



# The Compassionate Friends

## Santa Clarita Valley Chapter

### Supporting Family After a Child Dies

July/August 2018

Volume 19, No. 4



**THE COMPASSIONATE FRIENDS** is a self-help, nonprofit organization offering friendship, understanding and hope to families grieving the death of a child of any age, from any cause. 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, support to every family experiencing the death of a son or daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. The butterfly signifies a new life for our lost children and a different life for ourselves. It is a symbol of hope, rebirth, and regeneration and beauty.

#### THE COMPASSIONATE FRIENDS, INC.

P.O. Box 3696

Oak Brook, IL 60522-3696

Toll Free (877) 969-0010 \*Fax (630) 990-0246

Email: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

Facebook: [www.facebook.com/TCFUSA](http://www.facebook.com/TCFUSA)

#### THE COMPASSIONATE FRIENDS OF SANTA CLARITA VALLEY

Mailing Address: 27949 Park Meadow Dr.,

Santa Clarita, CA 91387

E-mail [TCF.SCV@gmail.com](mailto:TCF.SCV@gmail.com)

Facebook: [www.facebook.com/TheCompassionateFriendsofSantaClaritaCA](http://www.facebook.com/TheCompassionateFriendsofSantaClaritaCA)

website: [www.compassionatefriends-scv.org](http://www.compassionatefriends-scv.org)

#### MEETINGS

We have one meeting a month. They are usually held on the 1st Thursday of each month.

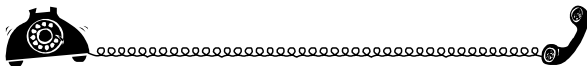
Our next meetings will be **July 5 & August 2.**

TIME: **7:00 P.M.**

MEETING **Fellowship Christian Church**

PLACE: **26889 Bouquet Canyon Rd., Ste. C. Saugus, CA 91350**

(Take the side street next to the Goodwill store and make a left behind the store, the church is located in that building. Entry to the church is the double glass doors.)



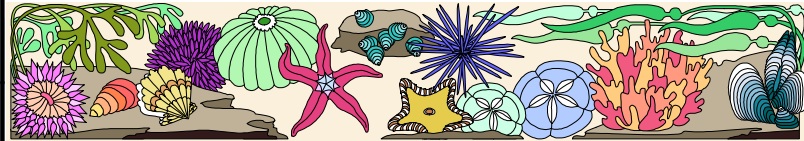
#### FOR INFORMATION OR FOR A LOVING LISTENER, PLEASE CALL:

Diane Briones (Leader) 661-252-4654

Alice Renolds (Co-Leader) 661-252-4374

Carol Costin (Treasurer) 661-670-0395

Linda Stout (Remembrance Secretary) 661-202-8638



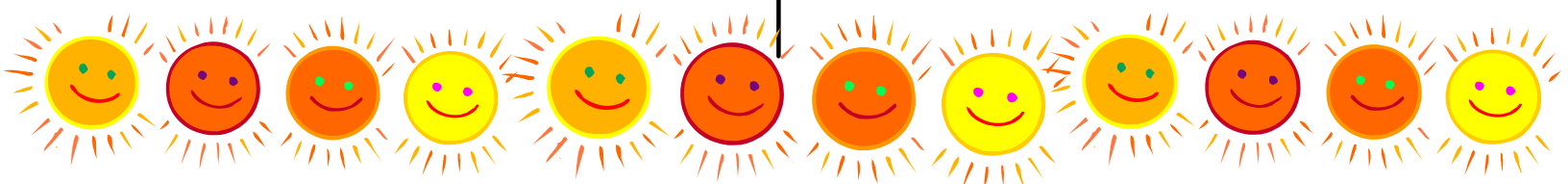
### The Tide Recedes

The tide recedes,  
But leaves behind  
Bright seashells on the sand,  
The sun goes down,  
But gentle warmth  
Still lingers on the land.  
The music stops,  
And yet it echoes on  
In sweet refrains...  
For every joy that passes,  
Something beautiful remains.

