



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.

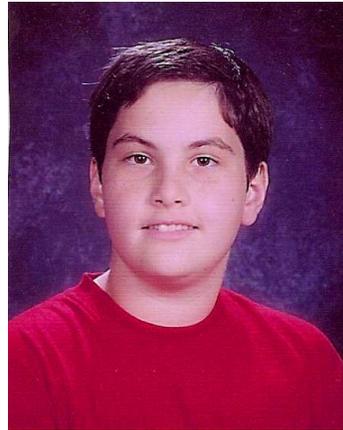
These pages Dedicated with Love to:



Malini Elizabeth Sathyadev



Jamie Bratton-McNeeley



Jason Wilshe



Jennifer Ann Donnell

♥ Always In Our Hearts ♥



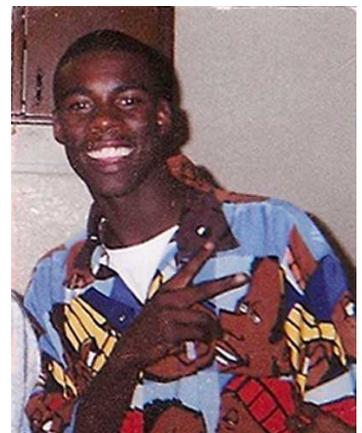
Rory David Boyer



Daniel R. Keyser



Lawrence Wayne Hennessee



Richard Wilson

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(619) 583-1555
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P. O. Box 3696
Oakbrook, IL 60522-3696
Phone toll free (877) 969-0010
Web Site: www.compassionatefriends.org/

♥ Always In Our Hearts ♥



Rosa Griffith



Todd Almeida Cutler



Andres Saputo



Darryl Hohman

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.

- ♥ 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.
- ♥ Donna Wallace — In Loving Memory of her daughter Jennifer.
- ♥ Emily Hart — In Loving Memory of her daughter Julie.
- ♥ Sandra & Larry Hennessee — In Loving Memory of their son Lawrence.
- ♥ Richard & Gloria Selby — In Loving Memory of their son Todd. "Another birthday and you are so missed- that smile-that laugh," Love, Mom and Richard
- ♥ Karen & Ken Wilshe — In Loving Memory of their son Jason. “It’s been 14 years since you left us. We miss you every day.” We love you
- ♥ David & Ruth Keyser — In Loving Memory of their son Daniel. "Love You & Miss You with every beat of my heart." Always & Forever, Your Mama & Brother Patrick
- ♥ Marchell Crain — In Loving Memory of her son Richard.
- ♥ Grace Saputo — In Loving Memory of her son Andres.
- ♥ Louise Hendrickson — In Loving Memory of her son Duane.
- ♥ Elene Bratton — In Loving Memory of her son Jamie.
- ♥ Rosa Garrett — In Loving Memory of her daughter Rosa. “There is never a day you are not in our hearts and minds, remembering all that you were to us. We love you forever,” Mom and Dad



January / February
2017

Issue 129

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**Location,
see p. 3**

Next Meeting

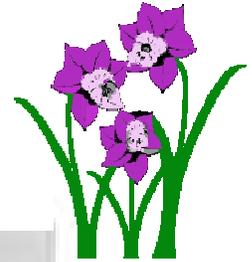
**Wednesday
January 4th**

**Wednesday
February 1st**



**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
Lawrence Wayne Hennessee, 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
Luther "Woody" Ellett, 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
Curtis Hurwitz, born 1-30
Larry Stauffer, born 1-31
Cari Tate, born 2-3
Frank Palmer, born 2-5
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 Louse Hochstetler, died 1-1
Matthew Raimer, died 1-1
Lisa Stoefen, died 1-3
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
Jason Wilshe, died 1-25
Sara Elizabeth Chandler, died 1-25
Aymee Sofia Garcia, died 1-27
Lucas Daniel Giaconelli, died 1-29
Brittany Grell, died 2-3
Philip Glynn Murp died 2-7
Milton (Danny) Smith, died 2-10
Ginger Melania Walker, died 2-11
Damian "Damo" Reid Carver, died 2-12
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



Gratitude: The Key to Happiness

by Richard Edler

I am convinced that the real key to happiness is gratitude. I did not come upon this insight, I learned it from Dennis Prager, a wonderful and gifted man who is both author and talk show host for KNEC radio in Los Angeles. I give him all the credit. But I have thought a lot about this idea after my son, Mark, died seven years ago.

