



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.*

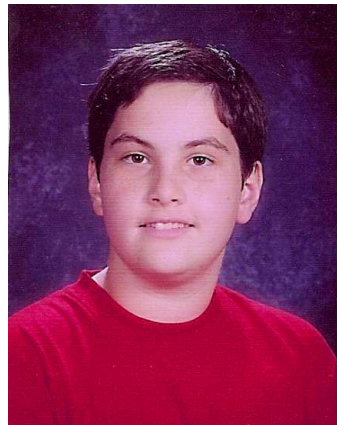
*These pages Dedicated with Love to:*



Rosa Griffith



Ramiro Zuñiga-Cedillo



Jason Wilshe



Kristin Elizabeth Hawkinson

♥ Always In Our Hearts ♥



Gary Lopez



Frank Palmer



Todd Almeida Cutler



Allen J. Kha

San Diego Chapter of  
TCF  
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[www.sdtcf.org](http://www.sdtcf.org)

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Oakbrook, IL 60522-3696  
Phone toll free (877) 969-0010  
Web Site:  
[www.compassionatefriends.org/](http://www.compassionatefriends.org/)



**May / June  
2019**

## **Issue 143**

Dedication and  
Love Gifts 1-2

Mission Statement  
Meeting Location 3  
Telephone Friends

Loved, Missed and  
Remembered 4

Articles 5-10

Websites  
Steering Committee 11

***Location,  
see p. 3***

### **Next Meeting**

**Wednesday  
May 1st**

**Wednesday  
June 5<sup>th</sup>**

## **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.

- ♥ Karen & Ken Wilshe — In Loving Memory of their son Jason. "Happy 28th birthday, Jason."
- ♥ Susan Wen & Long Kha — In Loving Memory of our son Allen from his parents Long Kha & Susan Wen.
- ♥ Barbara Lopez — In Loving Memory of her son Gary. Since the day you left me, I have realized that in grieving one never heals from the pain of losing a loved one. I have just learned to live one day at a time with a heartache that has become a part of me. by Narin Grewal. "Happy Birthday Gary, we still miss you." Love from Mom and your brother.
- ♥ Rosa Garrett — In Loving Memory of her daughter Rosa.
- ♥ Gloria C. de Zuñiga — In Loving Memory of her son Ramiro. "ON THIS VERY SPECIAL DAY, WE WISH TO LET YOU KNOW YOU ARE ALWAYS IN OUR HEARTS AND WILL BE FOREVER MORE UNTIL WE MEET AGAIN." HAPPY, HAPPY BIRTHDAY. YOUR FAMILY.
- ♥ Tamara & Siquerd Stautland — In Loving Memory of their daughter Kristin.
- ♥ Richard & Gloria Selby — In Loving Memory of their son Todd. "The calendar says seven years without you, but you are always in our hearts and minds. Love you, miss you. " Mom and Richard.
- ♥ Lynn Palmer — In Loving Memory of her son Frank. "MISSING YOU ALWAYS." Love you until the end of time.
- ♥ Carol Temes — In Memory of her son Corey Allen.

Our Children were---  
still are—and always will be—  
part of who we are and what we do  
Today---Tomorrow---and Forever.

*Ken Pinch. TCF Winnipeg. Manitoba, Canada*

## **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     Lynn Lyon  
ILLNESS        (760) 639-4601

ONLY CHILD    Wendy Jones  
                      (619) 371-2335

ALCOHOL       Elizabeth  
RELATED       Richardson  
                      (619) 280-1832

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

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

1<sup>st</sup> Wednesday of each month at 7 P.M. at:  
**Community of Christ Church**  
**4811 Mount Etna Dr. 92117**  
**In the Clairemont area of San Diego**

**Take I-805 to Balboa Ave. west. Turn right (north) on Genesee Ave. one block, Left turn (west) on Mount Etna Dr.; One half mile or so.(Church is on left side.)**

**Genesee Ave. runs north and south about one mile west of I-805 and can be accessed from Balboa Ave.; Clairemont Dr.; 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.**

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### **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.**

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### **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 May & June***

