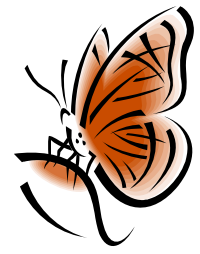




The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October, 2016 Newsletter



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



Chapter Leader Notes from Toni

With the arrival of autumn, the leaves fall, each reminding us of time that is passing. There is a juxtaposition of feelings – the crisp air, beautifully colored trees, and an anticipation of a more restful time, when nature and people are forced to slow down and recuperate from the long warm days and activity of the spring and summer. The opposing feelings are the ones of anxiety and sadness for the season that brings holidays and for some, anniversaries of deaths or birthdays of loved ones, now gone.

There is even a special sadness that occurs because as time passes, so does the distance between the last interaction with your loved one and you.

Yet, there is resilience in nature as well as the broken hearts of grieving parents, siblings and grandparents.

Time, as inevitably as the falling leaves, will pass. With necessary time and rest, the trees and the grass will emerge again, shades of green, accented by colorful flowers. Life renewed.

Broken hearts will always be scarred but will continue to pump, providing a life source and eventually strengthen, over time, with greater activity and care.

And so it is for grieving parents and siblings. Because there is no choice, we somehow muster the strength and courage to move from hour to hour and one day to the next day. Eventually, we shape a life that does not include the physical person but includes the memory and essence of the person now gone.

Earl Grollman, author of Living When A Loved One Has Died, wrote “Memories – tender, loving, bittersweet. They can never be taken from you. Nothing can detract from the joy and the beauty you and your loved one shared. Your love for the person and his or her love for you cannot be altered by time and circumstance. The memories are yours to

keep. Yesterday has ended, though you store it in the treasure house of the past. “

~~“And tomorrow? How can you face its awesome problems and challenges? It is as far beyond your mastery as your ability to control yesterday. Journey one day at a time. Don't try to solve all the problems of your life at once.”~~

Let the leaves fall and transform the trees and grass and flowers over the winter.

“Each day's survival is a triumph.”

Photo Presentation At the Annual Candle Lighting Ceremony

The season of holidays is right around the corner. I am reminded by every leaf that falls. The leaves are beautiful but like little pieces of time, floating to the ground, I realize that special occasions will be here soon and I, as we all, have to prepare our hearts and minds for the annual events that mark off the years.

Please consider having your loved ones photo featured in the power point/slide show presentation that we do at the annual candle lighting. We did this presentation for the first time last year and the feedback was that it was touching and heartwarming and wonderful to see the faces of our compassionate friends' children and siblings.

The annual “We Remember Them” candle lighting ceremony is Sunday, December 11, 2016 at the Millburn Congregational Church in Lake Villa at 6:30 p.m.

If you would like to have your child or grandchild or sibling included in the photo presentation, please send a brief email with your loved one's name and significant dates as well as your phone number with 1-2 photos attached. **My email address** tneheim@sbcglobal.net

If you are not able to send the photos electronically, you can mail them to me and I will get them scanned and then mail the originals back to you.

Mail the photos to: Toni Nesheim, 374 Clarewood Circle, Grayslake IL 60030

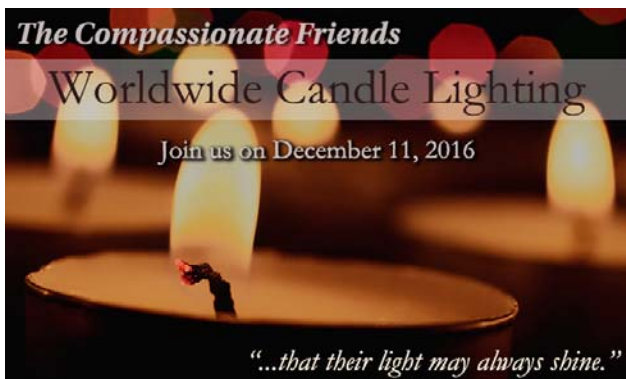


GIFTS OF LOVE

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.

"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.

Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how im-



portant it is to bereaved families to have their children remembered. vszech@comcast.net - 847-573-1055

Worldwide Candle Lighting

December 11, 2016

Please mark your calendars. The 2016 Worldwide Candle Lighting will be held on December 11 at 6:30 p.m. at Millburn Congregational Church. The church is located at the intersection of Rte. 45 and Grass Lake Road, Millburn, Illinois. The Candle Lighting is open to anyone grieving the loss of a child of any age. We welcome all family members and friends to join us. Candles are provided to all. For more information you can go to our website at www.iltcf.org or you can call Toni Nesheim at 847-204-7585.

Meetings

Northern Illinois Chapter TCF
October 20 - 7:30 p.m.

Millburn Congregational Church
Grass Lake Road & Rt. 45, Millburn, IL
Open discussion

Waukegan meeting

November 3 - 7 p.m. to 9 p.m.

Holy Family Church
450 Keller Street, Waukegan, IL
Meeting in Room 4

Open discussion

Enter by church office then down the hall to Room 4 on right.

"Tenemos un cuarto nuevo para las reuniones- Salon 4. Entre por la oficina de la iglesia y sigue en el pasillo al Salon

Bill Ermatinger has been active in the Compassionate Friends since 1978. A former National Board member, current Regional Coordinator and former Penn-Line, MD, Chapter Leader, Bill has led the workshop on anger and guilt at the National Conference for the past several years. His daughter Kathy died in 1967 as a result of a mislabeled prescription. It was not until 12 years later, however, that he became active in TCF. Melvin Winer, also a member of the Penn-Line Chapter, frequently writes for his local chapter newsletter. Bill and Mel collaborated on the following article, drawing from Bill's presentation at the National Conference and their individual grief experiences. Mel has also included insight from his still fresh grief after he death of his son Andy from cancer.

Why Am I So Angry?

"I am so consumed with anger, sometimes I think I might explode. I wasn't an angry person before my child died. Where does this anger come from?"

"I know we did everything we could to help our child survive. So did the doctors. But if I really feel that way, why do I feel such a failure and so guilty now?"

These statements are frequently voiced by bereaved parents to each other or at TCF chapter meetings. Most of us, until we experience it ourselves, are not aware of the significant role that anger and guilt play in the grieving process. For bereaved parents, therefore, when they first experience the intensity of these emotions, it not other losses of family and friends staring them in

(Continued on page 5)



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN OCTOBER & NOVEMBER

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. 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

Correction

<i>Lindsay Wilczynski</i>	August 3	Daughter of Christine Pado - Birthday
<i>Lindsay Wilczynski</i>	August 1	Daughter of Christine Pado - Anniversary

BIRTHDAYS

<i>Levi Nichols</i>	October 4	Son of Bambi Nichols
<i>Marleea Gerfen</i>	October 12	Daughter of Marsha & Lee Bell
<i>Kyle Andrik</i>	October 12	Father of Ray Richard
<i>Alexandria (Alex) Scarbro</i>	October 15	Daughter of David Scarbro
<i>Brian Keough</i>	October 20	Son of Kathleen Keough
<i>Kelly Klawonn</i>	October 23	Son of Raymond & Dorothy Klawonn
<i>Alyssa Burnstine</i>	October 23	Granddaughter of Judi & Stan Veoukas
<i>Aaron R Moore</i>	October 24	Son of Rob & Sherry Moore
<i>John "Jake" Mosansky</i>	October 31	Son of Darlene & John Mosansky
		Sister of Veronica Steif
<i>Christopher Jackson</i>	November 6	Son of Pamela Burt & Jeff Jackson
<i>Jeremy M Govekar</i>	November 12	Son of Maggie McGaughey
<i>Lisa Rosemann</i>	November 16	Daughter of Pat & Craig Rosemann
<i>Stephanie Andrea Zamarron</i>	November 16	Daughter of Vicky Zamarron & Juan Mungula
		Granddaughter of Alejandra Rodriquez & César Rojas
<i>Douglas Ramsay</i>	November 17	Son of Carlene Ramsay
<i>Amy Jo Baldwin</i>	November 21	Daughter of Mike & Sheila Baldwin
<i>Amanda Lauren Cecchi</i>	November 22	Daughter of Kim & Steve Cecchi
<i>Mitchell Rodefer</i>	November 24	Son of Dennis & Susan Rodefer
<i>Zachary Taylor</i>	November 30	Son of Mike Taylor & Karen Adams-Taylor

