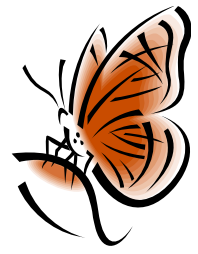


# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

January, 2013 Newsletter

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



## Chapter Leader Notes from Toni

### SMALL, SWEET SURPRISES

There are many surprises that we experience as grieving parents.

After the initial shock of learning that our child has died, there comes the many surprises that we experience as we adjust to a new life without that beloved child. We know that it will be long and arduous and sometimes we instinctively know that the recovery will take a lifetime.

I tried to "de-mystify" and understand grief by reading many books and articles, going to therapy, attending workshops and The Compassionate Friends meetings. It all helped me to process and give words to what was the unthinkable, worst experience of my life. I was looking for a salve or a solution to the problem of grief and sorrow. In spite of all of the "processing", I found and continue to find surprises in the grief journey.

I was surprised to learn how physically ill grief can make you feel. I was surprised at how instantly the tears could arise as other people talked about their living daughters. I was surprised that I didn't want to socialize with other people. I was surprised at the extreme fatigue and forgetfulness that I had. I was surprised that I had anxiety attacks in the grocery store and the mall. I was surprised that the first few times I laughed with other people, I felt guilty because my daughter could no longer laugh. I was surprised at the many unexpected moments when I would cry without provocation. We can all make a long list of the unhappy surprises we experienced as we learned how to function again with grief residing within us.

Now, seven years later, come other surprises. These are the small, sweet surprises that now bring smiles and flashes of memory that are pleasant and warm. I was surprised to find old Christmas ornaments that my daughter had made and I didn't cry. I found an old pair of her extra warm socks that surfaced in the laundry and I wore them with pleasure. I can go to her room and look at many of the items still there and remember how we purchased them together and how enthusiastically she had redecorated her room. I was recently surprised when cleaning out the pockets of an old coat for donation, I found little a note that my daughter had written. That is the sweetest surprise.

As we enter a new year, we will have new experiences and we will all continue to work through our grief. Whether our grief is new or years old, there is still work to do and hopefully many sweet surprises will arrive in 2013.

*"She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts."*



### A Love Song

The mention of my child's name  
May bring tears to my eyes,  
But it never fails to bring  
Music to my ears.  
If you are really my friend,  
Please, don't keep me  
From hearing the beautiful music.  
It soothes my broken heart  
And fills my soul with love.

Nancy Williams, TCF NJ



## GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the Compassionate 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 Terry & Jeanette Powell for their donation in loving memory of their daughter  
Reneé Powell**

**Thanks to Carol Semple for sponsoring this month's newsletter in loving memory of her daughter  
Anna Smith Miller**

"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.

## GRIEF WEBSITES

[www.opentohope.com](http://www.opentohope.com)  
[www.griefnet.org](http://www.griefnet.org)  
[www.thebereavementjourney.com](http://www.thebereavementjourney.com)  
[www.griefwatch.com](http://www.griefwatch.com)  
[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)  
[www.journeyofhearts.org](http://www.journeyofhearts.org)  
[www.compassionatefriends.com](http://www.compassionatefriends.com)

## BIRTHDAY TABLE



A table is available at each meeting for those whose child has a birthday or remembrance day in that particular month. Feel free to bring photos, artwork, and mementos of your child to share with the group. You may even wish to bring a favorite snack that your child enjoyed.



## THE NEW YEAR

The holidays are over and we bereaved parents, siblings and grandparents have survived. Now we have a new year ahead of us. How can we face a whole new year without our precious children? My answer to that is one minute at a time. In our situation, sometimes one day at a time seems too much to face. Further along on our journey through grief, we will be able to handle a day at a time. But, for now, one minute at a time, one second at a time, we can hang on. We can survive. There is something else that I would like to share, however. It might help you during your journey; it has helped me several times.

One night my husband Jim and I were watching one of the many talk shows bombarding us on TV now. This one concerned children who had been murdered and one couple really impressed me. Of course they were devastated and felt the pain we all know so well, but they had a wonderful attitude. Their son, who had been murdered, was their only child. Their theory for their own lives was that they would never do anything that would make their child ashamed. They live their lives now in honor of their child. Isn't that a wonderful philosophy?

