, as this is a very sensitive issue. We needed to let them know, almost as insurance, so that by

understanding the degree of destruction such an act leaves on a family, that they would never even consider it." Carl's closing words, "I am on a mission to save lives, even one!"

-- Carl David Posted by Kathy Williams, from OpentoHope.com



## Dearest Gaby

My first memories of you leave a bittersweet ache in my chest. The feel of your tiny kicks, letting me know you were well. You rested in a warm ball beneath my heart.

The day you were born should have been the happiest in my life; instead, it was the day my heart shattered into a million pieces, all reflecting my loss of you.

My first sight of you felled me with wonder. Ten fingers, ten toes, and the body of a beautiful child born too soon to stay with me for very long.

My eyes long to see the deep blue reflection from yours, and to see you grow. My ears hunger to hear you cry for me to hold you close -- to hear you call me "Mommy." My arms ache to protect and hug you back.

It is your fifth birthday, and you are not here. I envision you staying with the Keeper of the stars, and wrapped snugly in the arms of an angel.

Wait for me, Gaby, til we meet again. Goodnight Sweetheart, sleep tight, and know that Mommy loves you.

--Shelley Phillips TCF-Independence, MO

Perhaps it is not so much saying good-bye to our loved one as it is saying farewell to the old us and the life we shared.

--Darci Sims

## Newly Bereaved...

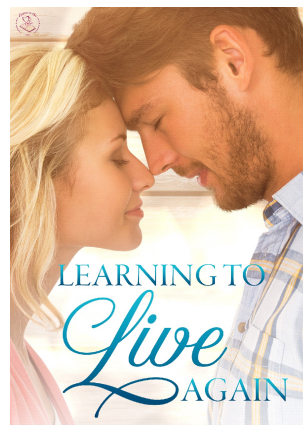
### The Unwanted Job

The job was thrust upon me suddenly,  
with no forethought, consultation, or preparation.  
My position title read, "Mourner".  
And once appointed to the position,  
no amount of pleading revoked the assignment.  
The job description dismally read:  
No coffee breaks or lunch hours, no sick days,  
personal time, or vacations;  
total commitment demanded; crying allowed.  
How long, I asked, must I labor at this mourning?  
I get so tired of my daily tasks:  
looking at photos of Nathan,  
son of promise and hope;  
wandering into his room,  
fingering his pitifully few possessions;  
watching videos to hear his voice and laugh  
for fear of forgetting him;  
mulling over in my mind:  
the final moments of his life,  
the sheriff delivering the numbing news,  
his strong, young body lying lifeless,  
the final good-bye for now  
as the casket lid closed;  
questioning God -  
Where were you? Can't I trust you?  
and crying ... and crying ... and crying.  
As long as you need to, the disquieting answer  
came.

You will know when your work is done  
Until then, you must do the necessary work of  
mourning in order to heal.  
allow family and friends to toil along side of you,  
spend quiet times,  
search your inner being for hidden resources,  
ask your questions over and over again,  
tell your story repeatedly,  
be honest with God, He can take it,  
acknowledge your anger,  
be patient with yourself;  
and cry ... and cry ... and cry.  
It is good I did not know the duration of my tenure.  
I would have despaired.  
But a lifetime of a year has passed,  
and I find my load has miraculously lightened.  
Now I can talk about Nathan  
without always crying,  
look at his pictures and videos  
without longing to die to be with him,  
some of the time control my thoughts,

thinking of his death when I want to.  
Now I can see beyond my pain to other's needs,  
find some hope and purpose  
for going on living without him,  
cry shorter periods without feeling hopeless.  
No wages of dollars and cents  
compensate my grief;  
they would soon be spent and vanish.  
I'm paid with a deeper understanding  
of myself, others, and God:  
discovery of untapped springs of strength;  
amazement at the God-given resiliency of the  
human spirit;  
the value of family and friends  
who never tire of my story;  
letting God be God,  
because there are not always answers;  
believing God collects my tears  
and mourns along with me;  
trusting I can give up my mourning  
without giving up my memories.  
Others tell me this job requires lifelong attention;  
it accepts no resignations.  
But I pray the workload continues to ease  
and that my healing becomes complete.  
I go on with this business of life.  
And I took forward, in due time,  
to my retirement gift;  
Reunion with Nathan in Eternity.  
--Ruth Tullock, In memory of Nathan Allan Tullock

## Seasoned Grievers...



### I Have Learned:

- To take one day at a time.
- Not to say, "if only," "I should have," etc.
- To appreciate what I've got and not moan about what I "don't got".
- To appreciate life and not take it for granted.
- If today is bleak, tomorrow can be better.
- To appreciate the moments when I can laugh.
- That without my support group, I would be lost.
- How very much I need my "new" friends.
- How much I treasure and love my daughter's friends.
- Not to take my health for granted.
- What is trivial.
- That if my energy level is low, I don't push myself.

