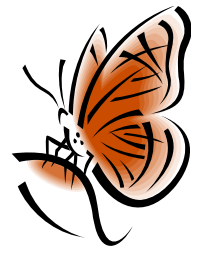


# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

March, 2013 Newsletter



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



## Chapter Leader Notes from Toni

### GOOD GRIEF!

Charlie Brown, the character from the iconic cartoon strip, Peanuts, was famous for his expression of "GOOD GRIEF!" He would exclaim "good grief" every time he was frustrated or something terrible happened to him. Lucy, his nemesis, always took away the football as he tried to kick it or gave him "advise" for 5 cents or unduly criticized him. Poor Charlie Brown. We all identified with him.

I started wondering what the expression "good grief" really means. Historically, it has been a term said emphatically when a surprise or problem was encountered. It is also a euphemism for when one doesn't want to use the word "god". However, it is an expression that surely takes on a new meaning for grieving parents.

How can there be anything *good* about *grief*? Certainly there is nothing good about the event that has caused the death of your child and for you to feel the new and profound feelings of grief. But perhaps there are points to be made about *good grief*. Perhaps there are things to remember as we travel this new path of physical, mental and emotional pain.

There are many books and articles that currently have the words "good grief" in them. Through my readings, observations and just life experience, I have adopted some of the points of what could be called "good grief". I hold these beliefs but struggle them as well:

**Good grief is acknowledged.** It is beneficial to recognize and verbalize the unprecedented feelings of anguish and fear, pain and disorientation that you feel. The more clearly you see what consumes you,

the more easily you will understand it and process it. There is a Turkish proverb that says, "He that conceals his grief finds no remedy for it".

**Good grief is supported by family and friends.** Surround yourself with the family and friends who are close to you and try to understand the experience that you are going through. It is important to be supported by non-judgmental people. You don't need the advice of people who have not lost a child. William Shakespeare wrote, "Every one can master a grief but he that has it".

**Good grief is expressed grief.** It is helpful to express your overwhelming feelings through talk, poems, written thoughts, art work, blogs, websites and support groups. As the poet Henry Wadsworth Longfellow wrote, "There is no grief like the grief that does not speak."

**Good grief is shared grief.** Sharing your grief experience with others who have gone before you on the path of grief or who come behind you is very healing. You have an opportunity to express your grief, share your memories of your child and help others. Grief can be lonely. Sharing the burden of grief with others is healing.

**Good grief is taking care of you.** In the wake of the death of a child, it is easy to forget to care for ourselves. Sleeplessness and anxiety can cause many more health issues. Eating appropriately and exercising are very beneficial to relieving anxiety, stress and sleeplessness.

**Good grief is remembrance and celebration.** Your child is gone but their memory is a treasure locked in your heart and in your mind. At first painful, it will be healing to publicly acknowledge the loss of your child and celebrate the fact that they lived and were

(Continued on page 5)



## 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 Jan Frederick for her donation in loving memory of her son, Michael Lee Brandon Hamilton Frederick, and in loving memory of David Michael Hamilton**

"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.



## WHAT TO DO, WHAT TO DO?

Rabbi Earl A. Grollman said, "Time may heal. It may help to dull your pain. But the medicine of time, taken by itself, is not sure. Time is neutral. What helps is what you do

with time."

In the early days after the death of a child you may be so numb that it is all you can do to get out of bed in the morning. You toss and turn unable to sleep or you sleep for hours or days.

You can stumble through your days unaware what is happening around you. Eating is not something you can or want to do.

If you have other children it will effect how you function or not, depending on their ages.

Eventually you will begin to want to join the world but may have a hard time in certain situations and you may have to retreat back to the safety of your "cocoon"

Be kind to yourself. Don't let others tell you "isn't it time you got over „it% and moved on with life?" You have to take all the time to grieve and begin to heal that is necessary. Each person is different, even spouses grieve differently.

When you begin to get comfortable in your world, your changed world, you can begin to think of how you want people to remember your child.

