



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

June 2020 Newsletter



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



## Chapter Leaders Notes from Toni & Susan

Dear Friends,

### Meetings

Meeting at the churches are on hold. We are waiting for updates from the staff at the churches. They will be in touch with us with any updates for groups who meet at the churches. For now, we will meet in our Zoom meetings.

Our next Zoom meeting is Thursday June 18, 2020 beginning at 7:15 to join in, the meeting will get started at 7:30 and we will wrap up at 8:45. I will send a zoom meeting link in an email on Wednesday 6/17/2020.



We have had the opportunity to design a T-shirt for our chapter. Kris Frisby's daughter, Lindsay, is a design artist and she created a design for a t-shirt. Please see

the link I have included to Lindsay's website:

<https://www.yellowspokepromo.com/>

To learn more about the Yellowspoke website click on the Our Story box. [ Kris Frisby is a member of our chapter ]

\*Click on the **Group Products** tab and scroll down to Compassionate Friends ~ this will get you to the order page on the website.

Or click on this link to our T-shirt:

<https://www.yellowspokepromo.com/compassionate-friends>

We will sell the t-shirts for \$18.00 each and a portion of the sale will be donated back to our CF Northern IL Lake County Chapter. T-shirts can be ordered at the website and there are two options for delivery.

The t-shirts can be sent to your home address or you can choose to pick up your order at a CF meeting. Hopefully that will be soon.

The donation to our chapter will assist in financial needs for our chapter activities; HEART ~ The HEART Remembers: Expressions of Love through our hands. This is an evening of making crafts to take home, in memory of our loved ones. The Annual Candle Lighting Ceremony ~ we honor the memory of all children and siblings who have died by lighting a candle during the ceremony. A Picnic at the Woodland Walk located in the Raven Glen Forest Preserve, it is a specified quarter mile walk that is dedicated to all children and siblings who have died too soon. Plus, miscellaneous expenses for our chapter.

I wish each of you a peaceful day, please reach out if you have any questions, ideas or just want to check in.

Susan Banks and Toni Nesheim,  
Co-Leaders

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847-366-9375

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## Toni & Susan



## ***Look, There's the Child's Father***

Look—over there, in the corner  
there's the child's father.

Don't shut him out.

Don't pass him by.

He's grieving too.

Support him.

Understand him.

Look—over there, in the corner,  
there's the child's father,  
be with him when he mourns.

## **MEMORIES OF LOVED ONES**

By Roy Peterson - A Dear Friend of BP/USA

Absolutely nothing can be as painful as the death of a loved one and our journeys through the valley of the shadow of death leave us little room to do anything other than mourn.

However, somehow we do reach that plateau, that point, that place in time where we resolve to renew our lives, to seek to put everything into perspective. Marlo Thomas (when remembering her father, Danny) said, "it's just not enough to survive—you have to thrive! It doesn't matter whether you are freshly bereaved or whether it happened years ago and you are just coming to terms with the death."

Memories are part of our awesome job of survival and part of healing and restoring ourselves. Our loved ones have died and our lives have been changed—in ways we hardly ever imagined as possible. "Why?" people ask! "Why do you bring back painful memories? For what purpose? Wouldn't it be better to avoid confusion and forego any need to understand why?"

Am I never again to acknowledge the life and death of someone so precious, so much a part of my waking and sleeping life? How could I not remember? And, even though remembering is disruptive, a loss without memories cannot be possible.

Each month, each week and each day brings us the chance to put that loss in perspective. We need to grab each chance to build memories to help relieve the pain, or at least to change its level of intensity. We believe that whatever pain we bring to gatherings is pain that we share, just as we share with each other our love for our children. Memorial services are such emotional and satisfying activities because they allow us to face and remember our losses; us to reorder our lives. The healing that occurs is an important aspect of the restoration of our inner selves.

Eventually it is possible to realize that our loved ones were normal. They were good, indifferent, full of mischief, ambitious or on the road to success or failure. In realizing that they were normal, we start down memory lane. We discover memories lost in the fog of our grief. We unearth long buried treasures.