- The importance of exercise.
- That grief is not time-bound.
- That no one grieves like me; everybody grieves differently.
- That the pain never goes away, but it does get "softer."
- That no one can comfort me the way Jesus can.
- To allow the grief, pain, and loss to become a part of me.
- That there is a reason to keep on living (and loving).
- That joy does return... only in a different way.
- That someday we will be together again.
- To ride "the wave" of denial, anger, depression, and acceptance.
- To accept that I may never know why.
- It's okay to say, "No."
- Not to blame people when they don't understand.
- The ability to face adversity (courage).
- To be strong and resolute.
- The importance of support and encouragement.
- That there is friendship and family, OR, family and friendship!
- That to lose a child is the "ultimate tragedy."
- That I need others who have been there to help me through this journey.
- That love never dies.
- That time is an ally.
- That every moment really matters.
- That I must create a "new normal" for myself.
- That eventually you do want to go on and live again.
- That my daughter's love of life continues to give me the strength to go on.
- That I must reinvest the energy I gave to my child into something/someone else.
- That over time, I have more control over my grief.
- That I will always have tears on my heart.
- That it is so important to keep my daughter's name and memory alive.
- That only in the articulation of grief does it diminish.
- That making new traditions helps.
- How the soft glow of a candle helps to warm my heart again and bring my daughter near.
- That it doesn't matter how our children died, just that they have.
- That over time, the cemetery brings peace and solitude ... not just tears.
- How the pain and grief I feel one day isn't



- necessarily the way I will feel the next day.
- That some of the things I thought I'd never do again since my daughter died - I have.
- That I can laugh again and not feel guilty.
- That along with all the pain and despair, joy and happiness have found a place in my life again.
- People who have not lost a child can't possibly understand what I went through.
- That not only does one lose a child, but they can also lose their belief system, some family members, and some friends in the process.
- Our society is deficient in death education and really doesn't know how to respond to the grieving person.
- Some people want to see and be around "happy" people and only have so much to give to those who

- are grieving.
- Everyone grieves differently, and there is no "right" or "wrong" way to grieve.
- There is no time frame for "getting on with your life" after the death of your child.
- Strangers can give more than some relatives.
- You don't always have until

- tomorrow.
- The world does not stop when your child dies.
- Being among nature helps to bring some softness to my heart and brings my daughter closer to me.
- That as unbelievable as it is to me, I have come to reconcile my daughter's death. A "settling" has taken place within myself
- You don't have to have money to be rich.
- A broken heart will mend ... almost.
- We are all connected and need each other in such a special way.
- Many times we are touching lives and helping each other in time and space and we don't even realize it.
- The support of family and friends is invaluable.
- The phone becomes an object of anxiety sometimes. (Child's death notified by phone.)
- That "normalizing" the sense of being totally insane is helpful.
- There may be difficulty when people say we are "coping so well."
- After three years, I don't want to talk about the loss of my son a lot, although he is rarely absent from my consciousness.
- It may help to focus on the very small things, because you will not be able to make sense of the larger picture.

- To attempt to feel comfort in the warmth or scent of a cup of hot tea in my hands, the smell of a flower, and/or the proximity of someone who cared.
  - The daily searing pain gets less raw, and sometimes I can have moments of joy.
  - To watch the sunset every day.
  - My son will always be alive as long as I am also alive.
  - I can smile when I remember him.
  - I had to go with my feelings and trust in our love.
  - It takes years of baby stepping and falling.
  - To be humble, grateful, a little more selfish, aware, honest, and looking forward to my life, rather than living my son's death.
  - What I would give for just ONE more day!
  - It feels awfully good typing this into the computer.
- Nancy Lundt, Huntington Beach, CA

## Seasoned Grievers...

## Looking Forward, Letting Go...

"...I have been blindly clinging to peace, the peace of familiarity and continuity, and carefully avoiding the strife that comes with discord and change. I am not the same person. Nor should I be. You do not lose a child without changing. You do not experience what I went through during her struggle with depression without it also having a dramatic effect on you.

Acknowledging the ways in which I am different both frightens and excites me. I am fearful, as I would be of any wound, hoping it does not limit me. Yet it is exciting to imagine that the changes may empower and strengthen me. It has been a slow process to allow that I am different and it takes courage to embrace these differences. But I do not want to miss the preciousness of life.

I am only beginning to understand the changes I have undergone and what they might mean for my life. Painful experiences and living with loss leaves its mark in a very personal way. Just as each individual reacts to events and processes emotions differently, the resulting patina is also unique to that person. I am learning that pain and joy can hold hands without dysfunction, and my faith is growing in ways that are comforting and reassuring. Peace and strife intertwine when you live each joyful day with pain in your heart, so that the intriguing difference between them becomes almost indistinguishable.

I am different, it is true, but perhaps that very difference makes it possible to recognize and

appreciate the preciousness of life even more fully...."

--An excerpt from the book "Letting Go By Holding Tight" by Melinda Kramer, in memory of her daughter, Katrina.

## Friends and Family...

### I Know

You don't need to say you're sorry  
It's written in your face.

I know you share my sadness  
By the warmth of your embrace.  
Don't try to justify the "why"  
Or "how" this came to be;  
Or explain away the mystery  
Of death's reality.

Just know that more than any words  
The thing I hold most dear  
Is the friendship in your handshake  
And your hug and that you're here.

-- Bruce Conley, Columbia, MO

From the Bereaved Parents USA Newsletter

## Helpful Hint...



## Dads Need Hugs Too

When a child dies, everyone has such compassion for the mother. Months after the death, people still ask how she is doing. There is always a shoulder available for her to lean on to release some of her pain. Let's not forget the father. The child was a part of him, too. That child was his son, to play ball with, coach in sports, watch sports with or collect baseball cards. Or she was his daughter, his princess, the most beautiful girl that ever lived. Daddy's perfect angel.

Fathers hurt deeper than mothers sometimes because there is no release for their pain, no one there to listen to them say, "I feel terrible. I miss my child so much." Or "Today reminds me of when..." The longer fathers keep silent, the more hurt they have to keep inside, pushing it deeper and deeper to make room for more.