ANNIVERSARIES

<i>Tony Malic</i>	October 3	Son of Julia Markich
<i>Mark Sailors</i>	October 10	Son of Michelle Sailors
<i>Kerrin Fleming</i>	October 21	Daughter of Barbara Fleming
<i>Lila Ruffolo</i>	November 1	Daughter of Jenny & Rick Selle
<i>Tony Malic</i>	November 1	Son of Julia Markich
		Brother of Mary Lund
<i>Andrew C Perkins</i>	November 3	Son of Richard & Thelma Perkin
<i>Christopher Jackson</i>	November 5	Son of Pamela Burt & Jeff Jackson
<i>Rachel Salomonson</i>	November 15	Daughter of Toni Nesheim & Denny Salomonson
<i>Erin Dinklenburg</i>	November 16	Daughter of Kelli Brooks
<i>Kyle Glueck</i>	November 17	Dolores Krason
<i>Aaron Barrera</i>	November 18	Son of Tammie & Ernie Barrera
<i>Megan Candice Grace</i>	November 18	Daughter of Tim & Marilyn Grace
<i>Nicole Parfill</i>	November 19	Daughter of Robin Parfitt

(Continued on page 4)

(OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN OCTOBER & NOVEMBER CONTINUED FROM PAGE 3)

Sven Christian Reinhard
November 22

Son of Astrid Reinhard

Alexandria (Alex) Scarbro
November 24

Daughter of David Scarbro

Mark Yates
November 24

Son of Richard & Linda Hegg

Elizabeth Mary Foresta
November 28

Daughter of Al & Mary Foresta

Zack Maslanich
November 30

Son of Karen Zimmerman



Here Come the Holidays

By Alan Pedersen

I was talking to a Chapter leader the other day and she was telling me how stressed she was this year as her leadership team was planning and preparing for their Worldwide Candle Lighting event. Now, you have to understand that this particular Chapter has prided itself for years on creating an extravagant event which includes fabulous food and desserts all of which are donated from local restaurants or catering companies and bakeries.

As she was sharing her frustration about one of her food donors changing ownership and not willing to give as much this year and the chair rental company upping the prices and having to change printing companies for the postcard invitations for various reasons, I just listened. Fortunately this Chapter has a very involved steering committee to help her navigate these issues and in the end it will all come together and they will host another beautiful event for the 400 people who will attend.

Our conversation got me thinking about the hundreds of times I have spoken and performed at candle light services over the years. I think it would be safe to say that I have done this at least 200 times. Some of the services were for as many as 1,500 people and others were for as few as a dozen. Some were catered and

extravagant affairs such as the one I wrote about here, while others were done on a shoestring budget with a few cookies and some hot chocolate. But each was healing and helpful for those who attended regardless of the size or variety of goodies. In the end, the only thing that mattered was being together and sharing our love for those we miss so much who have died.

As I looked back, I realized that the experience is very different standing in front of the group than sitting among the group. As a speaker and a performer at each event I was focusing only on those in attendance. I felt responsible to make the night as meaningful as possible for each of them. It is the same for many of you who are so enmeshed in putting together your programs that you often don't get to fully experience the healing and special connection to serve your own grief needs.

Last year, my wife and I attended a beautiful candle light service put on by another organization for families who had lost a child. Honestly, I wanted to be as anonymous as possible so I could fully experience being there for just for myself and Ashley. I knew there would be many people who would know me, so I quietly slipped into the back entrance of the sanctuary just as the event was starting.