*Author Unknown*

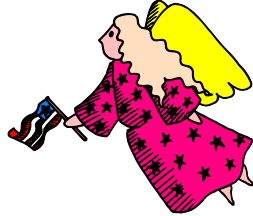
*The reality is that we don't forget, move on, and have closure, but rather we honor, we remember, and incorporate our deceased children and siblings into our lives in a new way. In fact, keeping memories of your loved one alive in your mind and heart is an important part of your healing journey.*

*~Harriet Schiff*



The following is written by Faye McCord, TCF Co-Chapter Leader, Jackson MS in loving memory of all our children and in honor of those who have so valiantly given their lives on the battlefields so we can live free of tyranny and terrorism. May we all pause to give thanks for our freedom as we celebrate Independence Day on July 4th.

## "FREEDOM TO GRIEVE"



Freedom - condition of being free or unrestricted  
Grief - intense sorrow

Does someone always have to die for others to be free?  
If that's the case, then freedom always leads to grief.

Does someone always have to leave their families to fight for freedom's course?  
If that 's the case, then freedom's fight always leaves their families in remorse.

Does someone always have to chart the course so others will know the way?  
If that's the case, then Compassionate Friends has opened freedom's gates.

Have others walked this path before me to wage their war with grief?  
If that's the case, then they have also fought through pain and torment, and have lost their child so sweet.

Is it possible for us to join together? - to fight for our freedom to grieve?  
If that's the case, then together we'll march on to try to live our lives in peace.

And together we'll fight the battles of grief - all parents who are sorely bereaved, And pay tribute to the children we have lost, for they've given us the freedom to grieve.

~ Faye McCord,  
In loving memory of my son,  
Lane McCord (1/65 - 9/98)



## Afterglow

We came to the beach in Florida intending to watch the sun set over the Gulf.

The sun had already disappeared over the horizon apparently lost beyond the waters. After a brief period, emerging from where the sun had set arose a brilliant afterglow, seemingly covering the sky with a growing, pulsating display of molten gold.

I was struck by the spectacular beauty emanating from the sun already gone from view. Involuntarily I thought, just like our children. When the sunshine of their lives disappeared, we expected eternal darkness to remain. After our initial period of grief, we find that each child has left an afterglow—the memories of the beauty and joy their lives brought us.

It is incumbent upon each of us left on the beach of mortal life to allow ourselves to maintain that afterglow and continue to bring ourselves to maintain that afterglow and continue to bring meaning to the “suns” of our lives who have disappeared from view “over the horizon.”

Hopefully we can help one another honor our children’s lives by perpetuating their afterglow with our own meaningful lives of hope, optimism, and peace.

~Toba S. Cohen  
TCF, Bustleton, PA

Let warm  
memories  
be as close  
to you  
as the warmth  
of summer.



~Sascha Wagner

# Chapter News

## Meeting Topics & Info

**July 5** - "Summer Memories" Come share with the group a past summer memory that brings you joy.

**August 2** - "Words of Emotion"

## Welcome New Members



Attending your first meeting takes courage and it is always hard to say "welcome" because we are so very sorry for the reason which made you eligible for our membership in TCF. However, we are glad you found us! We cannot take away your pain but we can offer our friendship and support, Do try and to attend at least 3 meetings so you have a chance to meet others who are bereaved and discover that special acceptance that occurs with new friends who truly understand.

New to our chapter are:

Alex & Anita, Parents of Sage

## **IMPORTANT!!** Newsletter Renewal Time

Every two years we update our mailing list, and it's that time again! You should have received the renewal letter in the mail by now. Please fill it out and return **before August 31st**, if you would like to stay on our mailing list and continue receiving our newsletters. Thank you to those who have already returned them!

*Alice Renolds, Editor*

## Family Picnic/Balloon Release

We held our 13th annual Family Picnic/Balloon Release on May 6 at the Bouquet Canyon Park. Our event was well attended, just like last year! It is so touching to see how many of our members come with their families and friends to honor and remember our children, grandchildren and siblings.

