



Newsletter of the San Diego
Chapter of "TCF"
The Compassionate Friends
*A non profit self-help organization
for families who are grieving the death of a child.*

These pages Dedicated with Love to:



Malini Elizabeth Sathyadev



Andrea Lynn Montisano



Rosa Griffith



Rory David Boyer

♥ Always In Our Hearts ♥



Daniel R. Keyser



Brian Marc Allen



Todd Almeida Cutler



Andres Saputo

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Web Site:
www.compassionatefriends.org/

IMPORTANT NOTICE: regular meeting place is closed on Jan. 1,
Meeting will be held on Friday January 3.



**January /
February
2020**

Issue 147

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Next Meeting

Friday
January 3rd

Wednesday
February 5th

Donations and Love Gifts

Dedications and Love Gifts go towards the cost of: printing and mailing of this Newsletter; outreach activities to the newly bereaved; and other expenses necessary to continue our chapter in San Diego. These donations are tax deductible. Our sincerest thanks to all who honor their children in this way.

- ♥ TCF gratefully acknowledges Bob Svatos, president of Con Am, for his donation in Loving Memory of Joshua Lubrich, son of Sandi Terrell.
- ♥ Allan Sathyadev — In Loving Memory of his daughter Malini. "It's been a long 15 years without you. Miss you so much....," Love, mom and dad.
- ♥ Lynn & Norval Lyon — In Loving Memory of their son Rory. "We will love you forever. Your spirit is always with us your family and dear friends."
- ♥ Marc & Barbara Allen — In Loving Memory of their son Marc.
- ♥ David & Ruth Keyser — In memory of our beloved son and brother Daniel Ransom Keyser. We still carry you everyday in our hearts. We will always Love you." Dad and Mama, Anna and Lauren.
- ♥ Rosa Garrett — In Loving Memory of her daughter Rosa.
- ♥ Debbie & Dominic Montisano — In Loving Memory of their daughter Andrea.
- ♥ Richard & Gloria Selby — In Loving Memory of their son Todd. "Miss your smile and laughter. Our hearts ache with missing you." Mom & Richard.
- ♥ Grace Saputo — In Loving Memory of her son Andres.
- ♥ Candle lighting donations \$30.

An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree.

~ R. Benyamin Cirlin, Grief counselor

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".



Telephone Friends

Ever feeling blue and need someone to talk to, who understands and cares. Just pick up the phone and call:

LONG TERM ILLNESS Lynn Lyon
(760) 639-4601

ONLY CHILD Wendy Jones
(619) 371-2335

ALCOHOL RELATED Elizabeth Richardson
(619) 280-1832

PARA HABLAR EN ESPAÑOL David Bolaños Keyser
(760) 310-3632

Meeting Place and Times THE COMPASSIONATE FRIENDS OF SAN DIEGO MEETS ON

1st Friday of January, 1st Wednesday of February at 7 P.M. at:

North Clairemont Recreation Center
4421 Bannock Ave.
San Diego, CA 92117

From I-805 take Clairemont Mesa Blvd. head west, turn left (south) on Genesee Ave., two blocks, right turn (west) to Bannock Ave.; turn left into second driveway, second building. Enter parking lot. (Recreational area) Enter building, meeting in room #2.

Genesee Ave. runs north and south about one mile or so west of I-805 and can be accessed from Clairemont Mesa Blvd.; Balboa Ave.; or Hwy 52.

OF NOTE

The Compassionate Friends is not a religious organization. All bereaved parents, siblings, and grandparents are welcome to TCF no matter your personal religious beliefs.

About Our Newsletter

Cost of printing and mailing our newsletters is expensive. Thanks to all of you who send in a Love Gift whenever you can, we are able to keep our monthly newsletters going. It encourages us when we hear from you.

We hope to hear from each of our readers sometime during the year. Your gift does not need to be a great amount to make a difference. It all helps...and it offers each of us the opportunity to remember your child, too, in a special way when we see his or her name. Each child touches our hearts, and in various ways, bonds us together.

To Place Child's Picture In Newsletter

If you wish to have your child's picture in our newsletter please use the Application / Love Gifts form on the back page. Recommended for Love Gifts is \$30. Donations / Love Gifts are always greatly appreciated.