On this night, for the first time in over 10 years, I was able to attend a grief event not as a singer/songwriter, speaker or a leader of a grief organization. For that one hour, I simply got to be Ashley's dad. It was so healing to put all of my attention toward her and soak up the words and music of others who presented the program. When the service ended, we quietly slipped out the back door and went home; it was a special and rare gift to just receive and to not have to give.

In my last article, I talked about taking care of ourselves. I think it is especially important as we enter the holiday season and have our focus so sharply on helping others that we take some time to make sure we help ourselves as well. I am in awe of the incredible effort our Chapters make to create special holiday programs to serve those who need that additional support this time of year. My hope is that each of you take the time to do something special for you, possibly have a

(Continued on page 5)

(Here Come the Holidays continued from page 4)

special intimate lighting of candles and sharing for the group of volunteers on another night in a relaxed atmosphere.

Grieving is hard work, working to help those in grief is heart work. We must always remember that while we are working to help others, we are also grieving and need to take the time and make the effort to focus on our own process as well. Easier said than done, I know ... but give it a try.

Thanks for all you do for The Compassionate Friends,

Alan

(Why am I so Angry - continued from page 2)

only comes as a shock but frequently symbolizes a failure to handle grief in a socially acceptable manner. After all, anger and guilt are feelings that frequently make those around us uncomfortable —friends and family members are often at a loss as to how to respond to these emotions. This article is about anger and guilt and how and why these two emotions play such a significant role in our grief experience.

Regardless of the circumstances of our child's death, for most of us, anger and guilt are a part of our grieving. We may not always be able to label these emotions or to acknowledge them, but they are there and we must deal with them. Failure to do so often results in our experiencing worse physical and emotional problems later on.

Whether we acknowledge it or not, most of us are angry about our child's death. Determining who we are angry at and what we are angry about is the first step in dealing with these emotions. In some instances, this anger is directed at a real target or person, for instance, anger directed at a drunk driver who caused a fatal accident, or in Bill's case, a pharmacist who made a mistake in his daughter's prescription. In other instances, anger directed at a drunk driver who caused a fatal accident, or in Bill's case, a pharmacist who made a mistake in his daughter's prescription. In other instances, anger is displaced; there is no definite target or person, but we want to believe that someone can be held accountable or responsible for our child's death. In Mel's case, there was no drunk driver or pharmacist to blame, so Mel directed his anger towards the doctors who failed to save his son, and beyond that, at God.

Not facing our anger merely delays the inevitable. Eventually anger finds a way to surface. Therefore, we have to find ways to cope with these intense feelings. Obviously Bill could not shoot the pharmacist, and Mel

could not burn the hospital down because of his rage directed at the medical profession. For some, physical activity is an effective way of coping. Jogging, playing sports, and walking provide a sense of physical well-being. Not everyone, however, is able to engage in these physical activities. Another way of coping with anger is to talk or write about it. Find someone to talk to. A Compassionate Friends meeting is a safe place to express overwhelming feelings. Another effective way is to write about them. Writing allows us to bring our feelings to the surface in a non-threatening way. Keep a journal that no one will ever see, and reread it from time to time, You may discover that you are making progress by getting in touch with feelings of several months ago and realizing they are less intense now.

Write letters to the source of your anger. You don't have to mail them (and you probably shouldn't), but writing allows you to confront your anger directly. Shortly after Andy died, Mel received a letter from the American Cancer Society requesting a donation. The letter was part of a mass mailing and was designed to alert people about the dangers of cancer. Mel felt the letter's wording was insensitive to those who had experienced cancer firsthand. Therefore, he wrote a response to the Society expressing his anger. This was also an effective way for him to express his anger at the disease that took his son's life.