This may be a time for you to join a support group. Compassionate Friends is where you can talk about your child. You can celebrate their birthday. You can show pictures of your child. It is a place where no one has the answers but they are willing to share what has worked for them and what hasn't. It is a place where we do not judge or tell you that you are wrong in what you are doing. We are there to hold your hand, to offer love and support, to listen to your story. Someone said you have to tell your story at least 100 times. Your family and friends may not be able to listen 100 times but your Compassionate Friends will. Why?

(Continued on page 7)



## ***OUR 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**

***Elizabeth Mary Foresta***

**March 8**

Daughter of Al & Mary Foresta

***David Sloop***

**March 9**

Son of Charron Sloop

***Rusty Anderson***

**March 11**

Son of Forest & Christine Anderson

***Eric Pederson***

**March 14**

Son of Debbie & John Pederson

***David Spannraft***

**March 18**

Son of Elizabeth & Dan Spannraft

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

**April 2**

Daughter of Leslie & Shirley Heise

***Mike Reardon***

**April 10**

Son of Sonia & Jim Reardon

***Scott Ewing***

**April 11**

Son of Renee Ewing

***Miguel Gonzales***

**April 11**

Son of Julia Llanos

***Rogelio Lopez Jr.***

**April 12**

Son of Angelina & Rogelio Lopez

***Jammi Hui***

**April 25**

Daughter of William & Joyce Hui

***Bryan Cantafio***

**April 29**

Son of Jerry Cantafio

***Edgar O Villareal***

**March 1**

Son of Guadalupe Villareal

***Jeremy Govekar***

**March 2**

Son of Maggie McGaughey

***J Daniel (Danny) O'Connor***

**March 4**

Son of Kay O'Connor

***Rasheed Mariano***

**March 5**

Son of Joan Marino

***Mike Cantafio***

**April 1**

Son of Jerry Cantafio

***Ryder Erickson***

**April 3**

Son of Pam & Mike Corrigan  
Grandson of Jenny Erickson

***Jim O'Connor***

**April 7**

Son of Kay O'Connor

***Selene Martinez***

**April 8**

Daughter of Manuel & Lidia Martinez

***Karli Brooke Weidenhagen***

**April 17**

Daughter of Jim & Adrienne Weidenhagen

***Shannon McCarty***

**April 18**

Daughter of Kevin McCarty & Pat Hays

***Bryan Casaca Martinez***

**April 23**

Son of Alesley Martinez

(Continued on page 4)

### **ANNIVERSARIES**

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

**Anne Thomson**

**April 25**

Daughter of Nancy & Tom Thomson

**Lisa Rosemann**

**April 25**

Daughter of Pat Rosemann

**Edward G Davis III**

**April 28**

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) - 847-573-1055



Son of Edward G Davis, Jr.

## **TCF 2013 National Conference** **Save the date: July 5-7, 2013 in Boston, MA**

### **Reserve Your Conference Hotel Rooms Now!**

You can now make reservations for the 36th TCF National Conference host hotel, the Boston Sheraton, 39 Dalton St., Boston MA 02199. Reservations can be made through the [Online Reservation Form](#) or by calling the hotel at 888-627-7054.

Although The Compassionate Friends has arranged a large room block for the conference, we recommend you reserve your room early if you wish to guarantee that you can stay at the host hotel as we believe the room block, although large, will be filled. The room block is available from June 29-July 11, subject to availability. Latest date to reserve rooms, if still available, will be June 11. Room charge is \$129 per night plus tax. Rooms are available as follows: King--holds 3 (king plus rollaway); Queen--holds 2; Doubles hold 4. Rollaways are at no extra charge for the King rooms, but the hotel only has 100. Rollaways do not fit in the other rooms.

To reserve your room online, please go to [Online Reservations](#). Please note that at the time of reservation, a one-day deposit is required for each room reserved. Should your plans change, this deposit will be refunded as long as the room is cancelled 72 hours prior to arrival.

Some additional information: Shuttle available from and to Boston Logan Airport at \$17 a person. See information at Airport Shuttle. Advance registration required. Taxi should run about \$32 from Logan to the Hotel (includes tolls) and \$28 from hotel to Logan. Valet parking is available at \$46 a night. Since the Sheraton does not own any of the adjacent parking lots, if you are planning to drive, attached is information provided by the hotel on valet and self-parking in nearby parking structures: Sheraton Parking Options. You may wish to call to verify pricing and in and out privileges.