### **We remember the families of:**



#### **Birthdays**

**Michael Scott Ayers, born 5-2**  
**Ramiro Zuñiga-Cedillo, born 5-3**  
**Matthew Scott Lewis, born 5-5**  
**Jason Wilshe, born 5-6**  
**David Ward Ray, born 5-7**  
**Paul Albert Alferos Jr., born 5-8**  
**Julie Hamilton, born 5-9**  
**Kristin Elizabeth Hawkinson, born 5-9**  
**Carrie Jo Johnson, born 5-10**  
**Brittany Dawn Williams, born 5-10**  
**Jered Dillard, born 5-13**  
**Andrew K. Scott, born 5-13**  
**Kyle Joseph Carranza, born 5-14**  
**Gary R. Lopez, born 05-18**  
**Jamie Christopher Yates, born 5-18**  
**Chad Eugene Clausen, born 5-20**  
**Francisco "Frankie" Morales, born 5-20**  
**Kai Wright, born 5-21**  
**Jamie Morgan Mychael Bratton-McNeeley, born 5-24**  
**Alexander Nicholas Model, born 5-25**  
**Kate Brumfield, born 5-27**  
**Aymee Sofia Garcia, born 5-30**  
**Amanda Jo Stuart, born 6-2**  
**Cooper Jancic, born 6-2**  
**Todd Schulman, born 6-8**  
**Marsha Cushing, born 6-15**  
**Richard Wilson, born 6-16**  
**Wallace Michaelson, born 6-16**  
**Maxim Dudinov, , born 6-20**  
**Heather A. Avilez, , born 6-23**  
**Rosa Griffith, born 6-24**  
**Kenneth W. McCormick III, born 6-24**  
**Tara Michelle Hickman, born 6-27**  
**Jason Robert Chambers, born 6-29**  
**Ryan McDonough, born 6-30**  
**Nicholas Ferrell, born 6-30**

#### **Anniversaries**

**Creta (CJ) Smith, died 5-1**  
**Frank Palmer, died 5-7**  
**Dominique Ynette Young, died 5-5**  
**Joseph Roy Elkins, died 5-12**  
**Kathleen Bohanon, died 5-8**  
**Maxim Dudinov, died 5-11**  
**Jerome Allen, died 5-13**  
**Todd Almeida Cutler, died 5-14**  
**Nicholas James Reynolds, died 5-16**  
**Tara Michelle Hickman, died 5-23**  
**Douglas Lorente, died 5-18**  
**David Michael Ellis, died 5-19**  
**Carrie Jo Johnson, died 5-20**  
**Derek Reed Thomas, died 5-30**  
**Larry Stauffer, died 5-21**  
**Nick Jellison, died 5-21**  
**Kristy Shoemate, died 5-24**  
**Michael Shawn Kyle, died 5-29**  
**Allen J. Kha, died 5-31**  
**Joseph Balan, died 6-4**  
**Jason Robert Chambers, died 6-6**  
**Sammy Fishkin, died 6-9**  
**Ellie Kennison, died 6-9**  
**Michael Lopez, died 6-10**  
**Stephen Mathew Kraft III, died 6-13**  
**Dan Gerald Bruce, died 6-11**  
**Lauren Francis, died 6-16**  
**Karandeep Singh, died 6-17**  
**Klay Budz, died 6-20**  
**Brad Huska, died 6-16**  
**Leticia Raimer, died 6-23**  
**Nicole Kaitlynn, died 6-23**  
**Kyle Joseph Carranza, died 6-26**  
**Vinny Palermo, died 6-29**



**42ND TCF NATIONAL CONFERENCE****RINGS OUT IN  
PHILADELPHIA****JULY 19-21, 2019**

## CONFERENCE REGISTRATION

**Pre-registration Rates**

Adult – \$125.00

Senior (65+) – \$115.00

Active Military – \$75.00

Full-time College Students (with ID) – \$60.00

Child – \$60.00

**REGISTER NOW**

## HOTEL RESERVATIONS

Philadelphia 201 Hotel

201 N. 17th St.

Philadelphia, PA 19103

**MAKE A RESERVATION**

Or call 215.448.2963 ext. 6415 to reserve a room and use group code TH1326. Room rate is \$145 for guest room with Queen/King or 2 Doubles.

The Compassionate Friends National Conference is a weekend spent surrounded by other bereaved parents, grandparents and siblings. It is a place where hope grows and friendships are made with others who truly understand. With inspirational keynote speakers, abundant workshops for everyone's wants and needs, and a remembrance candle lighting [program](#) culminating with the annual Walk to Remember, this time of healing and hope is the [gift](#) we give ourselves. Join us as together we remember and share the everlasting love we have for our precious children, siblings and grandchildren.

The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. "Hope Rings in Philadelphia" is the theme of this year's event, which promises more of this year's great National Conference experience. We'll keep you updated with details 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.



## THE LAUGHING ONE

My son, Dan, had a special way of igniting a spark in the heart of anyone who met him. However, when he was killed trying to tell the world an important story, the light in my life went out.

My spark had first been lit when my husband and I moved from a drab suburb in London to sun-drenched Nairobi, Kenya, with our two young children, Dan and Amy. As a young freelance journalist with the local newspaper, my mind was constantly exploding with new ideas about how I could tell stories that might make a difference in my adopted country. Dan trailed alongside me when I went on assignments and would often shoot photos for my stories.