How awful it must be to be robbed of memories! Not to recall our loved ones as they were would be life's worst blow. Somehow we must reach a place where our love and memories are liberated from the painful emotions linked with the deaths of our loved ones. It is in that liberation that we find an awakening to new possibilities, to new understandings and to growth. As we acknowledge that healing and restoration are occurring, a path out of the depths of despair opens. It is then that we can say, "even though our loved ones died—our love for and memories of them will never go away."





**OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED,  
MISSED AND REMEMBERED IN JUNE & JULY**

*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**

<b>Edgar O Villareal</b>	<b>June 2</b>	<b>Son of Guadalupe Villareal</b>
<b>Sage Cue</b>	<b>June 3</b>	<b>Daughter of Ben Cue &amp; Jennifer Peterson-Cue</b>
<b>Brian Langevin</b>	<b>June 4</b>	<b>Son of Claudia Smith</b>
<b>Westley Banks</b>	<b>June 6</b>	<b>Son of Susan Banks</b>
<b>Robert William Corbett</b>	<b>June 6</b>	<b>Son of Mary Ann &amp; Robert Corbett</b>
<b>Edward G Davis III</b>	<b>June 8</b>	<b>Son of Edward G Davis Jr.</b>
<b>James (Jim) Grazier</b>	<b>June 9</b>	<b>Son of Robert &amp; Mary Ann Grazier</b>
<b>Brandon Reif</b>	<b>June 10</b>	<b>Son of Marcy Reif</b>
<b>Lila Ruffolo</b>	<b>June 12</b>	<b>Daughter of Jenny &amp; Rick Selle</b>
<b>Pressley Suzanne McHugh</b>	<b>June 20</b>	<b>Daughter of Kari McHugh</b>
<b>David Nesheim</b>	<b>June 22</b>	<b>Brother of Toni Nesheim</b>
<b>Heather Donnelly</b>	<b>June 26</b>	<b>Daughter of Daniel Donnelly</b>
<b>Michael Stice</b>	<b>July 4</b>	<b>Son of Dora &amp; Gary Stice</b>
<b>Renee' Rochelle Powell</b>	<b>July 7</b>	<b>Daughter of Terry &amp; Jeanette Powell</b>
<b>Noel Endell Hernandez</b>	<b>July 13</b>	<b>Son of Colleen Ramos</b>
<b>Joshua William Bowman</b>	<b>July 18</b>	<b>Son of Robin Bray</b>
		<b>Nephew of Kimberlee Christensen</b>
<b>Brian Scott Ludlow</b>	<b>July 19</b>	<b>Son of Ronald &amp; Karen Zaylik</b>
<b>Robert William Corbett</b>	<b>July 20</b>	<b>Son of Mary Ellen &amp; Robert Corbett</b>
<b>Taylor Albert Rydahl</b>	<b>July 22</b>	<b>Son of Carol Ann &amp; Keith Rydahl</b>
<b>Elizabeth (Liz) Willding</b>	<b>July 27</b>	<b>Daughter of Gigi Wilding</b>
<b>Darien Wilson</b>	<b>July 27</b>	<b>Son of Tammy and Tim Olvera</b>

**ANNIVERSARIES**

<b>Brian Langevin</b>	<b>June 3</b>	<b>Son of Claudia Smith</b>
<b>Marcia Castillo</b>	<b>June 8</b>	<b>Daughter of Sissy &amp; Arthur Castillo</b>
<b>Robert Corbett</b>	<b>June 30</b>	<b>Son of Mary Ellen &amp; Robert Corbett</b>
<b>Justin Perez</b>	<b>July 4</b>	<b>Son of Traci &amp; Carlos Perez</b>
		<b>Brother of Samantha (Perez) Przybylski</b>
<b>Anna Smith Miller</b>	<b>July 6</b>	<b>Daughter of Carol Smith</b>
<b>Gabriel Murphy Jr</b>	<b>July 7</b>	<b>Son of Arvine Murphy</b>
<b>Elizabeth (Liz) Willding</b>	<b>July 14</b>	<b>Daughter of Gigi Wilding</b>
<b>Amy Jo Baldwin</b>	<b>July 17</b>	<b>Daughter of Mike &amp; Sheila Baldwin</b>
<b>Eduardo Chavez-Nuño</b>	<b>July 23</b>	<b>Son of Maria Del Carmen Nuño</b>
<b>Qua'Shawn Wade</b>	<b>July 24</b>	<b>Son of June Andrejewski</b>
<b>Sage Cue</b>	<b>July 26</b>	<b>Daughter of Ben &amp; Jennifer Peterson-Cue</b>
<b>John Thumel</b>	<b>July 26</b>	<b>Son of Laura &amp; Mike Thumel</b>
<b>Tony Trevithick Jr</b>	<b>July 26</b>	<b>Son of Tony Trevithick</b>