At first, I was offended by people who smiled or even laughed during The Compassionate Friends meetings. These were the people who seemed to have somehow reentered the land of the living. How dare they greet each other with hugs. How dare they laugh. How dare they appear normal when their children have died. But over the last seven years I have learned three valuable lessons:

Life goes on and we must too. Gradually the pain eases and the warm memories replace the sadness. Gradually we return to life. One day we find that it is 11:00 in the morning and we have not thought about our child yet. At first we feel guilt. But then we also realize we are going forward. We will never forget. But we decide that the loss of our child will not be the all consuming factor in our life. We choose to enjoy friends again. We choose to go out to dinner again. We choose to laugh again. I am convinced that this is what our children would want for us. The pain does not bring our child back. It only makes us miserable without end.

Become grateful for what we have, not focused on what we have lost. I see people in our chapter meetings who have gone through "every parent's nightmare" and want no part of life again. But, I ask that these compassionate friends also think about the ways they have been blessed, as well as hurt. In my experience, most people have more to be thankful for than they realize; health, other children, a loving family, a career they enjoy, financial security, life in a free country, a faith that works for them, a true best friend, a spouse who they love. Nobody has it all. But compared to most of the world, we have a lot.

The life we now lead will be better than it would have been. That does not make our child's death a good thing. It just means that our child's life mattered, and it has changed us forever. It means that in some small way the world will be better because our child lived, and we are the ones who can make it so. We have a new sense of priorities. We don't "sweat the small stuff." We know what matters because we know what is irreplaceable. And we know how deeply other people hurt, because we, too, have been there. We "know how they feel."

And when our life is different and better because our child lived, then that child is never forgotten. Each of us would do anything in the world to go back in time, but we can't. It is up to us now to go forward, and we can.

Rich Edler was a friend to so many bereaved families. Some knew him as a writer. Other recalled his leadership. All felt the warmth of his friendship. Rich will be remembered. He died in February 2002.

"Into the Valley and Our Again" a book many bereaved have found helpful.



With this year marking the 5th year of my son Duane's passing on 10-10-2011, I chose to keep his spirit alive by being one with the wolves at the Wolf and Wildlife Center in Divide, Colorado. I was able to sit with, pet, feed and yes even get "kissed by the wolves". The experience was so incredible. To look into the eyes at these wild, rescued creatures left me with an overwhelming feeling that Duane was right there with me. This is something Duane would have loved.

The care that Darlene, her staff and volunteers give to these misunderstood, beautiful, wild creatures is like no other I have ever known. Not only are they totally attuned to the needs and lifestyles of each and every wolf, they also opened their hearts to me in my grief for the past five years. So thank you everyone at the Wolf and Wildlife Center for your compassion and understanding through all the tears, long enough to see the smile that is the spirit of my son Duane.

I highly recommend anyone to visit the Wolf and Wildlife Center and experience the wonder of these majestic creatures.

Louise Hendrickson (Duane's Mom)



♥ *From When to Now* ♥

When you left my heart was broken, for all of the words that were left unspoken.

When you left I thought my life was at its end. I began to not only miss the past but the future with all of the love and time we would spend.

When you left my life changed forever; as my brother we was supposed to grow old together.

Now that you're gone, as hard as it might be, I know that life must go on. You're in my heart and mind everyday. I often see things and smile at what you would say. And then with a heavy heart and weak smile, attempt to get through the day.

As my faith in God remains rooted and grounded, I understand now that the Lord has a plan for you that couldn't be ousted.

Now that you're gone I thank the Lord daily for allowing me to be your sis. The short time we had together was filled with love, joy and bliss.

When you left I was broke and weak.