The next time you see a father that has lost a child, don't forget to ask how he is today and give him a hug or just put your hand on his shoulder to let him know you see his pain. Dads need hugs too.

-- Kathy Hunsicker, TCF Lehigh Valley, Penn.



**Book In Review...**

***For Better or Worse-For strengthening marriages after a child dies.*** This book looks at gender grief, building your relationship after your child dies, how to help each other heal; includes a grief chat. While it's important to respect your spouse's needs, it's also wise to respect your own. Remember, we must take care of ourselves both physically and emotionally.

**“Time Heals”**

“Time Heals”

They told me that to comfort me  
When my child had died.  
Four years and two children later  
I think maybe they lied.  
Friends and family tried their best,  
God sheltered me under his wing.  
Still, the mother inside me  
Cries for that child,  
And time hasn't changed a thing  
The gaping wound granulated to a scar.  
The tears are now slower to spill  
But deep in my heart there's an empty hole  
That only that child could fill.  
No, I don't really think that it's true about time,  
For I know that the love bond remains.  
Time never heals the loss of a child,  
You just learn to cope with the pain.  
—Marsha Fredrickson, TCF SD

**The Grand Finale On the 4th of July**

Its getting late...  
And dusk is settling in....  
The 4th of July fireworks...  
Are about to begin.  
The Fireworks have begun...  
As they fly into the sky....  
Just like my child, my angel...  
Who is forever soaring high.  
The colorful bursts explode...  
Into a spectacular show of lights....  
And fill the heavens above...  
Its so beautiful and bright..  
And But...then another is lit...sparkling brilliantly  
As the light trails through the night sky...  
I think I am beginning to understand..  
For it's the same when our loved ones die.  
For a life that has burned brightly...  
Can never fade away....

For its rekindled through our memories...  
Each and every day.  
And our Grand Finale WILL come...  
When we are reunited in Heaven again...  
But their light will always remain lit...  
...Until then.

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**For My Compassionate Friends**

How is it that I know you?  
How'd you get into my life?  
Sometimes when I look at you,  
It cuts me like a knife.  
I do not want to know you,  
I don't want to cross that line.  
Let's both go back into the past,  
When everything was fine.  
You've held me and you've hugged me,  
And dried a tear or two,  
Yet, you're practically a stranger,  
Why do you do the things you do?  
Of course, I know the reason,  
We are in this Club we're in,  
And why we hold on to each other  
Like we are long-lost kin.  
For us to know each other,  
We had to lose a kid,  
I wish I'd never met you,  
But, I'm so thankful that I did.  
--Marilyn Rollins TCF Lake/Porter Counties, IN

**I Will Be**

If you think of me as gone forever, I will be.  
If you think of me as sadness and tears, I will be.  
If you think of me as your broken heart, I will be.  
That's not what I want to be, but I will be.

If you think of me as memories to cherish, I will be.  
If you think of me as laughter and joy, I will be.  
If you think of me as your healing heart, I will be,  
That's what I want to be, please, let me be.

--Rob Anderson, Brendon's dad, reprinted from We  
Need Not Walk Alone, the national magazine of  
The Compassionate Friends.

**Our****Children****Remembered**

Troy Akasaka  
Born: 1/91 Died: 2/15  
Parents: Jay & Sharon  
Akasaka

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

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

Nicolas Frank DiMarco  
Born: 9/89 Died: 9/22  
Father: Frank DiMarico

Angel Alva  
Born: 12/91 Died: 6/24  
Mother: Jackie  
Alva-Ornelas

Larry Broks Jr.  
Born: 7/88 Died: 9/17  
Mother: Thessia  
Carpenter

Matthew Hales Clifford  
Born: 1/80 Died: 3/15  
Parents: Bob & Melissa  
Clifford

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

Josue  
Born: 3/04 Died: 6/07  
Mother: Elizabeth  
Centeno

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

Aaron Christopher  
Cochran  
Born: 11/90 Died: 9/12  
Mother: Julia Carr

Ryan Dobie  
Born: 7/92 Died: 2/19  
Parents: Linda & Douglas  
Dobie

Brandon Armstrong  
Miscarried: July 1995  
Mother: Cheryl Stephens

Julian Burns  
Born: 12/18 Died: 1/19  
Parents: Daniel & Marta  
Burns

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

Michael John Dornbach  
Born: 7/60 Died: 10/17  
Parents: Maria Triliegi &  
Edward Dornbach

Connor Aslay  
Born: 5/99 Died: 7/18  
Mother: Erin Aslay

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

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

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

Jeremiah Bell  
Born: 1/88 Died: 6/15  
Mother: Angela Alvarez

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

Mike Sebastian Cortez  
Born: 5/97 Died: 6/17  
Mother: Rita Cortez

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

Scott Berkovitz  
Born: 5/88 Died: 1/16  
Parents: Carl Berkovitz &  
Maria Moore