*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](mailto:vszech@comcast.net)

## Resources:

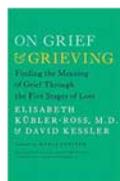
Facebook: TCF

Sibs: <https://www.facebook.com/search/top/?q=tcf%20sibs>Compassionate Friends Website: <https://www.compassionatefriends.org/>Northern Lake County IL. Chapter website: <http://www.iltcf.org/>

Compassionate Friends Facebook

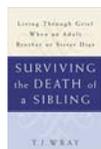
Groups: <https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

Suggested Books from our Zoom Meeting on June 4, 2020:



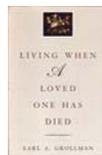
### On Grief and Grieving by Elisabeth Kubler-Ross and David Kessler

The book deals with the stages of grief but addresses how they are not stages you go through in a chronological sense. Rather you will go through them more than once more often than not. The stories that people contributed to the book as to how they dealt with loss showed how people handle grief differently. I had the audio version and followed the book with it to take notes.



### Surviving the Death of a Sibling:

Living Through Grief When an Adult Brother Or Sister Dies by T.J. Wray  
Three Rivers Press, 2003 - - 247 pages. When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, surviving siblings are often made to feel as if their grief is somehow unwarranted. After all, when an adult sibling dies, he or she often leaves behind parents, a spouse, and even children—all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many other. **Surviving the Death of a Sibling** helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches them to understand the unique stages of their grieving process, offering practical and prescriptive advice for dealing with each stage.



### Living When A Loved One Has Died: A Book of Consolation by Earl Grollman Profile, Mar 1, 2014 - 128 pages.

Grief is a universal emotion, the pain of loss will affect all of us at some stage of our lives, but grief is also the most personal of emotions, you feel as though the pain will last forever and has never been felt by anyone else in this way. This is a book that will support you, allow you to grieve in your own time and your own way while reassuring you of the normality of the process. Grief is something that people do not get over but are changed by for the rest of their lives.



### On Coming Alive: Journaling Through Grief : 100 Prompts to Guide You from Darkness to Light by Lexi Behrnt

CreateSpace Independent Publishing Platform, Jul 22, 2016 - 416 pages.

On Coming Alive: Journaling Through Grief is a 100 prompt guided journal aimed at guiding you through the darkness that often accompanies grief. Featuring inspiring quotes from writers, and other visionaries paired with open-ended questions and prompts, with plenty of room for writing and reflecting, this journal is the perfect companion to guide you through the complexities of grief.



### Beyond Tears: Living After Losing a Child

By Ellen Mitchell

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings. The death of a child is that unimaginable loss no parent ever expects to face. In *Beyond Tears*, nine mothers share their individual stories of how to survive in the darkest



## How Dad Copes

It will be four years on May 31 this year since our son Nicholas passed away. Wow. I never imagined in a million years this would happen to us. It is difficult to deal with the aching pain I still feel in my heart. Nicholas's friends are getting married and having children. Though we are happy for them, our sadness deepens with the thought of how different it could be if he were still here. The anxiety that begins to build in the latter part of April in preparation for the anniversary of Nicholas's passing gets stronger and stronger as the day comes near.

Past years were shock years. I couldn't figure out how to deal with it all. I would listen to other parents that are further along in their grief for coping strategies, but it did not seem to help. How could anyone help me heal my heart after it was broken into a trillion pieces?