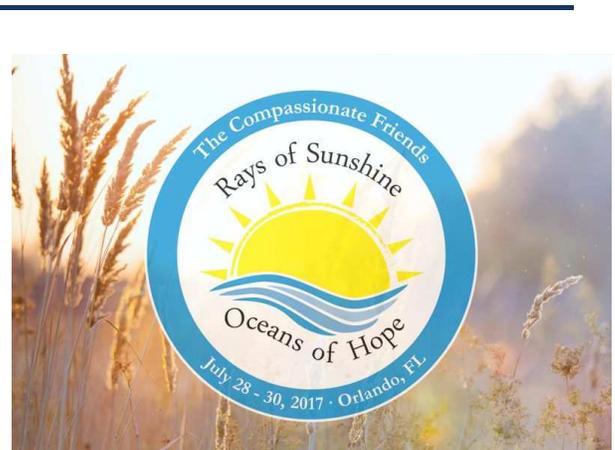
Now that you're gone, through your love and memories I have the strength to speak. I speak of my love and how much I miss you. I keep you alive with every tear and smile I have when I think of you.

When you left you were my brother and friend.

Now that you're gone, I'll wait patiently until I see you again.

Tanya Boudreaux 12/11/2016

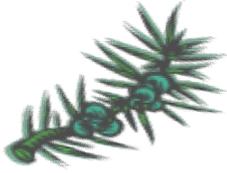
Sister of Richard Wilson ♥



THE 40TH TCF NATIONAL CONFERENCE

SAVE THE DATE

The Compassionate Friends is pleased to announce that Orlando, Florida, will be the site of the 40th TCF National Conference on July 28-30, 2017. "Rays of Sunshine, Oceans of Hope" is the theme of next year's event, which promises more of this year's great National Conference experience. The 2017 Conference will be held at the Hilton Orlando Bonnet Creek. We'll keep you updated with details here, on the national website as well as on our TCF/USA Facebook Page and elsewhere as they become available. Plan to come and be a part of this heartwarming experience



"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





Candle Lighting Service

Earlier in December we joined in the Worldwide Memorial Candle Lighting Service. Approximately 60 came to share in the experience. There was sharing in so many different ways. By readings, by singing, by candle lighting, by slide show and photos, by creating luminarias, and also dining on delicious food and refreshments provided by all.

Special thanks to the many wonderful people who organized and set up this event. So many pitched in and it looked like they all knew what to do. If there was a question it was promptly addressed. Again thanks to all for making this work. A beautiful remembrance of our children, gone too soon, but their love lives on in our hearts forever.

Candle lighting photos will be available on our chapter website and or forthcoming newsletter soon.

♥ LOVE LIVES ON ♥

Those we love are never really lost to us--
We feel them in so many special ways--
through friends they always cared about
and dreams they left behind,
in beauty that they added to our days
in words of wisdom we still carry with us
and memories that never will be gone
Those we love are never really lost to us--
For everywhere their special love lives on.

Amanda Bradley

Happy 45th Birthday Babe! So very grateful for our 25 years together! Love you and miss you very much! Submitted by Darryl's parents.

♥ For Grieving Grandparents ♥

We are the grieving grandparents, the shepherds of our children's and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey *TCF, Rutland, VT*

♥ Words of Encouragement ♥

**In this sad world of ours, sorrow comes to all.
It comes with bitterest agony.....
Perfect relief is not possible, except with time.
You cannot now realize that you will ever feel better...
And yet this is a mistake.
You are sure to be happy again.
To know this, which is certainly true, will make you
Some less miserable now.
I have experienced enough to know what I say.**

Abe Lincoln

Three of Abe and Mary Todd Lincoln's children died. Edward (age 4), William (age 11), and Thomas (age 18).

My Sister, My Friend ♥

Within our hearts
You will always be.
Our minds will be filled
With sweet memories.

Your Spirit and love
Will never be gone
For each life you touched
Will carry them on.

Catherine Hall
TCF – Hinsdale. IL

The New Year: A Time of Hope

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child

when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

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



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

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COMPASSIONATE
FRIENDS
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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
Olivia Garcia 818-736-7380
oliviabgarcia1@gmail.com

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)

member web/e-mail

<http://www.RickPieramico.com>

Charlene Tate
caricat83@hotmail.com

Elene Bratton
jamiesjoy@simplynet.com
www.jamiesjoy.org

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 2017

Issue of
The Compassionate Friend is

February 10, 2017

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

11582 Fury Lane #118, El Cajon, CA 92019

ADDRESS SERVICE REQUESTED

January / February 2017

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:

The Compassionate Friends, San Diego Chapter, 11582 Fury Ln. #118. El Cajon, CA. 92019

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.