



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

April 2022 Newsletter



A self-help organization offering friendship and understanding to bereaved parents



Chapter Leader Notes from Susan

Dear Friends,

I wrote the following words in the April 2021 newsletter, and I find that this has not changed; *“April, this month has many meanings for me; it tells me spring is coming, the perennials are sprouting, the birds are busy, I see new buds on the trees and the weather is warming. Yet this is the month 4 years ago that my son, Westley, died. April 19, 2017. It is also the month my daughter, Marllys, was born – April 29, 1998. I just really don’t know what to do with all my thoughts and emotions. I go on many walks alone, sometimes I walk with a dear friend and on the weekends, I walk with my sister, Michell.”*

I think this spring, I want to go to the Illinois State Beach Park in Zion on Westley’s 5th Remembrance Day. It was one of the memorable times we spent together the last summer before he died. My children: Marllys, Landan, Westley and I gathered what we might need for a day at the beach. We had done this day trip many times in the past when they were younger. It was so nice; the sun was shining, and the air was warm. We enjoyed each other’s company and relaxed in the sunshine. Westley spent time drawing, Marllys was reading, Landan rested listening to music, and I walked along the shoreline collecting rocks. As we did so many times before when went on this daytrip, we ended our day at the beach, stop-

ping at Mac Donald’s for a late lunch before going home. The following spring is when Westley died, and our world was forever changed. For Mother’s Day that first year, Landan gave me 2 framed drawings from that day, the drawings Westley was sketching as he sat on the beach. Landan found the drawings in Westley’s artist journal. I miss my son so much as I know all of you miss your own child who has gone too soon.

I wish each of you the happiness of the season and that you may find peace with the season changing; the sunshine, the birds, and the opportunity to enjoy the out of doors, however you may do this.

“The reality is that you will grieve forever. You will not *get over* the loss of a loved one, you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but, you will never be the same. Nor should you be the same, nor would you want to.” Elizabeth Kubler-Ross and John Kessler.

Take care,

Susan Banks

Serving in honor and memory of her son, Westley.

Dates to Remember

May 7, 2022, at 9:00am is our Adopt-A-Highway spring clean-up. The rain date is Saturday May 14, 2022, at 9:00am. Our chapter adopted a section of road that begins at the corner of Deep Lake Road and IL route 173 going north on Deep Lake Road to the County line. It is approximately 2.02 mile. There is a sign with our group name identifying the location. More information on page 9.



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the passionate Friends. It is usually in memory of a child who has died, but donations can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of your chapters. Love gifts are acknowledged each month in the newsletter.

Thanks to Elizabeth Spannraft
For her gift of love
In memory of her son
David and his father Dan

"Gifts of Love" in remembering our children and siblings help to pay for Newsletters, Postage, Books for our Lending Libraries and Resources, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.

Lake Villa Meeting Northern Illinois Chapter TCF

The third Thursday of the month meeting will remain as an in-person only meeting. The location is at the:

Millburn Congregational Church
19073 West Old Town Court
Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

Holy Family Church

The first Thursday of the month meeting will remain a Zoom meeting only. This will change to in-person the date is to be announced.



~ PRACTICAL ADVICE ~

Getting Through the First Anniversary of Your Loved One's Death

You have gotten through one year of those "awful firsts." For example, your first birthday without your loved one being present, or the first Thanksgiving, Mother's Day, Father's Day, Valentine's Day, your wedding anniversary, or some special day that was unique for both of you. Getting through the first year is hard, and each of these first occasions may bring up the sadness of living without your loved one. After these special days have passed, you may feel that the worst is behind you. But these feelings may continue to arise in future years on special days.

You cannot know what is in store for you during your grief journey. It is different for each of us. After making it through the "year of firsts," you begin to see and know that you will survive. You made it through the funeral or memorial service, read all the condolence notes, and took a flood of calls. Then the quiet times settled in, when the calls and the notes stop coming, and the visits from well-wishers are fewer and farther apart. You have faced some of the difficult milestones. You have gotten this far with courage and perseverance. Now you may be asking yourself, "Isn't this enough?" Unfortunately, grieving does not "turn off" after one year. Time does not erase the past, but it does provide the space to think about your loved one, heal from the loss and find meaning. Anniversaries and other reminders, although painful at first, do become easier. These important dates can become opportunities to revisit the happy memories that made your loved one special, and to create memorial traditions.