Wouldn't it be great to live your life with that attitude? I think about this couple's philosophy often. Even though I do not always live up to that level of goodness, I do try. I do want my son Jesse to be proud of me, too. I do want to be worthy of being his mother. Because, even though he isn't physically with me, I will always be his mother.

We all want our children to be proud of us, don't we? It's up to us how we live our lives; how we survive. It's not easy to overcome grief, to rebuild our lives and to learn to be productive citizens again. But we can do it — together.

By Brenda Hobbs  
BP/USA Northern Texas Chapter

Borrowed from the Newsletter of  
BP/USA. A JOURNEY TOGETHER,  
Volume XVIII No. 1, Winter 2013  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).





## ***OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN JANUARY & FEBRUARY***

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**

***Mitchell Carlson***

***January 1***

Son of Tina Carlson  
Grandson of Larry & Cheryl Armstrong

***Anna Smith Miller***

***January 3***

Daughter of Carol Smith

***Michael Lee Brandon Hamilton Frederick***

***January 13***

Son of Jan Frederick & Michael Hamilton  
Grandson of Sharon Frederick

***Brian Scott Engle***

***January 19***

Son of Louise Engle

***Myllinda McCarthy***

***January 20***

Daughter of Karrie McCarthy

***Justin Cody Ortega***

***January 20***

Son of Susie Meggs

***Marissa Pederson***

***January 30***

Daughter of Debbie and John Pederson

***Dan Rowe***

***February 4***

Son of Kim Fremaux & Tim Sweet

***Russell Twiehaus***

***February 11***

Son of Christine Twiehaus

***Daniel Garza***

***February 16***

Son of Gloria Garza

***David Quade***

***February 20***

Son of Pat & Dave Quade

***Megan Candice Grace***

***February 24***

Daughter of Tim & Marilyn Grace

***Anne Thomson***

***February 25***

Daughter of Nancy & Tom Thomson

### **ANNIVERSARIES**

***Rachel Elizabeth Szech***

***January 2***

Daughter of Chester & Vicki Szech

***Roberto Gonzalez***

***January 4***

Son of Celia and Javier Gonzalez

***Lea Ann (Heise) Knuth***

***January 16***

Daughter of Leslie & Shirley Heise

***Miguel Gonzalez***

***January 22***

Son of Julia Llanos

***Hugh Andrew Mathis***

***January 26***

Son of Richard & Helen Mathis

***Adam Roach***

***January 26***

Son of Michael & Nancy Roach

***Renee Rochelle Powell***

***January 30***

Daughter of Terry & Jeanette Powel

***Justin Michael Mentell***

***February 2***

Son of Alicia Mentell

***Rob Petit***

***February 2***

Son of Nancy Ervin

(Continued on page 4)

(OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS  
LOVED, MISSED AND REMEMBERED  
CONTINUED FROM PAGE 3)

**Douglas Ramsay**

**February 12**

Son of Carlene Ramsay

**Michael Stice**

**February 13**

Son of Dora & Gary Stice

**Kelly Klawonn**

**February 14**

Son of Ray & Dorothy Klawonn

**Mary Margaret "Maggie" Miles**

**February 19**

Daughter of Jim & Mary Lou Miles

**Mitchell Carlson**

**February 19**

Son of Tina Carlson  
Grandson of Larry & Cheryl Armstrong

**Zachary Taylor**

**February 24**

Son of Mike Taylor & Karen Adams-Taylor

**A HAPPY  
NEW YEAR** *Reflections on a  
New Year*

We begin a new year, one that many of us enter with reluctance. After all, it means another year away from our child and another year to be lived without the physical presence of the one we have lost. Apprehensive about any new challenges that we may be called upon to face in our broken condition, we call out, "Wait, I'm not ready yet!" The death of our child changed the course of our life; nothing will be the same again. But it also has shaped us into who we are today. And it will continue to do so as we learn to incorporate this loss into who we are to become.

Have you found that you have already begun to live differently? Compassion toward others is more profound. Trivial things are no longer important. Appreciation for life, and those in our lives, is paramount. We're living the same life—differently. Tragedies, disappointments, and heartaches combine with beauty, love, and joy to fashion our life. These are all a part of life, and our challenge is to incorporate them into our world. The difference that our child's life has had upon the world continues through us. So, rather than being fearful of the challenges that lie ahead, perhaps a better question to consider at this time might be: What opportunities will present themselves in the

coming year to honor this loss that is already a part of our life? Our child has become more integrally entwined into our being than ever before. We bring him or her to every situation that we encounter. How can we make that situation better because of this bond?