***Our Children – Loved, Missed and Remembered
January & February***
We remember the families of:



Birthdays

***Katie R. Dix, born 1-2
Darryl Charles Hohman, born 1-4
Madison Renee White, born 1-5
Stephen William Anderson, born 1-6
Azja K. Ostrye, born 1-8
Julie Elizabeth Richardson, born 1-8
Yehudit Sherman, born 1-8
Philip Glynn Murphy, born 1-15
Mark E. Gannon, born 1-15
Philip Glynn Murphy, born 1-15
Daniel R. Keyser, born 1-16
Justin Scott, born 1-23
Rory David Boyer, born 1-26
Riley Gail Horgan, born 1-27
Larry Stauffer, born 1-31
Vince Lopez, born 1-31
Cari Tate, born 2-3
Frank Palmer, born 2-5
Mitchell Szegi, born 2-6
Joshua Linzy Fogel, born 2-8
Andres Saputo, born 2-12
Justin Knapp, born 2-13
Leticia Raimer, born 2-18
Spencer Clay, born 2-19
Todd Almeida Cutler, born 2-28***

Anniversaries

***Dee Louise Hochstetler, died 1-1
Matthew Raimer, died 1-1
Lisa Marie Stoefen, died 1-3
Julie Hart, died 1-4
Madison Renee White, died 1-6
Matthew C. Colbert, died 1-9
Renee Eleonor Dawson, died 1-12
Cari Tate, died 1-13
Matthew Beaver, died 1-14
Chad Eugene Clausen, died 1-17
Brian Marc Allen, died 1-24
Jason Wilshe, died 1-25
Sara Elizabeth Chandler, died 1-25
Jamie Christopher Yates, died 1-26
Aymee Sofia Garcia, died 1-27
Lucas Daniel Giaconelli, died 1-29
Brittany Grell, died 2-3
Philip Glynn Murphy, died 2-7
Philip Glynn Murphy, died 2-7
Milton (Danny) Smith, died 2-10
David John Merritt, died 2-14
Heather A. Avilez, died 2-14
Jana A. Warda Schott, died 2-15
Angela Scarbrough, died 2-22
Rosa Griffith, died 2-23***

A NEW YEAR

As the year draws to its close I pause...reflecting back over the long, empty months. My first full year without you—a milestone if only for the fact I survived at all, I suppose. Eighteen months ago we were together as we had always been. Life was as IT had always been. Your death precipitated my reluctant birth; a tormented entrance into existence as a bereaved parent...a Mommie with an empty home, empty arms. No one left to mother.

I look back upon this year, January through December—winter, spring, summer, fall and finally winter again. The seasons have come and they have departed, just as they did when you were here to adore the warmth of the July sun and hate the cold of the bleak gray skies of January.

The coldness of winter has lingered in my heart, my loneliness and grief holding it there. (I've heard that if I let go of the coldness the sunshine of your smile will remain...but I'm afraid) I've gone through all the pain of all the holidays, the exquisite occasion of your birthdate, celebrated in sorrow without you.

You would have been twenty-eight.

One of my closest friendships gradually faded in this past year of mourning—someone who loved you who could not bear the pain of your departure. This has added to the crushing burden of losing you. I have met far too many others in the same position I am in, and I began laying the groundwork for new friendships from these meetings. I have wept more than I believed possible, and (with your support?) faced and conquered the bleakest of the black times encountered so far...

But there have also been occasions for laughter in these months; and I have come to acknowledge that life will go on, regardless of the direction of the path I choose in my efforts to learn to live in a world that no longer holds my beloved, cherished child. I have learned more of death than I ever wished to know, and understand more of life and survival now as I struggle daily with my grief. More and more I feel you trying to comfort me. I can sometimes feel your calm message...words you could have never spoken in life...surrounding me like the warmth of the love we shared for all of your life and most of mine.

"This is how it's supposed to be, Mommie. I'm alright."

I love you, baby.

Sally Migliaccio,
TCF Babylon, Syosset,
and Rockville Centre, NY

Submitted by Diane Hochstetler

A few pictures from the Candle Lighting Program. There were so many that pitched in to make a success of this event. Thank you all. These pictures and more will soon be available on our website.

Photos courtesy of Jason Kha.



When San Diego TCF suddenly lost its contract with the church last October where we held all our meetings, Debbie & Dominic Montisano were instrumental in finding locations for our regular meetings and also the Candle Lighting program. Thanks for the hard work you put into this. Both are also very proactive in our monthly meetings including being in charge of our refreshments and supplies.

David & Ruth Keyser represents SDTCF at our annual TCF Conferences. David is in charge of assisting with our Spanish-speaking population. Both are very proactive on our committee as well. Thanks so much for your generous help, and especially coming from North County.

Candle Lighting Ceremony with view of Mission Bay.



Why Me? I ask

I fail to see,

Why I was chosen

At this cost

To live this life of loss

Why were they taken away

When we needed them to stay,

But.....I have learned along the way

There are many others that understand

So they say.

We need not walk alone

We have the Compassionate Friends.

by Barbara Lopez

in memory of my sons

Vince and Gary

WE ALL CAME TOGETHER

We all came together
On this December Eve
To honor our Children
Who all had to leave
We came from all corners
Of this vast earth we know
To light a candle
For our love to show
Some lit at ceremonies
And some lit at home
The world shone with brightness
As all candles glowed
I lit my candle
At ten minutes to seven
To make sure my son
Saw the lights from heaven
What a sight our children saw
As they looked down below
As the world lit up
As each candle glowed.