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YOUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN MARCH & APRIL

Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives.

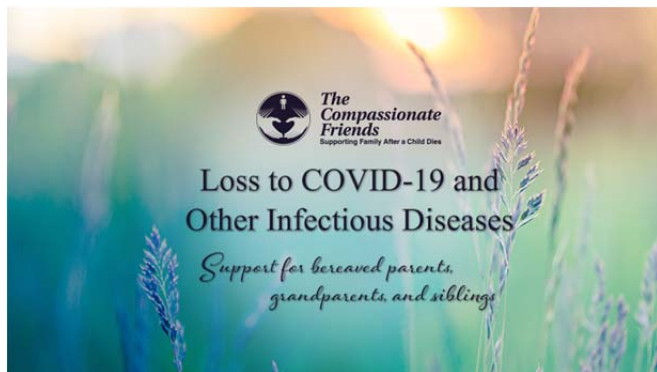
BIRTHDAYS

<i>Lea Ann (Heise) Knuth</i>	<i>April 2</i>	Daughter of Leslie & Shirley Heise
<i>Michael Sean Gaede</i>	<i>April 8</i>	Son of Maureen Gaede
<i>Mike Reardon</i>	<i>April 10</i>	Son of Sonia & Jim Reardon
<i>Scott Ewing</i>	<i>April 11</i>	Son of Alan & Renee Ewing
<i>Qua'Shawn Wade</i>	<i>April 12</i>	Son of June Andrejewski
<i>Adrien Gonzales</i>	<i>April 21</i>	Son of Lauren Gonzales
<i>Jammi Hui</i>	<i>April 25</i>	Daughter of William & Joyce Hui
<i>Sean Jones</i>	<i>April 26</i>	Son of Octavine Jones
<i>Timothy Reece</i>	<i>April 27</i>	Son of Joanne Prihoda-Reece
<i>Erin Dinklenburg</i>	<i>May 1</i>	Daughter of Kelli Brooks
<i>Rachel Salomonson</i>	<i>May 2</i>	Daughter of Toni Nesheim & Denny Salomonson
<i>Amy Fry-Pitzen</i>	<i>May 3</i>	Daughter of Alana Anderson
<i>John Francis Thumel</i>	<i>May 6</i>	Son of Laura & Mike Thumel
<i>Rachel Elizabeth Szech</i>	<i>May 9</i>	Daughter of Vicki Szech Brother of Andrew Szech
<i>Rachel Elaine Robertson</i>	<i>May 21</i>	Daughter of Regan Robertson
<i>Sven Christian Reinhard</i>	<i>May 28</i>	Son of Astrid Reinhard
<i>Tony Trevithick</i>	<i>May 28</i>	Son of Tony Trevithick Jr.
<i>Adam Michael Laufer</i>	<i>May 30</i>	Son of Charles & Diana Laufer
<i>Raegan Lee Migacz</i>	<i>May 31</i>	Daughter of Dan & Callen Migacz

ANNIVERSARIES

<i>José De Jesús Hernández</i>	<i>April 1</i>	Son of Jesús & Virginia Hernández
<i>Selene Martinez</i>	<i>April 8</i>	Daughter of Manuel & Lidia Marinez
<i>Mathew Tisch</i>	<i>April 10</i>	Son of William & Barbara Tisch
<i>Stephanie Andrea Zamarron</i>	<i>April 11</i>	Daughter of Vicky Zamarron & Juan Mungula Granddaughter of Alejandra Rodriquez & Cédar Rojas
<i>Daniel Wang</i>	<i>April 13</i>	Son of Millie Yu
<i>Montana (Monti) Brown</i>	<i>April 16</i>	Son of Donna Brown
<i>Shannon McCarty</i>	<i>April 18</i>	Daughter of Kevin McCarty & Pat Hays
<i>Westley Banks</i>	<i>April 19</i>	Son of Susan Banks
<i>David Nesheim</i>	<i>April 24</i>	Brother of Toni Nesheim
<i>Lisa Rosemann</i>	<i>April 25</i>	Daughter of Pat & Craig Rosemann
<i>Griffin Schumow</i>	<i>April 26</i>	Son of Jeff & Krista Schumow
<i>Andrew Naydihor</i>	<i>April 29</i>	Son of Kelly Kozel
<i>Timothy Reece</i>	<i>April 29</i>	Son of JoAnn Prihoda-Reece
<i>Anne Thomson</i>	<i>April 30</i>	Daughter of Nancy & Tom Thomson
<i>Donette Klawonn</i>	<i>May 1</i>	Daughter of Raymond & Dorothy Klawonn
<i>Josh Summers</i>	<i>May 3</i>	Son of Tina VanderMeer Grandson of Larry & Cheryl Armstrong
<i>Colin Henderson</i>	<i>May 6</i>	Son of Lisa Henderson
<i>Jeff Wagner</i>	<i>May 9</i>	Son of Mary Wagner
<i>Amanda Lauren Cecchi</i>	<i>May 10</i>	Daughter of Kim & Steve Cecchi
<i>Alina Mejdouli</i>	<i>May 12</i>	Daughter of Amada Booras