Naturally, I was proud when Dan, then 21, traveled into Somalia in June of 1992 with a friend from Reuters News Agency to shoot photos of a little-known famine that was raging in the country. His photographs of starving men, women, and children brought international attention to the plight of the hungry Somalis and helped trigger an international response, “Operation Restore Hope,” which brought aid to the people.

Over the next year, Dan returned to Somalia again and again, documenting a situation that

was rapidly spiraling into a violent civil war led by General Aideed, a ruthless warlord. By June of 1993, deeply concerned about my son’s safety, I encouraged him to leave, but he explained that his job wasn’t done and that he had to remain in Somalia to tell the story to the world.

On July 12, 1993, United Nations forces bombed a house in which they believed General Aideed was hiding. However, the warlord was not there, and in the brutal attack, 74 innocent people were killed and scores more seriously injured. Survivors rushed to the hotel where foreign correspondents were staying to beg them to come and record the carnage. Several, including my son, agreed to come, but only if they were accompanied by armed guards.

When the convoy of journalists arrived on the scene, hundreds of people had gathered in the compound of the bombed house. As the photographers and camera operators began to photograph the dead and dying, the mood turned. Enraged by the deaths of their friends and family members, the crowd shot, beat, and stoned four journalists, including Dan, to death. He was 22 years old.

When I received the devastating news that Dan had been killed, my daughter and I flew to Nairobi to [join](#) hundreds of people gathering to celebrate the remarkable life of this young man who was my son. The “Celebration of Life” was to be held on the edge of the Great Rift Valley, on the land of his Masai “mother,” who had dubbed him “Lesharo,” which means “the laughing one,” for his contagious sense of humor and constant smile.

Last to arrive was Dan’s beloved Land Rover, a temperamental 17-year-old that he had named “Deziree,” after a tempestuous Italian friend. Deziree had become a symbol

of Dan's adventurous spirit and had carried him across Africa on adventurous safaris, including a three-week journey with 14 friends across four countries to a refugee camp in Malawi where they provided money to build two wells to serve the camp's 14,000 refugees. Dezieree never was very reliable, and on the way to her owner's memorial service, the ancient vehicle broke down and Dan's friends had to push her to a place of honor near the altar.

Following the service, a huge bonfire blazed, commemorating the spark that Dan had lit in other people. After most people had left, I wandered over to Dezieree, and as I reached out to touch her, I felt a wave of despair, knowing that I would never find happiness without my son.

I felt a tug on my shirt and looked down to see a small Kenyan boy, one of the countless kids Dan had befriended. "Don't cry, Kathy," he said, his eyes clouded. "Please don't be sad!" Reaching into his pocket, he pulled out a toy [Land Rover](#). Handing it to me, he said, "This is for you. It will remind you of Dan and make you happy."

Aware of how precious the toy was to the child, I started to say no, but then I spotted a familiar light in his eyes and realized suddenly that Dan's spark had not been extinguished but was living on in his young friend. The car in my hands was a [gift](#) of hope, a declaration that my son's death was not the end of my life but represented a new beginning. Although I had no idea what lay ahead for me on the journey I now had to make without Dan, I knew that his radiant light would forever accompany me. Thanking the boy with a hug, I tucked the toy in my pocket.

After the little boy had left and dusk was gathering, I placed the little Land Rover on Dezieree's hood and watched as a cluster of

Masai children gathered around it. I could see the sparkle in their eyes as they stared at the toy. One small boy reached out his hand—then looked up at me. I nodded, and instantly his fingers encircled the car as though enclosing a gold nugget. As the children scampered off across the plains, their pealing laughter reminded me that the spirit of my son, "Lesharo," the laughing one, was still very much alive.

### KATHY ELDON

Kathy Eldon has worked as a journalist, author, and film producer in England, Kenya, and the United States. She is the founder of Creative Visions Productions, which produced *Extraordinary Moms*, a documentary about the power of mothers to change the world. Featuring Julia Roberts, Secretary of State Hillary Clinton, Rosie O'Donnell, and Christiane Amanpour, the 90-minute film aired on Mother's Day on the Oprah Winfrey Network (OWN). Kathy is also founder and chair of Creative Visions Foundation, which supports "creative activists," like her son, Dan, who use media and the arts to create positive change in our world. The foundation has incubated more than 100 projects and productions on five continents that have touched more than 30 million people and helped raise more than \$11 million.

### When

When your mind  
cannot find  
an answer,  
open your heart  
and ask  
for peace.

Sascha Wagner

© The Compassionate Friends



### **Making Mother's Day and Father's Day Special**

by Elaine Stillwell, Rockville Centre, NY

Here are a few hints to help you through these days after the loss of a child.