Carina Chandiramani  
Born: 5/86 Died: 9/18  
Mother: Norma  
Chandiramani

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

Joel Draper  
Born: 1/84 Died: 5/2004  
Mother: Tracy Solis

Noah Bernstein  
Born: 6/87 Died: 2/17  
Mother: Beth Bernstein

Blair Chapin  
Born: 4/82 Died: 5/18  
Sister: Elizabeth Chapin

Michael N. Daffin  
Born: 2/85 Died: 4/17  
Parents: Michael & Diana  
Daffin

Brian Daniel Edelman  
Born: 5/86 Died: 8/23  
Father: Ray Edelman

Cheianne Jayda Berry  
Born: 12/01 Died: 7/16  
Mother: Kristina Berry

Alexandra Chi  
Born: 2/03 Died: 12/24  
Father: David Chi  
Parents

Daniel Elijah Day  
Born: 4/93 Died: 5/16  
Mother: Kristen Day

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

Sam Boldissar  
Born: 10/91 Died: 3/17  
Parents: Jeeri & Frank  
Boldissar

Michael Edward Clapp  
Born: 2/93 Died: 4/18  
Mother: Patti Clapp

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

Gregory Robert Ehrlich  
Born: 4/91 Died: 2/19  
Mother: Sarah Ott

Alex James Bonstein  
Born: 11/91 Died: 7/16  
Mother: Cynthia Sanchez

Sean Michael Denhart  
Born: 3/88 Died: 12/20  
Mother: Janna Denhart

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

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

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

Bettina Mia Embry  
Born: 8/65 Died: 4/22  
Parents: Larry & Elena  
Bruns

**Our Children**

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

Cody Jarod Esphorst  
Born: 3/02 Died 7/19  
Parents: Jesse & Julie  
Esphorst

Jesse Eric Esphorst  
Born: 9/00 Died: 3/17  
Parents: Jesse & Julie  
Esphorst

Chidinma Ezeani  
Born: 8/89 Died: 10/19  
Mother Ifeoma Ezeani

Robert Justin Fields  
Born: 1/00 Died: 1/22  
Parents: Loree & Bob  
Fields

Shawn Eric Fillion  
Born: 12/82 Died: 8/21  
Mother: Lise Fillion

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

Bryce Patrick Fisher  
Born: 10/86 Died: 8/21  
Mother: Nancy Goodson

Miles Andrew Gallas  
Born: 2/89 Died: 3/21  
Mother: Denise Gallas

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

Lexie Rose Gilpin  
Born: 4/09 Died: 4/09  
Mother: Michele Gilpin

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

Marc David Guerreva  
Born: 7/97 Died: 7/17  
Mother: Sharon Cortez

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

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

Christie Hagenburger  
Born: 4/63 Died: 12/17  
Father: D.W.  
Hagenburger

Bishop Michael  
Hernandez  
Born: 3/98 Died: 6/21  
Father: John Hernandez

Jesse Hernandez  
Born: 2/90 Died: 11/22  
Mother: Joann  
Hernandez

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

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

Sarah Jade Hurley  
Born: 6/97 Died: 5/17  
Father: Tim Hurley  
Grandmother: Laurie  
Hurley

Taylor X. Hyland  
Born: 8/06 Died: 7/20  
Mother: Tessa Hyland

Steven Ishikawa  
Born: 9/75 Died: 4/17  
Mother: Miki Ishikawa

**Remembered**

Alexander John Jacobs  
Born: 3/90 Died: 8/19  
Mother: Diane Jacobs

Stefanie Jacobs  
Born: 5/87 Died: 1/97  
Father: Rob Jacobs

Jason Christopher  
Jenkins  
Born: 4/86 Died: 11/20  
Parents: Alvin & Caprice  
Jenkins

Lizzie Jester  
Born: 6/93 Died: 7/18  
Father: Lee Jester

Zachary Hyun Joon  
Jeong  
Born: 12/24 Died: 12/24  
Parents: Ken Jeong &  
Cydne Shapiro

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

Jillian Nicole Katnic  
Born: 3/87 Died: 10/18  
Mother: Debbie Hughes

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

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

Chase King  
Born: 4/87 Died: 11/19  
Mother: Laura King

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

Scott Koller  
Born: 10/83 Died: 3/15  
Mother: Betty Benson



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

Margareta Sol Kubitz  
Born: 9/05 Died: 9/09  
Parents: Maria & Bill  
Kubitz

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

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

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

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

Emma Nicole Lerner  
Born: 11/99 Died: 7/06  
Mother: Nancy Lerner

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

Joseph Licciardone  
Born: 4/94 Died: 3/16  
Parents: Connie & Leo  
Licciardone

Gaby Lindeman  
Born: 7/64 Died: 9/12  
Parents: Gilberto &  
Graciela Rodriguez

Joshua Lozon  
Born: 6/91 Died: 6/21  
Mother: Tracey Gentile

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

**Our****Children****Remembered**

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

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

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

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

Jesse Robert Martinez  
Born: 1/89 Died: 9/21  
Father: Harry Martinez

Travis Frederick Marton  
Born: 10/91 Died: 1/15  
Mother: Ricki Marton

Matthew "Matty" Louis  
Match  
Born: 5/02 Died: 7/18  
Parents: Mike & Shirley  
Match, Grandmother:  
Dorothy Match

Max McCardy  
Born: 4/05 Died 8/15  
Parents: Derk & Akemi  
McCardy

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

Sarah Mc Donald  
Born: 10/00 Died: 6/17  
Parents: Tom & Shideh  
Mc Donald

John Paul Mc Nicholas  
Born: 12/89 Died: 11/20  
Parents: John & Leann  
Mc Nicholas