The weather this year was great, a bit warm for May...but the portable easy-ups, the trees and the gentle breeze helped. We had way too much food and as always the side dishes brought by the attendees were delicious.



After lunch we filled the balloons and attached our butterfly notes of love and gathered into a circle in an open area of the park under the scenic turquoise blue sky. Our program is brief with a few songs and poems read by our steering committee. As the words from "Pretty Balloons" echoed through the trees, we released our balloons and watched as they floated up, up and away into the beautiful blue heavens. We were there reaching out to our children, honoring and remembering them with tears and with smiles.

We finished the day with a slice of cake and a raffle drawing. It was truly a day of honoring and remembering and tears. But we were with Compassionate Friends and the tears eventually turned to smiles with the help of hugs!

Thank you to all those who picked up food, helped tie balloons, brought tables, chairs, & easy-ups. All your help and everything brought was greatly needed and appreciated! We couldn't put on this event without all our members help! Also, a great big thank you to Keith & Lin Brown for their donation to our chapter of an easy-up

*Thank you so very much for your generous newsletter renewal donations. They are greatly appreciated!*

Ted Sykes in memory of his daughter Jeanene  
Cheryl Petersen in memory of her son Kevin  
Dave & Kay Thomas in memory of their grandson Sammy  
Nancy Rickhoff in memory of her son Kevin  
Bobbie Mathers in memory of sons Eric & Peter  
Kirk & Dianne Mueller in memory of their daughter Melissa  
Carol Lock in memory of son Darren  
Elaine McAlpine in memory of her son Daniel  
Tammy Gauld in memory of her son Bradley  
Cindy Tiekenski in memory of daughter Melissa  
Maxine Sreden in memory of her son Lloyd  
Brenda Tumasone in memory of her son Anthony  
Mike Kares in memory of his daughter Oliva  
David & Laurie Millard in memory of their daughter Brianna  
Barbara Rawson in memory her son Christopher  
Barbara Evans in memory of son Edward  
Beth Moore in memory of her daughter Whitney  
Carole Rodriguez in memory of her son Wally

*~Alice Renolds, Editor & Co-Leader*



## Summer Time, Vacation Time, Family Time

I'll bet you never dreamed that there would ever be a time in your life when you would not welcome vacation from work...and the day-to-day hassles of routine living. It's probably a shocker to you that the slow pace of summer, cookouts, softball games, etc., are now a nightmare. Everywhere we go, there are kids out of school enjoying their leisure time, and our bodies jolt as we search for our own absent child who enjoyed this time of the year with a passion!

Surrounded by summer fun, a bereaved parent needs only look around and there are painful memories at every corner. When we are faced with all the living, loving happy families with their children, the anger boils within and we feel very cheated.

And this year we are afraid to go back to the beach cottage we've visited every year, or to the favorite mountain retreat where we laid around for a week and relaxed, or the amusement park where the kids had to ride every ride and see every attraction, no matter what the temperature was. Yes, fear of our memories, fear of too much time to think, fear of too many kids, fear of bursting inside from our pain... all of these feelings are part of the first few years of summer vacations for bereaved parents.

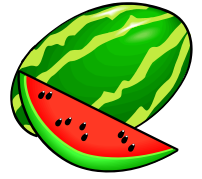
It's been nine years now for me, and I need to tell you that it will get easier, but I found that for the first few years I needed to consciously change some of my routines in order to deal with my fears. I could not visit the same places we had visited when Todd was with us. We tried new experiences in new places with new people.

That isn't to say there weren't some down-times; however, the faster paced vacations worked better for us. I could not allow myself too much time to think. I enjoy those weekends away now, but for the first few summers I had to dig in the yard, repaint lawn furniture, rearrange the garage, and the multitude of busy projects we'd been putting off for the lack of time. That was a better vacation for me than forcing myself to go somewhere and feel miserable.

You've read it a hundred different times, you have to find your own way and your own peace—leave yourself room to escape if it becomes necessary. If you can find any enjoyment and relaxation, relish it...you deserve it, and it does not mean you don't care. It simply means you are healing. Now I walk down the beach and enjoy the solitude, or laugh when I see a toddler, or listen to the joy of kids laughing, and it warms my heart. Yes I miss him, but I know he enjoyed every minute of this season, and I know that's what he'd want for me...and thank God, I can do it once more!

