



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:



July / August
2017

Issue 132

Next Meeting

Wednesday
July 5th

Wednesday
August 2nd



Jamie Morgan Bratton-McNeely



Kristina Michelle Bennett



Matthew Scott Lewis

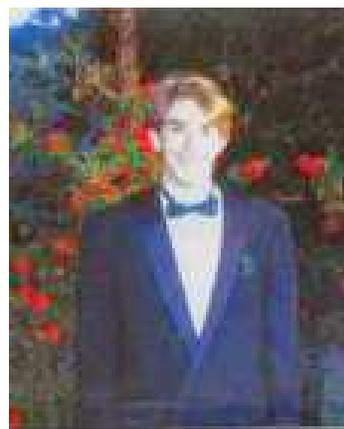
♥ Always In Our Hearts ♥



John Thomas Gittelson



Allen J. Kha



Craig Thomas Markley



Joshua James Lubrich

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**Location,
see p. 3**

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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.

- ♥ Tom & Judy Markley — In Loving Memory of their son Craig. “Can’t believe it has been 21 years — miss you Craig! Your nephews — Gavin and Griffin, celebrate you every August 2nd by having joyful, adventurous fun.” We love you
- ♥ Elene Bratton & The San Diego Foundation for Jamie's Joy — In Loving Memory of Jamie.
- ♥ Yvonne & Lucien Bennett-Niang — In Loving Memory of their daughter Kristina.
- ♥ Susan Wen & Long Kha — In Loving Memory of their son Allen.
- ♥ Darlene Sottile — In Loving Memory of her grandson Matthew.
- ♥ George Gittelson — “In loving memory of my son John on your 39th birthday. You were truly a gift for the time we had. For next twenty-two years your mom and I felt so much pain of your passing. Since her passing last year I know she is with you today. You both were such a gift to me and all that knew you. You both will always be forever in my heart.”
- ♥ Sandi and Mark Terrell- In Loving Memory of Joshua. To our beloved son & brother, Joshua: “We Love You and Miss You Forever and Always!! You will always be our "Jewel" in the family, one to be "Gone But Never Forgotten!" We miss you more with each passing day! You're still a part of everything we do; you're on our hearts, just like a tattoo, we'll always have you. Mom, Dad, Best Friend Zachary and Stephane, Ryan and Kiersten with baby Lily Mae, Andrew and Virginia with baby Andrew Joshua, Best Friend Jason and Brittney with baby Dylan Amir and baby Jayce Benjamin and Best Friends Forever, Persio!”



***Our Children – Loved, Missed and Remembered
July & August***

We remember the families of:



Birthdays

***Alan James Hein, born 7-1
Matthew C. Colbert, born 7-6
John Thomas Gittelson, born 7-15
Heather Rose Powell, born 7-16
Matthew Steven Spiewak, born 7-17
Douglas Lorente, born 7-19
Jerome Allen, born 7-19
Sara Elizabeth Chandler, born 7-20
Lisa Trujillo, born 7-23
Emily Quinlan, born 7-26
Nicole Clark, born 7-27
Brittany Star Curcio, born 7-27
Ellie Kennison, born 7-31
Trevor Shane Kirby, born 7-31
Michael Lee Collins, born 8-4
Derek Reed Thomas, born 8-5
Andrea Lynn Montisano, born 8-10
Kashad Harvell, born 8-15
Delia Kelly Sables, born 8-16
Lawrence O'Brien, born 8-16
Julie Hart, born 8-21
Nick Jellison, born 8-29
Scott Ray Sturgess, born 8-29
Nicole Kaitlynn, born 8-30
Allison Dunn, born 8-31***

Anniversaries

***Mark Metz, died 7-1
Joshua James Lubrich, died 7-1
Michelle Cleveland, died 7-2
Heather Rose Powell, died 7-2
Hugo Payne, died 7-5
Kenneth W. McCormick III, died 7-6
John Thomas Gittelson, died 7-6
Kristina Michelle Bennett, died 7-12
Justin Knapp, died 7-28
Rick E. Pieramico, died 7-30
Katie R. Dix, died 8-11
Yehudit Sherman, died 8-2
Craig Thomas Markley, died 8-2
Daniel A. Pitcher, died 8-5-1992
Lindsey Faye Whelchel, , died 8-6
Brent Foster Whelchel, died 8-6
Scott Ray Sturgess, died 8-8
Curtis Hurwitz, died 8-10
Michael Lee Collins, died 8-11
David Ward Ray, died 8-13
Richard Wilson, died 8-14
Todd Schulman, died 8-17
Lawrence Wayne Hennessee, died 8-20
Tyler Preston Collier, died 8-23
Delia Kelly Sables, died 8-31
Sumi Suresh, died 8-31***



THE 40TH TCF NATIONAL CONFERENCE

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 this year’s event, which promises more of last 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.