The start of a new calendar year is a good time to remember that we are in the midst of life. It is not perfect. Nor is it one that we might have chosen. But, our struggles do not put life "on hold." Rather they are a part of life itself! Our life is ours to make the most of, with many gifts that we can share with others. There is no better time than the present to gather up the pieces and recognize the uniqueness that we each call "me"—a uniqueness made more wonderful because of our child's presence in the life we choose to live.

Paula Staisiunas Schultz  
Compassionate Friends Newsletter,  
December 2010

Borrowed from the Newsletter of BP/USA. A JOURNEY TOGETHER, Volume XVIII No. 1, Winter 2013  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).

## Newly Bereaved

There is a wide variation in time for recovery, just as there is a wide variation in our grief experiences. How long it will take each of us to reach this point of being comfortable is impossible to predict, and different for each of us. I think much of the timing has to do with how effectively we have faced and worked through our grief. Because I did not grieve in a healthy way for many years after Arthur was killed, I had to begin to grieve properly six year after to reach a point where I feel no pain at the thought that Arthur is dead. My daughter, also a bereaved parent, had the support of the TCF and reached a comfortable point in a much shorter time.

I know that what I have said is hard to believe. For that reason I would suggest that you accept this with blind faith for the time being. Then, when the pain becomes more devastating than usual, think of what I have said. Think of it as a rope hanging "out there" for you to grab on to. Think of it as a rope of hope. Recovery is the end of this terrible journey.

Margaret Gerner, TCF, St. Louis, MO

## The Holidays Are Behind Us

by Marie Andrews  
TCF Southern Maryland

It is the New Year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of each, they are now a part of our memories. In a strange way, as a memory in our hearts and in our minds, our child's place is there amongst all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look out on a winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the great energy and warmth of our earth is guarding and providing life to all that grows.

We may personally know the coldness and hardness of a grief so fresh that we feel numb; a grief so hurtful that our body feels physically hard; our throats tight from the muscles pulled by tears, shed or unshed; our chests banded tightly by the muscles of a mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet, as we live these days, like the earth from which we receive our sustenance, we, too, in our searching, find places of warmth and change and love and growth, deep within.

Let our hearts and minds dwell in these places and be warmed and renewed by them, and let us have the courage and love to share them with our loved one, to talk about even the first time shape of new hope, or of new acceptance, or of new understanding, or of new love.

These are the new roots, born of our love of our child, forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.

Borrowed from the Newsletter of BP/USA. A JOURNEY TOGETHER, Volume XVIII No. 1, Winter 2013

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

## CHALLENGE AND CHANGE



As I look back over the past six years since our son died, I realize how much I have changed. When we talk about grieving, we often forget to mention that we grieve, too for the person we were before our child died. We might have been energetic and fun-loving, but now are serious and absorbed.

Our friends and family miss the old us too, and their comments show it. "Don't you think it's time to return to normal?" "You don't laugh as much as you used to." They are grieving for the person who will never be the same again.

Like the caterpillar that shrouds itself in a cocoon, we shroud ourselves in grief when a child dies. We wonder, our families wonder-when will we come out of it? Will we make it through the long sleep? What hues will we show when we emerge? If you've ever watched a butterfly struggle from the safety of the cocoon, you'll know that the change is not quick or easy-but worth the effort!

We begin to mark our struggle from the cocoon of grief when we begin to like the new us. When our priorities become different and people become more important than things; when we grasp a hand that reaches and reach in turn to pull another from the cocoon, when we embrace the change and turn the change into a challenge, then we can say proudly: "I have survived against overwhelming odds." Even though my child's death is not worth the change in and of itself, the changes and the challenges give me hope that I can be happy.

I can feel fulfilled again. I can love again.

Sherry Mutcher TCF/Appleton,  
WI  
Borrowed from TCF Atlanta  
Newsletter –  
January/February 2000



## Why?

Written by Pat Malone and read at the Lawrenceville Chapter TCF Candle Lighting

Why? Every bereaved parent I know finds himself or herself using this word much more after their child's death than they did before. Why my child? Why so young? Why that way? Why now? Why?

Most of the answers that society offers us are inadequate at their best and inappropriate at their worst. Maybe the real answer as to why can be found in the words of a bereaved father from more than forty years ago.