I have found that speaking about Nicholas to friends, family, and new acquaintances helps me tremendously. At first it was difficult to do because it does make some people uncomfortable. The more I do it, the easier it gets, and the better I feel. Talking about my son has been like a pressure relief valve for me.

I also make time to think about Nicholas and release my emotions. This time alone to reflect and weep brings overwhelming, though temporary, relief. Dads tend to hold back tears and feelings. We like to think we can maintain control. My advice is don't try. Instead, let your feelings go in private at a time and place of your choosing.

Thinking back to the beginning of this tragic event in our lives, I should have sought counseling from a grief therapist. My wife and I both should have done this. I truly believe this would have helped us develop better coping skills. At that time, I didn't think private counseling would help. I was wrong.

Finally, The Compassionate Friends (TCF) volunteers are available to us all. TCF volunteers understand your loss and the dual problem of "maintaining control" for the sake of our family. Our chapter newsletter lists names and telephone numbers of other fathers and mothers ready and willing to assist us. I am one of the parents who volunteers to talk with grieving fathers. I have even become active in the administrative aspects of our chapter. Now, I tell parents, we sincerely regret the circumstance that has brought you to this group." This is a club none of us dreamed we would ever join. I thank TCF for helping my family and me and for allowing me to help others.

Albert Tapia

TCF-Katy Chapter

In Memory of my son, Nicholas Albert Tapia  
My new unseen friends are a lot like me,  
and they span across the globe, It's amazing how comfortable I am "chatting" with them as I sit here in my robe!



## ADOPT-A-HIGHWAY CLEANUP

The date is set for our first Adopt-A-Highway Clean-Up for our Northern Lake County IL chapter The Compassionate Friends:

**SATURDAY, JUNE 27, 2020**

**Meet at 8:45 am to review rules and safety guidelines.** (Probably Walmart parking lot)  
**Begin cleanup at 9:00 am.**  
**(Rain date is Saturday, July 11.)**

More information will be shared at the June 4 and June 18<sup>th</sup> meetings. A few things to know for the cleanup:

No children under 10 are allowed.

Wear long sleeves, long pants, and gloves that are waterproof.

Bring water, bug spray and sunscreen.

Bring a "grabber" if you have one or make one with a pole & a nail through the end.

Bring a yard wagon or kids wagon.

Due to the Covid-19 virus, we can only have 10 participants, at this time. If there are changes to this state regulation, we will inform you.

If you have any questions, please call Susan Banks at 847-366-9375 or email at [sbanks@dist50.net](mailto:sbanks@dist50.net)

## It's June

It might have been her wedding.

It was supposed to be his graduation day; his friends are there - he is not. You had always planned to take them to Disneyland, but it is too late for that, now.



When they died, they took some of your future as well; they took your dreams for them. They left a hole in your life, and you will never feel completely whole again.

Should you accept those invitations to weddings and graduations? Only you know what is comfortable for you...

Give yourself all the room you need, no matter what anyone else says. Perhaps this year, you will want to send a card or gift instead of attending the event.

A couple in our chapter went to their son's friend's wedding reception and skipped the wedding ceremony, which would have been too painful for them. One mom said she left a graduation with mixed emotions. She ached for her son's place in line, getting his diploma; but she also felt honored to have been invited by her son's friend and proud when they brought her flowers "for Jim," and she loved hearing all the stories about her son that they shared.

What you have left is the love you feel for them, the memories that they left you - these will always be a part of you. In this way, they are a part of your future.

This is a very sad and difficult time for you, so do something nice for yourself today. Isn't that what your child would have wanted?

--L.E. Skagit Chapter, Mount Vernon, WA  
~reprinted from South LA/Bay June 2001 Newsletter

## How Do You Say Goodbye?

If a fir when it falls in the forest  
Makes no noise if no one is near,  
How do you say goodbye  
When no one is there to hear?



Who do you say goodbye to  
When the person who's leaving is gone,  
And all that is left are the memories  
That you live and re-live all alone?  
You say goodbye to the little guy  
You taught how to ride a bike,  
And goodbye to the heart-bonded buddy  
Who went with you to hunt, fish and hike.  
And finally goodbye to your hero  
Who would be all that you wanted to be,  
Who'd climb to heights never dreamed of  
And see sights that you'd never see.