(Continued on page 7)



The Compassionate Friends have added a new private Facebook group (making the total now 39 private groups to select from): *TCF – Loss to COVID-19 and Other Infectious Diseases*. Lindsay Bibler, Alex's mom, and Sherie Heins, Madeline's grandma, are the moderators for this new group. Lindsay's youngest son Alex died of H1N1 influenza. Lindsay describes Alex as "red haired and cheerful...he was adorable, and everyone liked him." He was going to follow in his parents' footsteps and try for medical school. As Lindsay states, "His last fall at Ohio University he got H1N1 before there were flu shots that year. About six weeks later (as happened in the 1918 flu) his heart stopped in the middle of the night. My heart has never recovered."

This newest TCF private group went live on January 21, 2022. After nearly two years of this devastating infectious disease that has affected our country (and the world) in ways we could never have imagined, and hundreds of thousands of lives lost in the USA alone, we knew an online resource was needed for those who have suffered the loss of a child, sibling, or grandchild in this way.

TCF is also aware that there are other infectious diseases aside from COVID-19 where our TCF members have suffered the loss of their beloved child, brother or sister, or grandchild. Therefore, we added these losses to the COVID-19 private Facebook group, as both are infectious diseases and can be equally fatal. About infectious diseases like influenza, Lindsay explains, "Infectious diseases are caused by organisms---such as bacteria, viruses, fungi, or parasites. They can occur when these organisms are spread by air, food, or water. They can also cause disease when they misbehave in one's body as when someone's resistance is down." Sherie Hein's granddaughter Madeline was only 11 years old when she also died from influenza (flu) in 2017.

If you are a bereaved parent, sibling, or grandparent who has lost their child, sibling, or grandchild to COVID-19 or other infectious diseases, or you know of others who have, please spread the word about this TCF private group. The secondary victims of these infectious diseases can come for support, comfort, and to share with others who have the same losses and who understand them.

[Join this group](#)

<https://www.facebook.com/groups/tcflosstocov-id19/?bblinkid=258441794&bbemailid=38353861&bbejrid=-2021872620>

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXIV No. 1, Winter 2019, www.bereavedparentsusa.org)



TO MY SWEET ONE

By Lexi Behrndt

If you ever wonder if I think of you, the answer is every second. Your essence is intertwined with my every thought, your heartbeat lives on within mine, your love gives me one more breath.

If you ever wonder if I miss you, the answer is always. Some days it's fierce, but over time, it's become gentler, like a constant melody, your name pouring through my mind, on repeat. Your memory the undercurrent of my days.

I hope you know how much I miss you. I hope you know that sometimes the tears overflow at just the thought of your smile. I hope you know how I sometimes giggle at our sweet memories. I hope you know that I would give it all for you. I hope you know that you are worth all the pain, just to know you, to hold you, to love you. I hope you know that I would give every last bit of me and more, all for you. I hope you know that I am still holding on to you, even though death separates us. I hope you know that you took part of me when you went. I hope you know that you have completely altered the course of my life. I hope you know that I'm waiting for the day when I can scoop you into my

arms and tell you about how the world still trembles at the aftershock of your days.

I hope you know that I'm doing okay. I hope you know that I refuse to let my thoughts of you be tainted only by tragedy and loss. Death will not win here, you surely have not let it. Because of that, I won't allow it, either. It won't shatter me beyond repair. It won't incapacitate me. It won't hold me down forever.