Earlier this month at the memorial service for the six firefighters who died in Worcester, Mass, Senator Ted Kennedy said, "In 1958, my father wrote a friend whose son had died. And since then that letter read and re-read, has helped our family endure through the most difficult times. In 1944 my oldest brother, Joe, had been killed in World War II and my father referred to that when he wrote these words.

"When a loved one goes out of your life, you think of what he might have done with a few more years and you wonder what you are going to do with the rest of your years. Then one day, because there is a world to be lived in, you find yourself part of it again, trying to accomplish something – something that your son did not have time enough to do. And, perhaps, That is the reason for it all. I hope so."

Perhaps that something is working is prevent another suicide or traffic death. Or becoming an advocate for organ and tissue donation. Or getting involved in your church or community work, a facilitator, steering committee member, or chapter leader in TCF. A big brother or sister, the scouts, a teacher's para-pro.

Or maybe because your grief is so new, you haven't found that something yet. The timetable is yours and yours alone. It takes as long as it takes. So whether you've found your something or are still searching, perhaps ultimately that is the answer to the question why...I hope so.

## Ringin' in the New Year

The neighbors rang bells and tooted little tin horns and waved greetings to each other. The New Year had arrived. They were celebrating the arrival of a new blank slate of days. All had hoped for a year of happiness and joy. But I didn't. I stood, withdrawn, to the side, watching the revelers. The ringing bells were sad sounds for me. The only tin horn I saw hung from a fading Christmas tree, remnants from years past when Arthur was alive. The new year had arrived for me too, but I knew its blank slate would be filled with days of tears and sorrow.

I vividly remember that first New Year's Eve after Arthur died. I was miserable. All I could think of was that my beautiful son was not in my life and would never be again. I didn't think I could go on. But I did. I struggled, and grieved and hurt, and I got to the other side. There was a New Year for me. It just wasn't that year. Other New Year's Eve celebrations after the first one were difficult, too, but eventually, they weren't difficult at all. I found new meaning in my life. I didn't forget Arthur – I could never do that – but I began to find new people and things and celebrations that filled a new slate in my life. You can too.

It takes time and grief work and a commitment to find a new life for yourself. It isn't easy and the new life you find will never be the same as life with your children, but it can be a good one. Be patient with yourself. Remember, you didn't love for a few weeks, so don't expect to resolve your grief after a few weeks either.

You loved. You lost. Now you're hurt. Remember, love never goes away. It remains in your heart forever, and every New Year you can renew that love. And, someday, memories of your child will bring you warmth and joy again.

Margaret H. Garner

Borrowed from the Newsletter of BP/USA. A JOURNEY TOGETHER, Volume XVIII No. 1, Winter 2013  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org).



## Waiting for Answers

Yours ago I left my first meeting of The Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse. I was ready to take notes and do as they prescribed. I should do anything to ease the ache in my soul. But when I walked out into the spring air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I knew I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory? During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had long feared were true; yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed. My grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future; the joy, the lessons, and the inevitable pain. How could I do otherwise? As I walked to my car after the first meeting, the TCF chapter leader caught up with me. "How can I stop this pain?" I asked. She put her arm on my shoulder. "Just do what feels right to you," she said "Listen to your heart. And we'll be here to listen too." Sometimes the best advice is none at all.

Mary Clark, TCF, SugarLand/SW Houston Chapter

Written by Pat Malone and read at the Lawrenceville Chapter  
TCF Candle Lighting

## WHEN YOU LOSE AN ONLY CHILD

The loss of an only child is neither greater nor less than the loss of one of many children. However, the loss of an only child is experienced differently. It is different because you lose your parenthood, which is such a large part of the life of any parent.

1. With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day.
  - a. One of the secrets of parenthood is that from birth, children teach us that we have a greater capacity for unselfish love than we thought possible.
  - b. When your only child dies, you may feel that you are drowning in the parental love your

heart continues to generate for the child you have lost.

2. With the death of an only child, you lose so much of your own future that was tied to your child's future.
  - a. The first day of school
  - b. Sports
  - c. Learning to drive
  - d. A first crush, a first date, a first heartbreak
  - e. High school
  - f. College
  - g. Career
  - h. Marriage
  - i. Children, grandchildren, great grandchildren

Your only child lost all of this from his or her future. And so did you.