Where do you say goodbye  
When you don't know where he is?  
Where can you go and feel him close by  
And not lost in some, dark abyss?  
You can say goodbye in his bedroom  
Where you snuggled and read stories to him,  
Or down by the creek in the deep woods  
Where you taught him to fish and to swim.  
You can say goodbye by the goal posts  
Where he made you feel so proud,  
Or out on the lake in a bass boat  
Where you debated the shape of a cloud.

What do you say goodbye to  
When nothing is there to see?  
Do you just talk to the air, or murmur a prayer  
That something's there listening that's he?  
You say goodbye to your future  
That you had planned and barely begun,  
And to the joy and happiness of grandkids  
When you finally admit there'll be none.  
And when you say goodbye the THAT DAY  
Which methodically comes around each year.

How do you say goodbye  
And accept that it's over and done?  
When you can deny it no more, you must close the door  
And whisper, "Goodbye until then, my son."

Richard A. Dew  
Rachel's Cry— A Journey Through Grief

## *The National Conference has been cancelled.*

### **The Grief of Fathers**

From Parental Loss of a Child  
Therese A. Rando, Editor

There are a number of male roles that negatively affect fathers in dealing with their grief. These include:

- The role of being strong, a macho man who always controls his emotions.
- The role of being the protector of family and possessions.
- The role of competing, of winning in a crisis and being the best.
- The role of family provider.
- The role of being the problem solver, fixing things or finding someone who can.
- The role of being the controller, controlling actions and the environment.
- The role of being self-sufficient, standing on your own two feet.

At times these roles impede a father's successful resolution with grief.

Each of the above roles has prescribed behaviors that work against the open expression of feelings and confrontation with powerlessness and vulnerability that is an inherent part of the grief experience.

- Macho men are not supposed to express feelings.
- As a competitor, the father is defeated when his child dies.
- He has failed his role as a protector.
- As a provider, grief impairs his functioning at work.
- Whereas he could always be a successful problem solver in the past, this is one problem he cannot solve.
- He has lost the control of his life that he previously maintained; everything is out of order and control after a child's death.
- And the man who is supposed to be self-sufficient now needs the support of others.

- With the roles that have previously defined him, a father's sense of self are severely assaulted. Guilt and a sense of failure result, which further compounds his grief.

In time, a father reacts again to his role expectations and attempts to fix his wife's grief. This usually fails, as each person must work through their own grief with their own time frame. As the pain grows worse for his wife, he feels again that things are out of control and he is helpless again. He feels the least he can do is remain strong, control what is going on inside of him, and set the example for his wife and family. This is very common and the end result is a father who postpones his grief.

A bereaved father needs to grieve just as the mother. The following are suggestions to help fathers cope:

- Lighten your load, back off on any extra activities.
- Talk to your family, share your emotions with them and explain how men grieve differently than women.
- Set aside time to think, to sort things out.
- Learn to cry, for crying is the most natural response to being hurt.
- Express your anger constructively by being mad at things, not people.
- Find a support system; search out other bereaved fathers who share your emotions, a group or a professional.



**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 [Julyson2@gmail.com](mailto:Julyson2@gmail.com)**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. 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 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, P.O. Box 3696, Oak Brook, IL 60522 PH 877-969-0010 - Fax: 630-990-0246

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.

**CHAPTER CO-LEADERSHIP** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) Rachel Salomonson Age 19 –

Auto accident, Susan Banks 847-336-8375 [sbanks@dist50.net](mailto:sbanks@dist50.net) Westly Banks Age 21 – Of suicide

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**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

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**WOODLAND WALK COORDINATOR** Christine Pado 847-455-6642 [chpado@gmail.com](mailto:chpado@gmail.com) Lindsay Wilcynski Age 29 - PULMONARY EMBOLISM

**STEERING COMMITTEE** Marilyn Grace 847-395-8597 [grace.marilyn@gmail.com](mailto:grace.marilyn@gmail.com) Megan Grace Age 15 – Hypertrophic Cardiomyopathy

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Raphael, age 17, suicide