For more information and online registration for the 36th National Conference, please visit the [National website:](#)  
[http://www.compassionatefriends.org/News\\_Events/Conferences/TCF\\_2013\\_National\\_Conference\\_Boston.aspx](http://www.compassionatefriends.org/News_Events/Conferences/TCF_2013_National_Conference_Boston.aspx)

*(Chapter Leader Notes from Toni - GOOD GRIEF! Continued from page 1)*

a part of your life. Remembrances are done in hundreds of ways - lighting candles, releasing balloons, visiting the cemetery, starting scholarships, prayers, planting trees, establishing playgrounds, donating books, creating gardens and the list goes on. It needs to be what feels right for you and your family and the child that is now gone. Grieving for your child is a lifelong process with many hills and valleys and stops and starts. Eventually, and not necessarily at one time, the realization will come that you need to move forward from the event of your child's death. Your child wouldn't want you to be forever set in that sad and horrible period of time.

Your grief process is about acceptance and adjustment not closure.

By keeping some of the above points regarding *good* grief in mind, you will slowly and gently move toward your new life without your beloved child at your side but in your heart. Your child will always be with you and you will always be the loving parent.

#####

## Webinars

The Compassionate Friends provides its webinars free of charge as a service to the bereaved. If you have questions about the webinars please email us at [webinars@compassionatefriends.org](mailto:webinars@compassionatefriends.org). **Note: If you are connecting to a webinar using an ipad, iphone or an android application please visit the GoToWebinar site for information on downloading an app**

<http://support.citrixonline.com/GoToMeeting/>

### Death of a Child from Substance Related Causes Free TCF March 21st Webinar



***Webinar will be presented Thursday, March 21, 2013 from 8-9 p.m. EST (7-8 p.m. CST; 6-7 p.m. PST).***

A child's death from any cause is a profound loss. When substances including alcohol and/or drugs (legal or illegal) are involved, additional layers of grief are all too common. Stigma and shame often complicate the grief process. Whether the death came after a single encounter, a history of substance abuse or from the disease of addiction, processing this loss has its own set of complications. Substance related deaths continue to skyrocket with prescription medications now the leading cause of death where substances are a factor. Moving from an outdated moral model of ignorance to a model of disease, using science and compassion, we find hope. Together we learn how to cope with anger, guilt, depression and possible regrets. Together we learn how complicated substance related issues are and from there find hope and healing. ***No Shame or Blame ~ Just Love®. Presenter: Barbara Allen***

Barbara's son, Jim, died in 2003 from an overdose of heroin and alcohol at the age of 35. Her brother, Bill, and niece, Amanda, also died from substance related causes. She and her husband, Tom, have been active in TCF serving in many roles since 2003. Having lived with the disease of addiction through Jim's twenty-two year battle for life, Barbara lost hope when he died. Shifting her research focus and collaborating with other parents, she established a foundation offering scholarships for recovery services (James' Place). Barbara manages an educational program, [www.shatterthestigma.com](http://www.shatterthestigma.com), to help those who suffer the disease and those who love them better understand the complexities of substance issues in today's world. A published author, she is a leadership coach and yoga teacher. Barbara freely distributes her popular wristbands ***No Shame or Blame ~ Just Hope®*** through her website.

Reserve your webinar seat now at:

<https://www2.gotomeeting.com/register/684739066>

# Grandma Wanna-Be

By JoAnne Rademacher

TCF, Minot, North Dakota

*(Published Fall 2002 Issue We Need Not Walk Alone)*

Last fall, my son Darick and his wife, Jenny, announced that we would be grandparents this summer. At 47, I no longer had a desire to raise another child of my own and was already a self-confessed "grandma wanna-be." Their news made my heart dance. My joy however, was turned to anger when the pregnancy ended in miscarriage.

As a grandma wanna-be with that first grandchild on the way, I was picturing myself baby-sitting and cooing my way to old age with this child and those to follow cuddled around me. I bought patterns for sewing baby clothes and books filled with baby projects. Would the new parents want the crib my children had slept in? If not, where would I set it up for those visits to Grandma's house? My thoughts were overflowing with being a grandma.