Conference Registration

[Register today](#) for the 40th National Conference. Pre-registration will be available until July 7, 2017. Please note: while on-site conference registration will be available, the Friday lunch and Saturday dinner is only available with pre-registration.

Hotel Reservations

[Click here](#) to make your hotel reservations online or by calling 888.353.2013 at the Hilton Orlando Bonnet Creek.

Date to keep in mind:

The TCF Annual Memorial Balloon
Release Picnic is Sunday, Sept. 24

Ways I Know that Life Goes On

I know my life is moving forward because...

Today I moved the waterproof mascara
to the back of my makeup drawer.
I didn't make any mistakes at work all day.
I slept all night through.
I remember her smile...and smile.
I drove home and didn't expect to see
my little girl greeting me at the door.
I remembered where I left my car keys.
Someone asked me today if we were
going to have another child, and I didn't
get angry and change the subject.
The first holidays have passed, and I'm
still here.
I haven't taken a pill to help me sleep in 12
days,
We've starting talking about another baby.
The knife in my stomach eases up sometimes.
Morgan's baby brother is due in July;
she's finally going to be a big sister!
It's June 23rd, the day after Morgan's
second birthday; I guess I made it
through.
Our little boy was born today, and I cried
tears of joy not sadness.
He has his sister's little pudgy nose.

Kimberly L. Rhodus
Bereaved Parent of Morgan Louise Hope Rhodus
June 22,1996 to February 25,1998



**The secret of The
Compassionate Friends'**
success is simple: There is no line
between being a helper and being
helped. In the early months in TCF, it
seems that most of the time is spent
absorbing ideas, crying and letting
the grief flow, and "learning the
ropes" of being a bereaved parent.
The next step is reaching out to
others and helping them. It is not a
big step, for listening to another
person sort out his life helps us to
sort out our lives, too. But it is an
important step because it is the first
point at which the movement is
reversed. All the energy had been
going inward. We had been feeling
so empty inside that we kept
withdrawing into ourselves. But at
that point when we turn around is the
point when we first listen to another,
speak the words of comfort and
hope, share our pain instead of just
feeling our pain. At that time the real
healing has started.

Dennis Klass, Ph.D
Adsor-TCF, St. Louis, MO.

Submitted by Gary's Mom, Barbara Lopez



**For Kristina
From Dad & Mom**

"Our Candle In The Wind"

Goodbye to our first born.

May you always be in our hearts.

You had a spirit that touched every life you encountered.

You were a driving force of enlightenment to everyone who knew you.

Now you belong to heaven,

And the stars spell out your name

It seems to us you lived your life like a candle in the wind

Never fading with the sunset when the rain set in,

Your foot steps will always be echoed here in Hillcrest and UC.

Your candle burned out long before your memory ever will.

We miss that sparkle you brought to our lives.

Our hearts will always ache.

You were our family's first grandchild.

All our words cannot express the gift your life brought us through the years,

You were our candle in the wind.

Paraphrased from "Candle In The Wind" by Elton John



THINGS TO DO WHEN DESPERATE

1. Breathe.
2. Get my teddy bear.
3. Call other bereaved people (keep their phone numbers easily available).
4. Call close friends (keep their phone numbers easily available, too).
5. Call a counselor.
6. Call a hot-line.
7. Get in my rocking chair. Get in any chair and let it support me.
8. Take a hot bath.
9. Run around the block three times.
10. Listen to soothing music.
11. Put on a relaxation tape.
12. Ask someone to hold me.
13. Cry.
14. Yell into my pillow
15. Join a support group.
16. Say to myself, "Others love me," or, "I have the right to survive," or, "Others have gotten through this, I can too."
17. Stroke the dog or cat.
18. Watch an old movie on TV or read a book.
19. Hug a tree.
20. Stand or lie on the floor and feel the floor support me.
21. Pray
22. Start again at the top.

Edited by Anne Pieper, from *The Courage to Heal*,
By Ellen Bass and Laura Davis

The Golden Gate Bridge: Still Beautiful

On May 23rd, 1995 my son jumped off the Golden Gate Bridge [in San Francisco]. Tempting as it is to believe he'd still be alive had there been a barrier, I think it would be naive. In my despair I wanted to blame the psychiatrist who refused to see him because he'd missed some appointments, the girlfriend who'd ended their relationship just two days prior to his jump, the crisis center at the hospital where he'd gone for help and who could have kept him had they read the signs right, but didn't; myself, (especially myself), for flawed parenting. But never did I blame the bridge! In the end it was his decision. In his farewell note, he said he was going to electrocute himself. What made him change his mind? I don't know, but I believe it was the deed, not the method, that he was determined to execute. People who really want to die find a way. So while a barrier would deter suicides on the bridge, it would hardly deter suicides. Should we eliminate tall buildings, parking structures, automobile exhaust pipes, ropes? In spite of very sad memories, I still appreciate the beauty of the bridge. People from all over the world enjoy the vistas from this compelling structure. Is it fair to impair the visibility in a futile effort to control deaths from the bridge? The bridge is for the living, too.