- 1) Pamper yourself-this is a special day in your life. You are a parent forever and your child is your child forever.
- 2) Do what you need to do-what helps you. Grieve your way.
- 3) Be with those who surround you with love, not demands or advice.
- 4) Plan ahead-do things that make you feel good or give you a moment's peace.
- 5) Start new rituals to make new memories.
- 6) Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
- 7) Include deceased children in the day-through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.
- 8) Join with another bereaved family to honor this day and have mutual support.
- 9) Start a garden or add to a special garden in memory of your child.
- 10) Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.
- 11) Visit the cemetery if that helps your heart on this day.
- 12) Plant a flower or shrub that will come to bloom this time of year.



- 13) Do something special for someone else or something special in your child's name (helping Cancer Care, MADD, a Compassionate Friends' Chapter, Scouting, a nursing home, etc.)
- 14) Listen to music that makes your heart feel good.
- 15) Cook some favorite recipes that your child enjoyed or cooked for you.
- 16) Buy a present for yourself from your child and enjoy the comfort it brings you.
- 17) Write a poem or article in memory of your child, sharing memories or whatever has helped you.
- 18) Attend a family gathering of relatives - their love and support can give you a lift on this day.
- 19) Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.
- 20) Take part in a special church ceremony honoring Mother's Day and Father's Day.
- 21) Pray to your child-talking is the best medicine and prayer is simply talking.
- 22) Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.
- 23) Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).
- 24) Allow the tears to flow- crying is healing and allows a release for your feelings.
- 25) Think of a way to "share your child with the world"-making sure his or her memory lives on through scholarships, writing, good deeds.
- 26) Give and get plenty of hugs.

## A FATHER RETURNS TO WORK

After Kathy died, I, of course, went back to work. Some of my co-workers made the stop at my desk to express their sympathy. I know I turned them off, as my pain and my denial were so great. I could not talk about what had happened and how I felt. I thanked them. Although nobody ever talked to me about it, that was okay as my pain was such, I thought, I could not bear to talk. I threw myself into my work and on occasion was confused because I could not make the kind of decisions I had been making for years. I never made the connection that this inability to concentrate was part of my grief and was normal.

Lunch was the worst time. My habit was to eat with my associates, but often in the middle of the meal I would just have to get up and walk away. Although nobody ever said anything to me about this odd behavior, I do thank them at least for their tolerance. Slowly I readjusted (I thought) and in time (a long time) I was able to perform well again. But I never really grieved until I found THE COMPASSIONATE FRIENDS and it was here that people helped me to talk. It was almost twelve years before I found TCF as there was no such organization in 1967. My friends, let TCF help you...don't wait twelve years to talk!

Bill Ermatinger  
TCF Baltimore, MD  
In Memory of my daughter Kathy Ermatinger

*Sea Glass*

Grief washes over you  
Coming in waves like the sea  
It overwhelms you  
And then lets you be

You feel fragile and broken  
Like a dropped piece of glass  
Will it ever get better  
How long will it last

Then that wave comes again  
Leaving you breathless & alone  
An emptiness your sure  
No other has known

But just as broken glass  
Left by the sea  
Is washed by the waves  
And then let to be

The repeated washing again  
and again  
Wears the rough edges  
And newness begins

That shiny piece of glass  
Softens to a glow.  
The sharp edges are gone  
A new strength it will show

For the brand new shape  
It's come to be  
Is strong smoothed Sea Glass  
In all its beauty

And so it is with grief  
The sharp edges of pain  
Are being worn away  
And you won't be the same

You will be stronger  
And yet, softer too  
For those waves  
Have washed over you.

Those memories  
That made you feel loss  
Will bring joy to your soul  
As rough edges are lost

As it is with Sea Glass  
You won't be the same  
But for a newness of life  
Those waves you can blame

So let the waves wash you  
Then retreat to the sea  
Let it engulf you  
And then, let you be

By Delana  
Hubschmitt

Submitted by Suzanne Wozniak



## THE COMPASSIONATE FRIENDS SAN DIEGO CHAPTER STEERING COMMITTEE

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### ① OUR LOCAL WEB SITE

Visit the San Diego Chapter homepage:

[www.sdtcf.org](http://www.sdtcf.org)

Email: [leaders@sdtcf.org](mailto: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](mailto:info@SOSLsd.org)

**Bereaved Parents of the USA**  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

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

**Alive Alone - for now childless parents**  
[www.alivealone.org](http://www.alivealone.org)

#### ① INFORMATION ON THE NET Visit the TCF national homepage: [www.compassionatefriends.org](http://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](mailto:caricat83@hotmail.com)

Elene Bratton  
[jamiesjoy@simplynet.com](mailto:jamiesjoy@simplynet.com)  
[www.jamiesjoy.org](http://www.jamiesjoy.org)

Tami Carter [haley1@san.rr.com](mailto: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  
**July / August 2019**

Issue of The Compassionate  
Friend is

June **15, 2019**

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

May / June 2019

### 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.