After a one o'clock a.m. call from Darick, I knew that Jenny was probably miscarrying. My knees hit the floor and I sobbed my prayers. "Please, God, don't let this child die, too!" I implored. When it was confirmed that this child would never be born, all of my happy imaginings were replaced by anger. The raging thoughts of a protective mother quickly replaced those of the grandma-to-be.

In September of 1994 our only daughter, 13-year-old Melissa, died in a car accident. Our sons, Darick and Wade, were also in the car. At 15 and 11, respectively, they were devastated emotionally though they had only minor physical injuries. We have all worked hard at living without Melissa, but some days it seems that there is a dark cloud hanging over us determined to block the sunshine from our lives.

Darick blamed himself for the accident. He put himself in a world of self-induced guilt, a place from which we sometimes wondered if he would ever return. Retrieving his soul has been a long and arduous journey, Jenny beside him every step of the way. I knew immediately upon hearing the baby was lost that he would somehow go back there, which he did. In his mind, Melissa's and his baby's deaths were connected by his feelings of helplessness in the face of tragedy. The fact that this could happen, placing him back in that hell, made my blood boil. Those beautiful children had been through enough! Why couldn't Darick and

Jenny have just this one blessing free of heart-ache?

Many people reminded me of all the medical reasons for miscarriage, making it sound like some grand act of mercy. They said that the baby was very likely genetically damaged and, if brought to term and live birth, it may have been afflicted with any number of maladies. I know they were trying to make me feel better, and it is likely they were right, but their words only made me angrier. There didn't have to be anything wrong with this baby! My mind screamed. Babies are carried to term and born every day. Why did this one have to be damaged? Darick and Jenny needed this joy. And we were already grieving the loss of the grandchildren Melissa would never deliver. Wasn't that enough?

I did not feel guilty or sorry for my anger. I have learned through grieving for Melissa that anger is a natural part of grief. Until now, I simply felt that it was unfinished business. I needed time to come to a place of peace in the face of another child lost to us.

When Melissa died, as deep as my grief was, I rejoiced in the lives of my sons. The fact that they survived that accident was declared a miracle, and it spun a web of protection around my broken heart. Then, in the summer of 2001, Wade was in another accident. The fact that he walked away from it only sore and bruised was declared another miracle. I remember the gratitude and grace I felt when I wrapped my arms around him and sobbed for the words I could not speak.

That memory began to emerge as my initial anger over being denied our first grandchild lost some of its steam. My gratitude for lives saved began to spin around in my head, seeking domination over the anger for lives lost. As much as I wanted to let go of the anger and embrace gratitude, I just couldn't find the resolution I sought.

Until now. It is summer again, 2002. Wade was in a third accident, this time escaping the rolled vehicle only seconds before it burst into flame within sight of where Melissa had died. When I arrived at the scene I walked past the

(Continued on page 7)



Greetings from the 2013 National Gathering Leadership Team! We've been working very hard to prepare a very meaningful gathering for you. As our logo suggests, we want you to come away from the gathering with many "Golden Nuggets of Hope" for your journey. We anticipate a record number of attendees this year!

On-line registration is now available for you at <http://www.bereavedparentsusa.org/Gathering.html> and the registration packet is available on the BP/USA website to download. Please let us know of anyone who needs a registration packet mailed to them by providing us with their name and address.

Regarding hotel reservations, when you call Lions Gate Hotel to reserve your room, be sure to mention that you are attending the Bereaved Parents Gathering so you will receive the negotiated rate of \$89 per night. Call the Lions Gate Hotel at 866-866-7100 (toll free) or 916-643-6222 (local). Ask for the front desk at the hotel or dial 0 to be connected to the front desk. The front desk has the correct information for our group. We would encourage you to reserve your room soon. If you have any problems with the reservation process, please email us at [The2013Gathering@gmail.com](mailto:The2013Gathering@gmail.com).

On behalf of the 2013 National Gathering Leadership Team, see you in Sacramento, California, July 26-28!