Sharon J. Bryant
In Memory of my son, Andy Dunbar
January 22, 1972 – October 24, 1977
I'm his mom and he's my angel...forever
Reprinted by permission of author

Nemo's Vigil

My son, Todd had two dogs in his life that were bonded solely to him. The first was a poodle who was with him from age five until age 21. Todd was always her person. Todd loved that dog.

Todd and his family decided to adopt Nemo in 2000. Nemo is a mixed breed, probably part Blue Healer, part German Shepard. Nobody really knows. Nemo was Todd's dog from the beginning. Todd loved Nemo and took him with him whenever he could. Nemo was the protector and playmate of Todd's children and Todd's loyal companion in life.

Nemo jumped in the car when Todd said "load up" or "let's go." Todd was building a new home for his family, and Nemo always accompanied him to the jobsite. When Todd left home to run errands, Nemo went along with him. At night Nemo would wait at the top of the stairs for Todd to come home. If Todd traveled, Nemo would spend every night at his post until Todd came home.

When Todd died in December of 2002, Nemo's world forever changed. His best friend, his partner in life, his joy, was gone. But Nemo didn't know this. Nemo sat at the top of the stairs and waited as family and friends came to the house after the Memorial Service. Nemo became so confused, so concerned, and yet, he didn't know what had happened. He knew all was in chaos, and he preferred the ordered world of his beloved master, Todd.

Todd never came home. Nemo changed. He no longer interacts with the family. He no longer participates in daily activities or plays with the kids. Nobody asks him to "load up." He simply observes the mounting chaos and distances himself from the family and the menagerie of animals that have been added. Each evening, he sits at the top of the stairs.

It is said that dogs do not understand time. And so, every time the door opens, Nemo perks up and turns his head from side to side and looks. But it's never Todd entering the house. Nemo drops his weary head on his paws and he waits. Nemo's vigil will continue until he, too, leaves this plane.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

For less than five months
I have known you
we both have brown eyes
with fast spreading laugh (and worry) lines.

We've learned we had children
at about the same time
each of us blessed
with one boy and one girl.

Not long ago,
I visited your peach and blue home -
you gave me a tour.
In your daughters room,
a shadow box,
made with grammar school detail,
your treasure, for over a dozen years.

But, now, the clock on your daughters wall
has stopped ticking
and has become
an internal weeping sound
inside of you.

Even now, your daily routine
won't change all that much
Get up, lay down
hardwood floors cry out to be polished
paper work and checks useless, without your
signature.

But your interior life
that place deep inside you
will now have a contradiction.
Your night terror voice will scream;
"she's gone forever"
But inside, your mother's eyes will see her
beautiful and
smiling
for all eternity.

Helen Hays Eckmann

Submitted by Dee's mom Diane Hochstetler

Hope

My heart has been broken.
 My soul has been crushed.
 My mind has gone to depths I never knew existed.
 Places where only God,
 In His most infinite Love, could understand.
 And even He could not console me at times.
 But I am here on earth,
 For whatever reason I still do not know:
 And I have hope that, in time,
 God will show me the way
 And give rhyme to my reason.
 So I wait in hope for a future
 And a new beginning.

Kathleen Leeper
 TCF Valley Forge, PA



Valentine Message

I send this message to my child
 Who no longer walks this plane,
 A message filled with love
 Yet also filled with pain.

My heart continues to skip a beat
 When I ponder your early death
 As I think of times we'll never share
 I must stop to catch my breath.

Valentine's Day is for those who love
 And for those who receive love, too
 For a parent the perfect love in life
 Is the love I've given you.

I'm thinking of you this day, my child,
 With a sadness that is unspoken
 As I mark another Valentine's Day
 With a heart that is forever broken.

Annette Mennen Baldwin
 TCF Katy, TX

In Memory of my son, Todd Mennen

Memories

The certain special memories
 That follow me each day,
 Cast your shadow in my life
 In a certain way.

Sometimes the blowing wind
 Or the lyrics of a song
 Make me stop and think of you
 Sometimes all day long

Memories are good to have
 To share and keep in my heart,
 Just knowing that you're still inside
 Makes sure we'll never part.