Kirk Nicholas Mc Nulty  
Born: 7/84 Died: 2/14  
Mother: Elaine Mc Nulty

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

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

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

Christopher Metsker  
Born: 11/94 Died: 3/18  
Parents: Justin & Tara  
Metsker

Blanca Isabel Meza  
Born: 9/21 Died: 9/21  
Mother: Angela Azurdin-  
Meza

Mathew Scott Mikelson  
Born: 4/77 Died: 4/20  
Mother: Dorthy Mikelson

Keith Moilanen  
Born: 10/80 Died: 5/19  
Mother: Jill Moilanen

Reyna Joanne Monje  
Born 9/98 Died: 4/21  
Mother: Debbie Trutanich

Jacki Montoya  
Born: 10/89 Died: 6/15  
Mother: Theresa Montoya

Joshua Montoya  
Born: 4/15 Died: 6/15  
Grandmother: Theresa  
Montoya

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

Danielle Murillo  
Born: 5/96 Died: 4/14  
Parents: Cheryl Outlaw &  
Manuel Murillo

Christopher Murphy  
Born: 11/92 Died: 4/18  
Mother: Deborah Murphy

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

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

Natalie Rose Nevarez  
Born: 5/90 Died: 11/14  
Parents: Gregg and Alison  
Nevarez

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

Stephanie Sue Newkirk  
Born: 12/67 Died: 10/15  
Mother: Cindy McCoy

Trevor Mitchell Nicholson  
Born: 7/99 Died: 1/18  
Parents: Brad & Kendra  
Nicholson

Steven Scott Nussbaum  
Born: 5/61 Died: 11/15  
Parents: Will & Gloria  
Nussbaum

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

Isabella Ofsanko  
Born: 6/97 Died: 10/15  
Mother: Desiree Palmer

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

Steven Thomas Pack  
Born: 8/91 Died: 3/20  
Parents: Tom & Lisa Pack

Lilly Parker  
Born: 12/15 Died: 1/17  
Mother: Nicole Kawagish  
Father: J.D. Parker

Jessica Perez  
Born: 5/89 Died: 10/03  
Sister: Monica Perez

Andrew Periaswamy  
Born: 5/97 Died: 10/16  
Parents: Megala & Xavier  
Periaswamy

Dominic Pennington  
Roque  
Born: 8/02 Died: 9/09  
Parents: Kerrie & Ren  
Roque

Lindsay Nicole Pollack  
Born: 6/94 Died: 11/23  
Mother: Daphne Carroll-  
Pollack

Donnie Vincent Puliselich  
Born: 1/75 Died: 1/18  
Mother: Maria Puliselich  
Sister: Michelle Pulislich



## Our Children

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

Dax Jordan Quintana  
Dantas De Oliveria  
Born: 6/17 Died: 8/17  
Parents: Alexandar &  
Sanderson Quintana  
Dantas De Oliveria

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

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

David Reade  
Born: 4/72 Died: 9/23  
Brother of Bobby Reade

Ronald Reade II  
Born: 9/69 to 8/23  
Brother of Bobby Reade

Sarah Lynne Redding  
Born: 12/80 Died: 12/05  
Mother: Linda Redding

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

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

Danny Ryan  
Born: 07/79 Died: 10/15  
Parents: Mike & Andrea  
Ryan

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

Daniela Mora Saldana  
Born: 3/17 Died: 3/17  
Mother: Rosa Saldana

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

Phillip Ruben Sandoval  
Born: 7/84 - Died: 6/16  
Parents: Valerie & Joe  
Desjardin

Andrew Sankus  
Born: 4/71 Died: 8/15  
Mother: Mary Sankus

Christian Saylor  
Born: 10/90 Died: 10/24  
Parents: Jeff & Coco  
Saylor

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

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

Nicholas M Sinclair  
Born: 1/80 Died: 2/22  
Mother: Suzanne Sinclair

Paul Slater  
Born: 10/71 Died: 11/16  
Parents: Bob & Gwen  
Slater

Dale Lee Soto  
Born: 7/94 Died: 5/11  
Mother: Monique Soto

Patrik Stezinger  
Born: 1/89 Died: 8/17  
Parents: Paul &  
Rosemary Mosher

## Remembered



Brittany Anne Suggs  
Born: 10/88 Died: 4/16  
Mother Camille Suggs

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

Kenneth Tahan  
Born: 2/66 Died: 7/16  
Parents: Shirley & Joseph  
Tahan

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

Jamie Taus  
Born: 5/85 Died: 5/21  
Sister: Jackie Taus  
Mother: Susan Taus

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

Julie Catherine Thomas  
Born: 1/80 Died: 9/2023  
Mother: Mary Thomas

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

Catarina Sol Torres  
Born: 12/16 Died: 12/16  
Parents: Marcus &  
Vanessa Torres

Carlos Valdez  
Born: 10/90 Died: 1/12  
Parents: Antonia &  
Refugio Valdez

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

Manuel Vargas III  
Born: 3/95 - Died: 5/15  
Father: Manuel Vargas

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

David Michael Villarreal  
Born: 11/90 Died: 2/18  
Parents: David & Barbara  
Villarreal

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

Adam Michael Wechsler  
Born: 3/2003 Died: 11/23  
Father: Zach Wechsler

Matthew L. Weiss  
Born: 9/96 Died: 8/18  
Mother: Natalie Narumoto

Rennie S. Wible  
Born: 8/66 Died: 1/18  
Mother: Jinx Wible

Dovan Vincent Wing  
Born: 6/83 Died: 9/17  
Mother: Becky Wing

Aaron Young  
Born: 9/74 Died: 6/15  
Mother: Sheila Young

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



## Our Children Remembered



Ryan Yorty  
Born: 4/81 Died: 5/84  
Mother: Denise Gonzales

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

Michael Jordan Zareski  
Born: 5/71 Died: 12/17  
Parents: Susan & Norm Zareski

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

Christopher Zuchero  
Born: 5/85 - Died: 5/22  
Parents: Mike & Shelly Rudeen

Vincent Zuniga  
Born: 1/99 - Died: 10/24  
Parents: Shonnie Allen & Eddie Zungia

\* For corrections or to add your child to the Our Children Remembered section of the newsletter, call Lynn at (310) 963-4646 and leave a message.