Sincerely,

Denise Pedersen & Chris Harder  
Co-Leaders – BP2013



A PRAYER FOR SPRING  
Janis Heil  
BP/USA Ocala, FL

Like Springtime, let me unfold and grow fresh and anew from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me.

And, as I recover from the insult of life's continuance, I readjust my focus to include recovery and growth as a possibility of my future. Give me strength to break out of the cocoon of my grief. But may I never forget it as the place where I grew my wings because of my loss.

(Grandma Wanna-Be continued from page 6)

incinerated mass of metal. Again, I could not speak, but only held Wade until I could peel my arms from his healthy, whole self. I was calm and in control until later that night when I was alone.

The mash of emotions in my head and heart were too great to hold inside. I was in my car so I opened the roof, cranked up the music, and sobbed for twenty miles. The mother of Melissa grieved yet again. The grandmother of an unborn child also grieved as the mother of Darick fought for rights to her anger. The mother of Wade wailed prayers of thanks.

From this tangle of emotions, one truth emerged: As long as I choose to embrace the miracles around me, my heart will dance. Whether in the slow dance of grief or skipping to the beat as I cuddle and coo with grandbabies yet to come, hope and joy will emerge in the rhythms of the dance.

(WHAT TO DO, WHAT TO DO? Continued from page 2)

Because we have been there and someone listened to us so it is our turn to give back what has been given to us. This is what we do. This is what we do with time.

Our children, grandchildren and siblings will never be forgotten as long as we share them with others. We can set up scholarships, plant memorial gardens, purchase benches engraved with their names, start a foundation to support a cause or disease connected with their death, volunteer our time with a charity, help other children with one on one mentoring and many more ways.

As we travel this painful road we can reach out to other bereaved people with love and hope - that is what to do.

HUGS, Betty Farrel, Sarah Louise's Nana  
[bcbfana@aol.com](mailto:bcbfana@aol.com) Arlington, VA Chapter TCF

Permission to reprint in TCF Newsletters as long as proper credit is given and printed in it's entirety.  
~reprinted from Arlington, DC, Leesburg, Prince William, and Burke-Springfield-Fairfax Virginia Chapters April 2008

**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 1/2 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.



**AT LAST, THE SPRING**

Shirley Cognard Ottman  
BP/USA of North Texas

**THE SLENDER THREAD**

How is it in the winter of my grief  
that I can notice how the seasons  
change with their accustomed  
regularity?

Just now I cannot bear the taste of  
Spring,  
yet She won't sleep forever. This  
month  
She's busy pushing trees to bud,  
and bidding flowers to raise  
their dormant seeds to life.  
All life is reaching for the light.  
And all my own potentiality  
in spite of heavy winter's cloak,  
races to embrace the good, strong  
harbingers of joy and peace  
and transformation.

*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](mailto: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 Millburn Congrega-  
tional 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  
847-986-4133  
Elizabeth Foresta  
Age 11 – Septic Shock,  
Heart/Lung failure

**PUBLICITY**

Kari McHugh  
262-862-6880  
[ksmchugh@hotmail.com](mailto:ksmchugh@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 Cardiomy-  
opathy

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

“...but you're not HERE”

By Mel Giniger, in Memory of Amanda

Nevada Member-at-Large of BP/USA

I see your face in my memory, and I speak to your pictures each day,

But you're not HERE.

I listen to your voice on tape and read and reread your cards and letters,

But you're not HERE

I speak of you as often as I can, to whomever will listen, and, at times, it seems that I can sense your presence,

But you're not HERE

I caress the sock and sneaker that you were wearing the day of your accident, It makes me feel closer to you

But you're not HERE.

I know that we'll be together again; it gives me some comfort, but my heart cries out,

Why, oh why aren't you HERE?



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

31023 Prairie Ridge Road  
Libertyville, IL 60048

**Meetings**

**March 21, 2013 - 7:30 p.m.**  
Millburn Congregational Church  
Grass Lake Road & Rt. 45, Millburn, IL  
Open discussion

**Waukegan meeting**  
**April 4, 2013 - 7:00 p.m.**  
Holy Family Church  
450 Keller Street, Waukegan, IL  
Open discussion