Collette Covington
 TCF Lake Charles, LA

*There are things that we don't want to happen but have to accept,
 things we don't want to know but have to learn,
 and people we can't live without but have to let go. ~ author unknown*

"Wishes for Bereaved Parents For The Coming Year"
by Joe Rosseau, Former National TCF President

- * To the Newly Bereaved, we wish you patience - patience with yourselves in the painful weeks, months, even ~years ahead.**
- * To the Bereaved Siblings, We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.**
- * To Those Of You Who Are Single Parents, we wish you the inner resources we know you will need to cope, often alone, with your loss.**
- * To Those Of You Who Are Plagued With Guilt, we wish you the reassurance that you did the very best you could under the circumstances and that your child knew that.**
- * To Those Of You Who Have Suffered Multiple Losses, those who have experienced the death of more than one child, we wish you the endurance you will need to fight your way back to a meaningful life again.**
- * To Those Of You Who Are Deeply Depressed, we wish you the first steps out of the "valley of the shadow."**
- * To Those Experiencing Marital Difficulties after the death of your child, we wish you a special willingness and ability to communicate with each other.**
- * To All the Fathers, we wish you the ability to express your grief, to move beyond society's conditioning, to cry.**
- * To Those With Few or No memories Of Your Child, perhaps because you suffered through a stillbirth, a miscarriage, or infant death, we wish you the sure knowledge that your child is a person and THAT YOUR GRIEF IS REAL.**
- * To Those Of You Who Have Experienced The Death of An Only Child or All Your Children, we offer you our eternal gratitude for serving as such an inspiration to the rest of us.**
- * To Those Of You Unable To Cry, we wish you healing tears.**
- * To Those Of You Who Are Tired, exhausted from grieving, we wish you the strength to face just one more hour, just one more day.**
- * To All! Others with Special Needs that we have not mentioned, we wish you the understanding you need and the assurance that you are loved.**

"One learns to live with the loss, the tragedy, the waste and the gaping hole in the fabric of one's life. There is no closure, nor would I want one. I want to remember him all my life, vividly: the laughter, the smell of his sneakers under his bed, his moments of joy, his humility and his integrity."

American Foundation for Suicide Prevention



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① OUR LOCAL WEB SITE

Visit the San Diego Chapter homepage:

www.sdtcf.org

Email: leaders@sdtcf.org

The San Diego chapter home page has information about our chapter and links to more grief resources.

TCF Regional Coordinator

① OTHER LOCAL RESOURCES

MADD 858-564-0780
Empty Cradle 619-595-3887

Survivors of Suicide
619-482-0297
info@SOSLsd.org

Bereaved Parents of the USA
www.bereavedparentsusa.org

Parents of Murdered Children
National 888-818-POMC
Local 619-281-3972

Alive Alone - for now childless parents
www.alivealone.org

① INFORMATION ON THE NET

Visit the TCF national homepage:
www.compassionatefriends.org

The national home page is filled with information and grief resources on-line. A "chat" room for on-line discussion with bereaved families is available.

Chat Room schedule:

Mon 9-10 pm EST: General Bereavement
Mon 10-11pm EST: Men's Chat
Tue 9-10 pm EST: Pregnancy and Infant Death
Thur 8-9 pm EST: No surviving children
Thur 9-10 pm EST: Siblings (Minimum age is 13)
Thur 10-11 pm: Grieving Alone (Single parents)

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Tami Carter haley1@san.rr.com

TCF INFORMATION PACKAGE

If you would like to send an information package on TCF to someone you think could benefit, (either for themselves or others) phone 619-583-1555. Leave a message with your name and phone number and the name and full address of the person you would like to receive the package.

Be a compassionate friend

Our Lost Children's Photos for Newsletter

The recommended donation for your child's photo in our newsletter is \$30. Children's pictures will be in color. Donations and love gifts are always greatly appreciated.

WE WELCOME YOUR CONTRIBUTIONS



Deadline for submission to
the March / April 2020

Issue of The Compassionate
Friend is

February 15, 2020

We warmly welcome your
contributions, both original and
inspirational writings. Please
indicate sources of any non-
original texts.



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies
San Diego County Chapter

3555 Rosecrans St. #114-569, San Diego CA 92110

ADDRESS SERVICE REQUESTED

January / February 2020

Love Gifts

Donations and love gifts in memory of your loved one enable us to reach bereaved parents with telephone calls and information, and help defray newsletter and mailing expenses. Please indicate any special tribute you wish printed in our newsletter. When making a donation, please specify the San Diego chapter. Make your checks payable to:

TCF, San Diego Chapter, 3555 Rosecrans St. #114-569, San Diego CA 92110

From: _____ In Memory Of: _____

TCF The Compassionate Friends *newsletter application*

New Address ☐

New subscription ☐

Remove from list ☐

☐ Please send newsletter by regular mail.

☐ By email, address _____

Your name: _____

Child's Full Name: _____

Address _____

Birth date: _____

City: _____

Date of death: _____

State: _____ Zip: _____

Cause: _____

Home phone: () _____

Your relationship to child: _____

Siblings/Ages: _____

☐ Yes, I would like my child's name to be listed on the anniversary pages of the chapter newsletter

☐ Yes, I would like my child's name to be listed on the anniversary pages of the chapter web site
If you have lost more than one child, please use a separate form for each child.