**Birthdays/Anniversary Tributes...** If it's your child's birthday month, we invite you to join our monthly meeting and share their story! Birthdays hold treasured memories and are especially difficult for surviving parents and siblings. TCF offers a wonderful venue to honor and celebrate the precious life— a story of your loved one. Taking a few minutes to share a picture, memento, award or even their favorite toy is a gentle reminder to all that our love continues.

In honor of your child's birthday or anniversary, we welcome you to submit a tribute. Birthday and Anniversary tributes show how important our children still are to all of us. Though your child is no longer here to buy a present for, think of this as a present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday or anniversary donations that help offset chapter expenses.)

### A Birthday Tribute To: Eric Vines July 1977 - July 1991



Dear Eric,

As your birthday will be here next week, it's time to remind you how missed and valued you still are to

us. It was so much easier sharing stories about you and your birthday parties and outings as a teenager. But, somehow it seems very different thinking about the 35 years without you here to celebrate with us. You'd be turning 49 and gray and probably becoming bald like your brothers, had you lived. Not to sound maudlin, but with all my health issues I feel like I'll be seeing you sooner than anticipated. But that's okay, it is just one more thing I admit to having no control over.

We prioritize after losing a child and in reevaluating my life I've learned not to sweat the small things that used to seem so important. (See, Eric, I'm still feeling the ripples of losing you after all these years.) On happier note, I will bake a birthday cake on your special day and honor your memory with a donation to our South Bay Chapter of TCF. I'll be seeing you, Love Mom

### By Siblings...



### Courage

My brother died three years ago when he was seventeen years old. It was an accident when he fell while hiking in the mountains. I was fifteen and my brother was my hero. I would do anything to make him proud. When I lost him, I could have just given up. I have the courage to love people even though I know that I could lose them. I had many opportunities to just forget everyone else and lose myself. My brother was my best friend and when he died I could have too.

I decided that he would not have wanted me to throw my life away. I try my hardest to work hard in school and live up to what his expectations would have been. I am not living just for him. I am living for myself. A lot of people like to escape their problems by drinking or doing drugs. Alcohol and drugs only make problems worse because escaping a problem is not solving the problem. Self-respect means knowing who you are and treating yourself with dignity. I want people to look at me and to respect me. Staying in school and working to my potential is essential for respect. People cannot respect those who do not respect themselves. As Shakespeare said, "This above all else, to thine own self be true."

I do not make choices based on what the popular decision is. I base my thoughts and ideas on what I believe is right and important. I know that my brother would have been proud of me, because I made it through the most difficult time in

my life, without him. I kept living when I lost the most important person in the world to me.

Courage is to keep fighting even though it looks like you are going to lose. When he died, I felt the world crash down on me. Everything I ever hoped for just seemed empty. Even now sometimes it will just hit me that my brother is gone. I have to keep on living and facing the world because that is what life is all about.

Sometimes things happen that seem impossible to face. If I do not face my problems, who will? Life is not supposed to be easy but it is not devastating either. There are so many wonderful things that happen and I have to have the courage to realize it. Life is not just a long line of problems. It is also a long line of answers. I need courage and self-respect to find these answers. I have to trust myself and my future that everything will work out. It always does. The answers to life's problems can only be found through hard work and belief in yourself. My belief in myself comes from a big brother who always had faith in me.

--Patricia Kelley TCF Richmond, VA

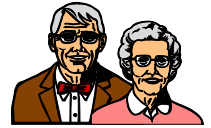
## Playing in the Shadows

We grew up together,  
Big sister, little brother.  
I took care of you  
Until you were old enough to care for yourself.  
Though you didn't say it,  
I knew you loved me.  
We played in the sunlight, you and I;  
Remember the games of "Mother-May-I" and  
"Hide-and-Seek"?  
Sure we had our fights  
As all siblings do,  
But through it all we never lost  
Our love for each other.  
Now you're gone.  
I'll never see you again  
except in the memories  
of those sunny days.  
You will forever be sixteen  
--Author unknown

## The Courage to Let Life Go On

"Courage is not the absence of fear and pain but the affirmation of life despite fear and pain"  
~ Earl Grollman

## For Grandparents...



### "In A Split Second"

We've always had fears of family tragedy,  
Seemingly distant, yet always so near  
We prayed our family to pass through this life,  
Without tragedy's heavy burdens to bear  
But then, on that day so brutal,  
So suddenly our lives turned into pain  
Normal life we knew was gone,  
And never again would be the same  
We lost two little Grand Daughters,  
In a split second they were taken forever to be  
This day our life just turned upside down,  
Yes, we lost Loral and Macy you see  
Now our lives, we must continue,  
It hurts, and wasn't supposed to be this way  
Our souls yearn to reach that great destination,  
While weary and worn, we trod forth each day  
We still find some happiness, but more often  
sadness,  
We sometimes laugh and sometimes cry  
With grief and longing for our lost girls,  
Yes, with our faith, we know we'll get by  
PawPaw-Donald Moyers TCF Galveston County,  
TX, In Memory, of Loral and Macy

## From Our Members...



### The Stone

The best way I can describe grieving over a child as the years go by is to say it's similar to carrying a stone in your pocket. When you walk, the stone brushes against your skin. You feel it. You always feel it. But depending on the way you stand or the way your body moves, the smooth edges might barely graze your body. Sometimes you lean the wrong way or you turn too quickly and a sharp edge pokes you. Your eyes water and you rub your wound but you have to keep going because not everyone knows about your stone or if they do, they don't realize it can still bring this much pain.