3. With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend.
  - a. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale.
  - b. You have lost the reason to keep up with the top ten hits on the pop music charts.
  - c. You have lost the joy of caring what prize is in a box of Cracker Jack.
  - d. You have lost the joy of getting up early on a Saturday morning for kids soccer, basketball, or bowling.
  - e. You have lost the reason to hope for December snow.
  - f. You have lost the person who thought you made the best cocoa on a cool December evening.
  - g. For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets.

The loss of an only child is a devastating loss. Your child has lost his or her life. And you have lost an important piece of your own life, you parenthood. The Compassionate Friends chapter near you is there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.

By Bill Snapp, Atlanta (Tucker) TCF  
In Memory of his son Billy Snapp 6/23/81 – 2/25/96

**PLEASE CHECK YOUR MAILING LABEL TO SEE WHEN YOUR SUBSCRIPTION EXPIRES.**

**NEW SUBSCRIPTIONS - RENEWALS - CHANGE FORM - DONATIONS**

The newsletter is sent without charge to any person interested in receiving it. Each year, in order to be sure we are sending it only to those who truly want to be on our mailing list, we ask that everyone who wants the newsletter return this form. We also accept LOVE GIFTS to pay for some of the chapter's expenses. Your voluntary, tax-deductible donations make it possible for us to mail out the monthly newsletter, contact newly bereaved parents, purchase brochures and other grief materials, continue our participation in the TCF/National organization and meet other chapter expenses. Perhaps you would like to make a gift in memory of your child's birthday or remembrance day. It is a meaningful way to honor our children and we are grateful to members who are able to support us with their contributions. Please make the check payable to The Compassionate Friends. Return to Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to [vszech@comcast.net](mailto:vszech@comcast.net).

I/We are ( ) bereaved parents ( ) grandparents ( ) siblings

Please ( ) keep sending the monthly newsletter. Please ( ) add to the mailing list. Please ( ) remove from mailing list.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Remember my ( ) child(ren) ( ) sibling ( ) grandchild on special days

(You do not have to list the cause of death. We list this only so that parents whose children have died in similar ways may reach out to one another.)

NAME OF CHILD:	Date of Birth	Date of Death	Cause of Death
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**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 \_\_\_\_\_

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.



Case Number: 201272985

Customer Name: DENNIS  
SALMONSON

Phone Number: 8472237353

Alternate Phone Number:  
8472047354 (mobile)

Email Address:  
drdeno@sbcglobal.net (lucy1949)  
/ tonin@sbcglobal.net (pj1951)

Troubleshooting steps done:  
transferred by jhenel. ci can't  
send/receive e-mail, started  
yesterday. connect using  
teamviewer. cust cust outlook  
2010/2007. run mbam, removed  
threats detected. activate mbam.  
check e-mail settings, all is ok.  
blocked mailer-  
daemon@yahoo.com. delete  
bogus contacts. configure e-mail.  
tried to send/receive, ok. issue  
resolved. mrv by seig

Session ID: 605624484 /  
578055175 (123456)

Proven functionality: YAnother  
poem written now that Christmas  
is over.

Now that the holidays are over  
All the presents put away  
The brave face that I put on  
I can now toss away.

I surround my self in memories  
That had been neatly put away  
And allow myself to feel  
What I couldn't this holiday

The grief is overwhelming  
The tears they freely flow

And I really feel the sadness  
Of how I miss you so.

Teri Romer  
Mom to Ashley 6/29/99 -  
10/11/01

*We welcome your comments and/or  
items submitted for use in the  
newsletter. Short articles, poems, or  
book reviews are always welcome.  
Please include author of any written  
works. Send your items for the  
newsletter to Vicki Szech at  
[vszech@comcast.net](mailto: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 be-  
reaved families. Its' mission is to as-  
sist 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.  
Founded in England in 1969, the first  
U.S. chapter was organized in 1972.  
Presently there are 579 chapters in  
America. Northern Lake County  
Chapter was formed in 1976.  
TCF National Office  
P.O. Box 3696  
Oak Brook, IL 60522 3696  
PH 877-969-0010  
Fax: 630-990-0246  
Regional Coordinator, Mary  
Seibert PH: 773-721-7810  
[nationaloffice  
@compassionatefriends.org](http://nationaloffice.compassionatefriends.org)  
The Compassionate Friends home  
page can be found at  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
There are seven TCF Internet chat  
sessions weekly. To participate, visit  
the TCF home page and select the  
"Chat" button.*