Carol Sheldon
TCF Marin County, CA

On behalf of the TCF Board of Directors and staff, I want to personally take this opportunity to extend our warmest congratulations to The Compassionate Friends San Diego County Chapter #1027 on the 35th anniversary of its charter date of January 1, 1981.

To be long running and successful, a Chapter must have many caring people both in the leadership and membership. Your Chapter has, without a doubt, been blessed with dedicated and committed individuals throughout its many years of existence.

Please pass along our best wishes to your entire Chapter. You have our heartfelt appreciation and thanks for all you do for the bereaved parents and family members who have come to your Chapter for help—and have found it—because you have taken the time to be there and truly care. Your contributions to your Chapter, community, and society are an incredible tribute to all of your children!

Warmest personal regards,



Lisa Corrao
Chief Operating Officer



**The
Compassionate
Friends**
Supporting Family After a Child Dies

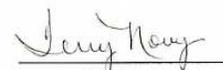
*The National Office wishes to congratulate
The Compassionate Friends
#1027 San Diego County Chapter
for 35 years
of helping bereaved families*

"We Need Not Walk Alone"

January, 2016



Lisa Corrao
Chief Operating Officer



Terry Novy
Director of Chapter Services



Award size reduced

Waiting for the Wake-Up Call

I'm waiting for the wakeup call that surely must come someday in this journey through grief. When *will* it get better?!! I'm waiting for the day when the memories are softer, the step a little lighter and when the sounds in my heart aren't always those of sadness, I'm waiting for the music to return, for the light to shine, for the magic to come back. I'm waiting for the pain to stop, the hurt to leave and for everything to go back to its original place. I want the picture to look the same as before, and I'm waiting until it does.

But, while I'm waiting, I'm learning a lot, I know I have to make lists now in order to capture my chores and things I have to do. I gave up trying to remember and now just carry a notepad with me (with a pencil attached!) I have set the clocks 10 minutes fast so I have a better chance of being on time, and I have stocked the car with maps of every place I need to be.

I make menus and create shopping lists. I plan ahead, write down everything and then don't worry when I lose the list, get lost, or simply change my mind, I think most people thought I was always confused, so now I don't worry so much about not remembering. I'm liking advantage of being bereaved and am learning to work with the lack of concentration, the forgetfulness, the confusion. If it isn't written down, it doesn't exist and I've been much happier ever since!

If the weather and the seasons can't get it together, why should I try to coordinate an outfit? I'll just wear what's comfortable for the moment and worry less about what others think. Maybe they are as confused as I am. Maybe they're struggling too. Maybe we should all just stop, look and listen...trying to remember to hold hands when crossing the street and practice hugging instead of hitting.

Maybe spring reflects nature's inability to make up its mind or maybe that hesitation to change is more of Mother Nature's mourning the passing of her winter season. Maybe it's hot one day and cold the next to keep us on our toes, to keep the blood flowing, the legs moving. Maybe shoveling snow

one day and planting seeds the next is what we are supposed to be doing...maybe spring is the season of change and we should let go of the whys? and work on the hows? Maybe pushing the plow is better than trying to pull it.

Maybe just relaxing into the craziness and letting the tides ebb and flow across the beach will work better than trying to direct the winds that change rides on. Perhaps letting the sun warm my winter-weary bones is a more productive activity than rearranging the closet, and maybe the good memories will come back if I let them.

Maybe spring is the reason for getting up...to simply see what is possible today. Maybe today is the day and if I'm in bed, I'll miss the beginning, and I'll still be lost.

Maybe I'm already in the middle of change and maybe I will always be confused, lost and slightly off balance, but maybe that's okay, and I'll just have to figure out how? instead of why? And when that happens, I know I won't be lost anymore! It really doesn't matter if it's Tuesday or Friday (unless one of those days is garbage day, and then it does matter!) Maybe I can let go of the time frames and calendar pages that dictate my life and my emotions and let life simply flow.

Perhaps you and I have already answered the wake up call. Don't let a poor yesterday or an uncertain tomorrow use up today. I think this is it, and now is the time for being all I can be. Half of me is still in winter and dyeing eggs. All of me is still perhaps a bit off balance, but I am alive and that's a start! This wasn't the life I expected to live, but it is the one I've got.

If I'm lost, I'd explore wherever it is I am. If I'm late, I'll just apologize and enjoy the time I have left. If I'm out of place, out of style or out of sync, I'll just keep dancing to the tune I hear and let the rest of the world figure out their own melody...

Darcie Sims
Bereavement Magazine Mar/Apr 1995

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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

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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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
September / October 2017

Issue of
The Compassionate Friend is

August 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

July / August 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.