Because you wouldn't it want it that way. You'd want me to live fully, to love deeply, and to leave an impact, just like you have done. I promise to

stand, even if the only thing lifting me to my feet is the thought of seeing your smile.

I wish I could hold you now. Steal you away for just a moment. Just one quick glance into your eyes. And even if I couldn't scoop you into my arms, just one moment to hear your laugh. See you running free, joyful, in complete peace.

I'm so sorry for the pain. I hope it wasn't too much.

I love you. I love you. I love you. You are mine and I am yours. Forever and endlessly.

Until that day...

[Lexi Behrndt | Scribbles & Crumbs](http://www.scribblesandcrumbs.com)
www.scribblesandcrumbs.com



"One of the tasks of true friendship is to listen compassionately and creatively to the hidden silences. Often secrets are not revealed in words, they lie concealed in the silence between the words or in the depth of what is unsayable between two people."

John O'Donohue,

Anam Cara: A Book of Celtic Wisdom



In the past 20 years, there has been a rise in suicidal ideation, suicide attempts, and suicide deaths. There has also been a rise in feelings of anxiety and fear, especially since the pandemic. Because of this, more people are struggling. Grievers, already vulnerable and hurting, are even more susceptible to feeling alone and isolated. We all understand the intense sorrow and pain-filled days and nights after the death of a child, grandchild, or sibling. At times, the intense grief can cause one to feel like there is no hope and that life is no longer worth living. Sometimes, when these feelings emerge, so does suicidal ideation.

What is suicidal ideation? Suicidal ideation is when someone is having thoughts of suicide. It is not uncommon to hear this, especially in the early days and months following loss. Of great concern, however, is that we don't always know if someone is serious or not. The best thing to do if someone you know is expressing suicidal ideation is to help them to get help right away. Take them seriously. Let them know that you care about them and that you believe them. This is imperative. If they are in imminent danger, call 911.

If you are not sure about their intent but want to ensure that they have someone to talk to, help them by calling The National Suicide

Prevention Lifeline with them. The National Suicide Prevention Lifeline is there to talk to the person and to assist them with finding immediate (and possibly lifesaving) support in their community. The number for the National Suicide Prevention Lifeline is 1-800-273-8255 and their website is: <https://suicidepreventionlifeline.org/>. There is also a Crisis Text Line. Text HOME to 741741 to connect with a Crisis Counselor. Their website is <https://www.crisistextline.org/>. Both suicide prevention services are available 24 hours a day and are staffed with trained volunteers and

professional staff. They provide free and confidential support when people are in crisis.

(Borrowed from the Compassionate Friends eNewsletter, February 25, 2022)



The 45th TCF National Conference August 5-7, 2022 in Houston, TX.

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves. Conference registration will open in mid-March.

This year's conference will be held at the Marriott Marquis Houston. Reservations can now be made at:

<https://book.passkey.com/event/50293231/owner/14793349/home> at TCF's dedicated reservation link. TCF's discounted room rate with Marriott is \$149 per night plus tax. Please note that each attendee will only be able to reserve two rooms. Since the conference begins early on Friday and pre-conference activities are offered on Thursday evening, attendees usually find it beneficial to arrive on Thursday.

(Your Children, Grandchildren, and Siblings Loved, Missed, and Remembered in April and May continued from page 3)

Timothy James Pitzen

May 13

Missing grandson of Alana Anderson

Amy Fry-Pitzen

May 14

Daughter of Alana Anderson

Anthony (Tony) Clemente

May 16

Son of Becky Wolf

Adam Michael Laufer

May 19

Son of Charles & Diana Laufer

Rusty Anderson

May 30

Son of Forest & Christine Anderson

Please let me know if I have omitted a child, misspelled a name, or have published an incorrect date. I know how important it is to bereaved families to have their children remembered. vszech@comcast.net - 847-573-1055

(Practical Advice continued from page 2)

It may be helpful to be prepared for the first anniversary of your loved one's death. With the first anniversary of your loved one's death on the horizon, it may be helpful for you to keep in mind that your grief may return with intensity. There are no hard and fast rules regarding grieving, and not everyone will experience intense grief at the anniversary of the death of a loved one. Yet it may be helpful to be prepared for what grief counselors refer to as "anniversary grief." The anniversary of the death of your loved one can be a powerful reminder of your loss. It can be a reminder of all those special days that you had with your loved one. It may also bring up memories of unresolved issues or conflicts. Before, during, and after the first anniversary of your loved one's death, you and your family and friends may experience a re-awakening of the sadness, emptiness,

and pain that you experienced when your loved one died. It is not unusual for people to experience behavioral changes for several weeks before and after an anniversary. Withdrawal, angry outbursts, crying spells, overwhelming sadness, lack of attention to detail, loss of interest in school or work activities are fairly common. You may be wondering, "How will I deal with it? If the stress and sadness today is this bad, how horrible will I feel on the actual date?"