*The Northern Lake County, IL chapter  
usually meets on the third Thursday of  
each month at 7:30 p.m. at the Mill-  
burn Congregational Church, Rt. 45 &  
Grass Lake Rd in Millburn.*

#### CHAPTER LEADERSHIP

Toni Nesheim  
847-223-7353  
[tonin@sbcglobal.net](mailto:tonin@sbcglobal.net)

Rachel Salomonson  
Age 18 – Auto accident

#### TREASURER

Forest Anderson  
847-838-0567  
[forest.anderson@att.net](mailto:forest.anderson@att.net)  
Rusty Anderson  
Age 15 – Osteosarcoma

#### SECRETARY

Jenny & Rick Selle  
847-249-4776  
[jennyselle@yahoo.com](mailto:jennyselle@yahoo.com)  
Lila Ruffolo  
Age 24 – Auto Accident

#### REMEMBRANCE SECRETARY

Thelma Perkins  
262-279-6178  
Andrew C Perkins  
Age 17 – Auto Accident

#### LIBRARIAN

Kathleen Rettinger  
847-922-7456  
Alexander Rettinger  
Age 18 – Of suicide

#### NEWSLETTER EDITOR

Vicki Szech  
847-573-1055  
[vszech@comcast.net](mailto:vszech@comcast.net)  
Rachel Szech  
Age 16 – Horseback-riding Acci-  
dent

#### NEWSLETTER PRINTING & MAILING

Mary Foresta  
847-362-8977  
Elizabeth Foresta  
Age 11 – Septic Shock,  
Heart/Lung failure

#### PUBLICITY

Kari McHugh  
262-862-6880  
[kismchugh@hotmail.com](mailto:kismchugh@hotmail.com)  
Pressley McHugh  
Age 46 days

Hypoplastic left heart syndrome

STEERING COMMITTEE

Marilyn Grace

847-395-8597

[grace.marilyn@gmail.com](mailto:grace.marilyn@gmail.com)

*Megan Grace*

Age 15 – Hypertrophic Cardiomyopathy

Mary Ann Grazier

847-336-0539

*Barry Grazier*

Age 27 – Auto Accident

Maggie McGaughey

224-406-6644

[maggieg00@hotmail.com](mailto:maggieg00@hotmail.com)

*Jeremy Govekar*

Age 22 – Hit by train

Charron Sloop

847-623-2264

[charronsloop@AOL.com](mailto:charronsloop@AOL.com)

*David Sloop*

Age 33 – Motorcycle Accident

## A Love Story

Once upon a time, there was an island where all the feelings lived: Happiness, Sadness, Knowledge, and all of the others including Love. One day it was announced to the feelings that the island would sink, so all repaired their boats and left. Love wanted to persevere until the last possible moment. When the island was almost sinking, Love decided to ask for help. Richness was passing by Love in a grand boat. Love said, "Richness, can you take me with you?"

Richness answered, "No, I can't. There is a lot of gold and silver in my boat. There is no place here for you."

Love decided to ask Vanity who was also passing by in a beautiful vessel, "Vanity, please help me!" "I can't help you Love. You are all wet and might damage my boat." Vanity answered.

Sadness was close by so Love asked for help, "Sadness, let me go with you." "Oh....Love, I am so sad that I need to be by myself!"

Happiness passed by Love too, but she was so happy that she did not even hear when Love called her!

Suddenly, there was a voice, "Come Love, I will take you." It was an elder. Love felt so blessed and overjoyed that he even forgot to ask the elder his name. When they arrived at dry land, the elder went his own way. Love realizing how much he owed the elder and asked Knowledge, another elder, "Who helped me?"

"It was Time," Knowledge answered.

"Time?" asked Love. "But why did Time help me?"

Knowledge smiled with deep wisdom and answered, "Because, only Time is capable of understanding how great Love is."



### **THE COMPASSIONATE FRIENDS** **Northern Lake County Chapter**

31023 Prairie Ridge Road  
Libertyville, IL 60048

#### *Meetings*

**January 17, 2013 - 7:30 p.m.**  
Millburn Congregational Church  
Grass Lake Road & Rt. 45, Millburn, IL  
Open discussion

**Waukegan meeting**  
**February 7, 2013 - 7:00 p.m.**  
Holy Family Church  
450 Keller Street, Waukegan, IL  
Open discussion