~Linda T.  
TCF, York, PA

## Take Me Where The Watermelon Grows



Take me to where the watermelon grows  
Stretched out over years ago  
Take me to where memories live, and sorrow  
never casts its shadow  
Show me the grass where laughter thrives  
where little boys and girls dance  
Take me to those rich fields of yesterday  
ripe with the memories  
...basking in sunlight,  
waiting for me to smile  
as I remember my child.

~Alice J. Wisler

*When one has tasted watermelon,  
he knows what the angels eat.*

~Mark Twain



### Findings

*The greatest comfort  
at time of grieving  
comes, quietly,  
from the love that lives  
within ourselves.*

~Sascha  
From Wintersun

 *Love Gifts* 

Were Received From:

*Elaine McAlpine*

In Loving Memory of her Son:



**Daniel McAlpine**  
6/27– 8/29

*Carol Lock*

In Loving Memory of her Son:



**Darren Bullock**  
8/27– 9/30

*Barbara Rawson*

In Loving Memory of her Son:



**Christopher  
Rodriguez**  
9/22– 6/13

*Mike Kares*

In Loving Memory of his Daughter:



**Oliva Kares**  
7/14– 1/12

*When I grieve, when I stand by others as they grieve,  
even in the midst of seemingly unbearable sorrow,  
grief becomes a way to honor life -  
a way to cling to every fleeting, precious moment of joy.*



*~Cortney Davis, Nurse Practitioner*

# "Forever In Our Hearts"

Our Children/Grandchildren/Siblings

*Loved and Missed on Their Birthdays*



## July

## August

Name	Date	Member	Name	Date	Member
Olivia Kares	7/1	Mike Kares,	Michelle Briones	8/24	Bert & Diane Briones
Olivia Kares (Niece)	7/14	Julia Tate	Thomas Callin	8/7	John & Rumi Callin
Whitney Moore	7/1	Beth Moore	Sean McPhie	8/2	Fran McPhie
Whitney Moore (Grandchild)	7/1	Tom & Donna Rogers	Amber Rae Brown	8/25	Mary Ann Mogan
Vanessa Ontiveros	7/27	Laura Gamboa	Austin Losorelli	8/27	Joe & Phyllis Losorelli
Greg Hilton	7/11	Kathy Hilton	Steven Sprague	8/4	Marie Sprague
Amanda Perez	7/19	Carrie Hall	Eric Rodriguez	8/11	Carlos & Ana Rodriguez
Kevin Petersen	7/26	Cheryl Petersen	Nicholas Colley	8/22	Scott & Jade Colley
Tyler Hoeft	7/14	Michelle Hoeft	Aidan Navarro	8/29	Javier & Tejera Purcell
			Andrew Shott	8/2	Vanessa Shott



*Lovingly Remembered on Their Angel Dates*

## July

## August

Name	Date	Member	Name	Date	Member
Bradley McBurney	7/18	Tammy Gauld	Joshua Sprague	8/6	Bonnie & Gary Sprague
Bailey Haney (Grandchild)	7/11	Myra Kulick	Andrew Soltero	8/8	Jenni Soltero
Melissa Lind	7/6	Marcy Torrey	Daniel McAlpine	8/29	Elaine McAlpine
Amanda Perez	7/17	Carrie Hall	Nicki Kent	8/31	Beth Kent
Andrew Shott	7/13	Vanessa Shott	Randal Smith	8/2	Sharon Smith
			Randal Smith (Sibling)	8/2	Crystal Smith
			Joseph Johnson	8/5	Raneem Nafeh
			Melissa Duhe	8/20	Cindy Tiekenski
			Jennifer Stift (Sibling)	8/18	Kathleen Foote
			Jennifer Stift	8/18	Monica Stift
			Maxwell Flancer (Grandchild)	8/27	Harriet Flancer

## 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*