You can get through this anniversary and heal from experiencing it. Being prepared for the anniversary, and being open to the feelings the event brings, can be a healing opportunity for both you and your family. Here are some suggestions for how to approach the first-year anniversary experience:

Plan for the anniversary. It may be helpful to know that many people find that the anticipation of the anniversary day can be worse than the actual day. As you anticipate the anniversary, you can bring comfort and healing into this day. Plan what you are going to do ahead of time, even if you plan to be alone, and set yourself up for a "good day." Let your friends and relatives know in advance what your needs are and how they may be able to help.

You can celebrate the life of your loved one. The first anniversary of the death is a special day for recognizing your loss. You have not only lost the presence of your loved one, but all of their gifts: the laughter, the love, the shared past and qualities you treasured. Perhaps you are asking yourself how you can celebrate the life of

(Continued on page 8)

(Practical Advice continued from page 2)

your loved one on the death anniversary. One family took balloons to the high school track where their son had competed, and released them, each with a written personal message. One widow picnicked by the lake where she sprinkled her husband's ashes. Another family had an annual dinner in memory of their daughter. Creating a positive ritual, either alone or shared with others, can give support, healing and meaning to the death anniversary. (Refer to the article, "rituals, a way to heal and honor your loved one," which suggests further ideas.)

You can celebrate what you have accomplished together. The death anniversary is also a day for acknowledging the living. This certainly includes you. The last 12 months have been demanding. You have handled your loss in the best way you could in order to survive. Take time to acknowledge the hard journey you've been on. Then look ahead to the new life you are creating for yourself. Do something special for yourself – perhaps schedule a massage, a special dinner or a trip to a nurturing place.

Handle your memories with care. You can choose which parts of the life you shared that you wish to keep, and which parts you want to leave behind. The happiness you experienced with your loved one belongs to you forever. Hold on to those rich memories and give thanks for the life of the person you've lost. It may be easier to cope with memories you consciously choose to keep, rather than to have them emerge when you are not prepared to cope with them. Perhaps you may decide to create a special place to honor your treasured memories, using photos, mementos, and a candle. Journaling your memories will also help you in the healing process.

Letting go doesn't mean forgetting. Letting go of what used to be is not being disloyal, and it does not mean you have forgotten your loved one. A part of that person will remain within you always. Letting go means leaving behind the sorrow and pain of grief and choosing to go on. It means you can take with you only

those memories and experiences that enhance your ability to grow and expand your capacity for happiness.

Plan for special support. It may be helpful to join a support group before and after the death anniversary of your loved one. Your local hospice will have support groups that you are welcome to join. Also, if you are accustomed to the Internet, there are special support groups suited to your exact needs. You may feel that you will never be finished with grief after the loss of your loved one. Feelings of grief may resurface during many special days for the rest of your life. Each time you will face your sadness on new terms but may notice that it doesn't seem as intense or difficult. Hopefully, you will be able to affirm how much you have grown and healed in the ongoing journey of your grief.

Adapted from: "The Anniversary Dilemma" by the International Critical Incident Stress Foundation, "A Year Is a Relative Thing" by Ellen Zinner, "What to Expect At the First Anniversary of Loss" by Corinne O'Flynn, "Marking Holidays and Anniversaries" by American Hospice Foundation, and "Anniversary Provided by Gerard's House, a grief support center for children, teenagers and their families in Santa Fe, New Mexico. For more information, please contact us at (505) 424-1800 or gerardshouse.org. This article was published in "The Grieving Heart," written and edited by Bob Dorsett, LLC,

(Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XVIII No. 1, Winter 2013, www.bereavedparentsusa.org)



Adopt a Highway Clean-up is scheduled for Saturday May 7, 2022, at 9:00 am, rain date Saturday May 14, 2022, at 9:00.