There are days you are simply happy now, smiling comes easy and you laugh without thinking. You slap your leg during that laughter and you feel your stone and aren't sure whether you should be laughing still. The stone still hurts. Once in a while you can't take your hand off that stone. You run it over your fingers and roll it in

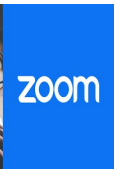
your palm and are so preoccupied by its weight, you forget things like your car keys and home address. You try to leave it alone but you just can't. You want to take a nap but it's been so many years since you've called in "sad" you're not sure anyone would understand anymore or if they ever did.

But most days you can take your hand in and out of your pocket, feel your stone and even smile at its unwavering presence. You've accepted this stone as your own, crossing your hands over it, saying "mine" as children do.

You rest more peacefully than you once did, you've learned to move forward the best you can. Some days you want to show the world what a beautiful memory you're holding. But most days you twirl it through your fingers, smile and look to the sky. You squeeze your hands together and hope you are living in a way that honors the missing piece you carry, until your arms are full again.

-- Jessica Watson Submitted by Linda Curtis

**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, the people and topics change and need to talk or share fluctuates between each meeting. 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.

 Flash Zoom Meetings... are called on short notice, and are of shorter duration than in-person meetings. The intent is to check in on each other and share, nothing more. The goal is to meet weekly but if it occurs every other week that's ok. To participate in our Zoom meetings, contact Leo at (310) 283-6739 or [Liccia79@gmail.com](mailto:Liccia79@gmail.com) for the link.

**Birthday Table...** In the month of your child's birthday, a Birthday Table is provided where you can share photos, mementos, your child's favorite snack, a birthday cake, a bouquet of flowers or anything you'd like to bring to share. We want to know your child better, so please take advantage of this opportunity to celebrate the wonderful day of your

child's birth. This is your chance to tell us a favorite story, or whatever remembrance you choose, in memory of your child. Our child's, grandchild's, or sibling's birthday will forever be a very special day and we at TCF know how important that day is and how helpful and healing it can be to share with others. Please plan on attending the meeting of your child's birthday month and filling our Birthday Table with pictures and/or mementos.

### **Newsletter Birthday & Anniversary 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.) You can mail them to the P.O. Box or send them by e-mail to [Lynntcf@aol.com](mailto:Lynntcf@aol.com) Tributes must be in by the 1st of the month **preceding** your child's birthday month or at the prior meeting. (Example: July first for Aug. Birthdays). If you miss the deadline, call Lynn at (310) 963-4646 and let me know. I will try to fit them in. Otherwise they will appear in the following month's issue.



**Get Your Photo Buttons...** Photo Buttons are a perfect way to share your child, grandchild or sibling with others at our monthly meetings. If

you would like to have some made, call Connie at (310) 292-5381. You can mail her a photo for each button you would like (color photo copies work great) and she can make them for you. There is no cost, but donations are welcomed. Keep in mind that the button is about 3" in diameter, so the picture needs to fit inside that area and the actual photo is used, so make sure it's one we can cut.

**Memory Book...** Our chapter has an ongoing Memory Book that is on display at each meeting. Each child is given a page in the book. Blank pages are located in the back of the book. Feel free to take a page home to work on. 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 Lori know so we can put your child's name on a donation label inside the book.

We also welcome "book reviews". If you have read a book which was helpful on your grief journey, please let us know. Send book reviews and other articles or poems for submission to the newsletter to [Lynntcf@aol.com](mailto:Lynntcf@aol.com) Also, a friendly reminder, if you have books at home you have checked out and are finished reading them, please remember to return them to our library.

**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, it is only your donations that keep us functioning, and we appreciate your help. A receipt will be emailed to you for tax purposes if you include your name. Please let us know if you want the tribute published in the next newsletter.



**Our Website...** Leo Licciardone is hosting the website and updating it with the current newsletter and chapter information. Thank you to those who are willing to get your newsletter online. 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. If you have not been getting a reminder e-mail, please let me know. To update our files, please call Lynn at (310) 963-4646 to update by phone. You can also e-mail Lynn at [Lynntcf@aol.com](mailto:Lynntcf@aol.com) if you want to do it electronically. Thank-you for your understanding and help. TCF South Bay/LA

**Phone Friends...** Sometimes you want or need to talk about the life and death of your child, sibling or grandchild with someone that 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.

- Leo & Connie Licciardone (chpt. leaders)...(310) 292-5381
- Jarmo & Bonnie Mantyla (chpt. Leaders)...(310) 530-8489
- Lori Galloway.....(760) 521-0096
- Linda Zelik.....(310) 648-4878

**Local TCF Chapters:**

- Beach Cities/L.A. (Manhattan Bch): (970) 213-6293 Third Tue.
- Los Angeles: (310) 474-3407 1st Thurs.
- Newport Beach (917) 703-3414 3<sup>rd</sup> Wed.
- 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
- San Fernando Valley: (818) 788-9701 2nd Mon.
- South Los Angeles: (323) 546-9755 last Tue
- Ventura Co. TCF: (805)981-1573 1&3 Thurs.
- Verdugo Hills: (818) 236-3635, 4th Thurs.