Our 5th Adopt a Highway event for our Northern Lake County IL chapter of The Compassionate Friends is SATURDAY May 7. Meet at 8:45 am to review rules and safety guidelines. (Walmart parking lot on the garden side).

According to the rules

we will need to begin on one side of the road, cleaning as we walk, cross the road at the end and walk back, cleaning as we walk to where we started. We can organize with more detail at the site on the May 7th. The section of road we have adopted begins at the corner of Deep Lake Road and IL Route 173 going north on Deep Lake Road to the County Line. It is approximately 2.02 miles. There is a sign with our group name identifying the location. A few things to know for the cleanup: Masks are optional, and we will socially distance. No children under 10 are allowed. Wear long sleeves, long pants, a hat, and gloves that are water- proof. Bring water, bug spray and sunscreen. Bring a "grabber" if you have one or we have grabbers to share. Please review the video for your information before joining us at our event.

<https://lakecountyil.new.swagit.com/videos/16309>



NOT EVEN IN
OUR DREAMS...

www.facebook.com/mitchellsjourney

Last night Natalie and I went on a wooded walk. We wandered through the crunchy leaves and just began to talk.

The air was crisp and fragrant, rich with earth's deep tones. If only we could have a bottle to keep and call our own.

So there we shared some gentle words about life and other things. Then our souls went where words don't exist, nor can they ... not even in our dreams.

It's strange to live in such a place, where peace and grief reside. The loneliness of longing forever at your side.

I saw my wife, two lives rolled into one. Arms filled with love and family, yet empty in search of our little son.

Yet something happened in the woods last night - something we didn't quite see. We knew the season was changing, and suddenly we realized so were we.

Grief evolves. How could that be? I think I see it now, it isn't grief that changed, but me.

Yet there is still a deep, dark wood. A place that is felt, not seen. Where words of grief and anguish do not exist, not even in our dreams.

(Borrowed from A Journey Together, National Newsletter of the Bereaved Parents of USA Winter 2016 Volume XXI No. 1)

LOVE GIFTS

Enclosed in a check in the amount of _____ to be used as follows (check all that apply):

In loving memory of _____

In honor of _____

Sponsor the newsletter for _____ month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library _____

Check here to keep receiving the newsletter _____

It is important for our children to be remembered. Please understand that in order for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information. If you are making a donation, please make the check payable to **The Compassionate Friends**.

Return to Tammie Barrera, 821 Roberts Road, Winthrop Harbor, IL. 60096

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include the author of any written works. Send your items for the newsletter to Vicki Szech at vszech@comcast.net or 31023 Prairie Ridge Road, Libertyville, IL 60048.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive

TCF National Office - 48660 Pontiac Trail, #930808, Wixom, MI - 48393 PH 877-969-0010 - Fax: 630-990-0246. The Compassionate Friends home page can be found at www.compassionatefriends.org

Steering Committee 2021 – 2022

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – son, Westley Banks Age 21 of suicide

TREASURER Tammie Barrera 847-872-9684 julyson2@gmail.com son, Aaron Barrera Age 29 Auto accident due to Diabetes

COMMUNITY OUTREACH Sue Battis 847-445-7004 suebattis@yahoo.com son, Nick Battis Age 24 of suicide.

HOSPITALITY Kris Frisby 847-366-3170 Kefrisby88@comcast.net son, Camden Frisby Age 15 of suicide.

SECRETARY / LIBRARIAN

REMEMBRANCE SECRETARY Shannon Seay 224-456-2891 Seayseven1@comcast.net daughter, Ashley Seay Age 17 Auto accident.

NEWSLETTER EDITOR Vicki Szech 847-573-1055 vszech@comcast.net daughter, Rachel Szech Age 16 Horseback-riding Accident

NEWSLETTER PRINTING & MAILING Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net & Denny Salomonson, 847-223-7353 drdeno@sbcglobal.net - daughter, Rachel Salomonson, 19 Auto accident

WOODLAND WALK COORDINATORS Christine Pado 847-455-6642 chpado@gmail.com - daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. Española e inglés. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

Northern Lake County IL Chapter #1511 <http://www.iltcf.org/index.html>

NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK page <https://www.facebook.com/cfoncil>

Facebook Pages for Siblings - The Sounds of the Siblings: <https://www.facebook.com/groups/21358475781/>

TCF SIBS: <https://www.facebook.com/groups/tcfsibs/>