**Local Support Groups...**

- Family & Friends of Murder Victims: Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail [Roseydoll@aol.com](mailto: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](http://www.Alivealone.org)
- Survivors of Suicide:** Support Group for families that have lost someone to suicide. Contact Rick Mogil (310) 895-2326 or 24 hrs: (310) 391-1253
- Our House/Bereavement House:** Support groups in LA & So. Bay (310) 475-0299 Also Spanish Support Group, Loren Delgado 310-231-3196.
- 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. 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. (310) 546-6407
- 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:** (800) 821-6819  
**Walk with Sally:** Cancer loss bereavement & art therapy for children. (310) 378-5843  
**Camp Comfort Zone:** Year round Bereavement Camp for Children [www.comfortzonecamp.org](http://www.comfortzonecamp.org) (310) 483-8313.

**Other Grief Support Websites...**

thetearsfoundation.org  
 goodgriefresources.com  
 bereavedparentsusa.org  
 healingafterloss.org  
 survivorsofsuicide.com  
 taps.org (military death)  
 save.org (suicide/depression)  
 pomc.com (families of murder victims)  
 grasphelp.org (substance abuse deaths)  
 www.facebook.com/TheUglyShoesClub (Suicide)  
 Griefwords.com (for grandparents)

childloss.com  
 griefwatch.dom  
 opentohope.com  
 webhealing.com  
 alivealone.org  
 angelmoms.com  
 M.A.D.D..org



**A Special Thanks to** The Neighborhood Church for the use of their facilities for our meetings.

**Chapter Officers:**

CHAPTER CO-LEADERS: Leo & Connie Licciardone and Jarmo & Bonnie Mantoya  
 CHAPTER ZOOM HOSTS: Connie & Leo Licciardone  
 NEWSLETTER EDITOR: Lynn Vines  
 PROOFREADER: Sandra Myricks  
 TREASURER: Kristy Mueller  
 WEBSITE: Leo Licciardone

**Steering Committee Members:**

Linda & Joe Zelik  
 Lynn Vines  
 Kristy Mueller  
 Kitty Edler  
 Connie & Leo Licciardone  
 Jarmo & Bonnie Mantyla

Lori Galloway  
 Kristy Mueller  
 Susan Kass  
 Jackie Taos  
 Sandra Myricks

**National Office Information:** Compassionate Friends E-Newsletter: TCF National Office publishes a monthly e-newsletter designed to keep you up-to-date on what's going on with the organization and its chapters. We encourage everyone use the valuable information it holds to help you in your grief. To receive TCF's e-newsletter, sign up for it online by visiting TCF national website at <http://compassionatefriends.org>. and filling out the request to sign-up at the bottom of the page.

**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.

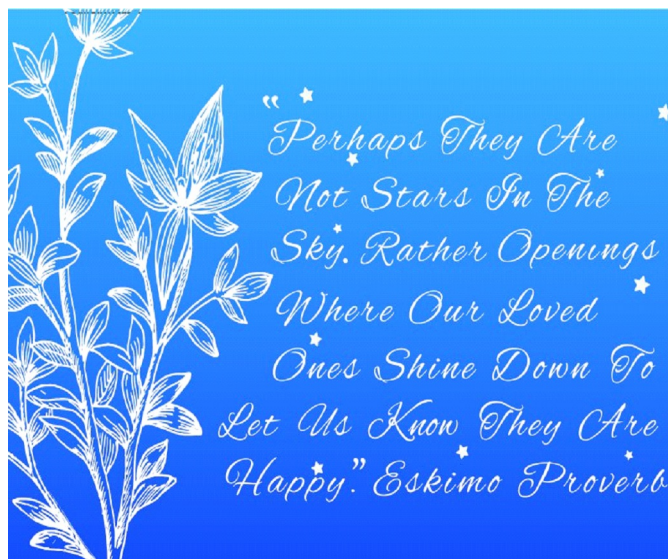
**Online Support (Live Chat)...** TCF offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please Note: Times posted on the schedule are based on Pacific Time. Select "enter room" under the chat room you would like to participate in and you will be prompted to register. Once registered you will be able to log-in with your username and password that you have set up. You can keep abreast of any changes by going to: [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Four Options To Give:**

QR code on cell phones.  
 Online at [tcfsbla.org/donate-now/](http://tcfsbla.org/donate-now/)  
 Cash/checks: Donation box at in-person meetings.  
 Checks: Mail to PO Box 11171 Torrance CA 90503



SCAN ME





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

The Compassionate Friends is a totally self-supporting organization. Our chapter is run entirely by volunteers, but we do have operating costs. Your tax deductible donation is what keeps our chapter going. **In honor and in remembrance of you child, please consider a donation to our chapter.**

In loving memory of Eric Douglas Vines, July 1977 - July 1991. Dearest Eric, Happy Birthday in Heaven. We will remember you and the love that you showed for everyone while here with us. We love and miss you, 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 \_\_\_\_\_

Tribute \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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We are always working a month in advance. To include your donation in the next newsletter we must receive it by the first of the month, otherwise it will appear in the following issue.

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



**July 2026**

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