Another way of coping with anger is to understand what is causing it. This understanding does not mean that we accept what happened, but only that we understand and accept our helplessness to have prevented it. Bill finally accepted that the pharmacist made a mistake because he was in a hurry; he knows the pharmacist did not purposely mislabel the drug. Mel is still coping with his anger at the doctor's failure to save his son's life, although he knows that they did their best. Another unsettling aspect of experiencing intense anger is when we realize that it is directed at God. We question why God allows young people to die and forces their parents to experience this agony. Mel's son was a young healthy college student who died from a disease that seemed to come out of nowhere. Out of his outrage and sense of the injustice, Mel felt compelled to express his anger appropriate length of time, you don't fare as well as those who can. If most of your life is behind you, as is the case of older parents, they have

(Continued on page 7)

The Grief Of Older Parents

By: Mary Cleckley
Atlanta, GA



It is difficult for society to understand the complexity of the loss of a child, no matter the age. Probably the two least understood losses are those at either end of the spectrum: the unsuccessful pregnancy, stillbirth or death shortly after birth, and the loss of an adult child. In the first case, they wonder why you grieve for someone they feel you didn't know, and in the second case they think that because the son or daughter no longer lives at home and was no longer a part of your everyday life, with a family of his or her own, perhaps, that the pain of the death shouldn't be so bad. They seem not to understand that your children are a part of your life, for all of your life, no matter how far away they may be.

Someone has reminded us that we do not love our children any more because they have lived long enough for the parents to watch them grow and develop. It is also important to realize that the older children aren't loved any less. You continue to love them and to develop new relationships with them. It is frustrating for older parents to have poured all that time, effort and love into rearing and shaping a child, to have done a good job and had the time to see the end result; to have been able to love and enjoy the decent, worthwhile adult who has emerged, and who is now a part of two relationships, that of parent/child and friend/friend, and now to have lost both of those relationships.

Even if the older child had turned out to be not all the parents had hoped for, who has caused unhappiness with, for example, his alcoholism, the parents are still very much involved in this child's problems and escapades. Worrying about him and being a part of his support system becomes a way of life, and if this child dies, suddenly they are at a loss for a center in their life. They love him, no matter what his shortcomings are, and they grieve for his loss as well.

As parents age, role reversals often develop between them and their children. After years of being responsible, in-charge people, as they go from "What will happen to my children if something happens to me?" to "What will happen to me if something happens to my children?" The child becomes a large part of the older parents; security blanket, and they rely on them for comfort. The parents are reassured, thinking that when either of them dies, a child will be there to care for the one who is left. Imagine a situation where the mother, who is widowed and in her 60's or 70's,

and who now relies on her son, in his 40's or 50's, to help with her financial decisions, the upkeep of her home, any problems she may have with her car, among other things. If she has health problems, he will see that she gets the proper medical care and financial assistance if he is able. He may have assured her of a place in his home should the need arise.

Suddenly this child dies. Fear and insecurity become a real part of the mother's life, as though she were a helpless, young child, who parents have died.

Some adult children never leave home. Older, retired parents now find their daily life revolves around the routine comings and goings of this adult child. When he dies, the parents are cast adrift with no anchor, just as surely as parents of younger terminally ill children, after the death. What do you do with all of your time now that the hub of your universe is no longer there? All reasons for functioning seem to disappear.

If there are grandchildren left from this adult child who dies, the grandparents now have to try to maintain a good relationship with the surviving in-law, with the hope that efforts on the part of the son-in-law or daughter-in-law to begin a new life won't include cutting off all relationship with the old life.

Keeping in touch, but not intruding, can be tricky, particularly if there was not an especially good relationship between the grandparents and the in-law before the death. If the grandparents are denied access to their grandchildren they experience another great loss. Most parents, no matter what age, will tell you they would have gladly taken their child's place in death, but older parents have inordinate amounts of "survivor guilt" to deal with. "What right do they, who have being able to motivate yourself to reinvest in life. lived a long, full life, have to be alive when their child is dead?" "It should be me" they will tell you with great sadness.

A large part of survival after the death of a child is if you aren't able to accomplish this after an

(Continued on page 7)

(The Grief Of Older Parents continued from page 6)

the face, as well as having to deal with their own mortality. Some of these parents, with age, aren't as mobile as they once were, so it is difficult for them to take advantage of any new interests that are available to them in their effort to survive. Motivation, then, though not impossible, certainly becomes more difficult. Older parents, like younger parents, are told that time will heal. The older parents answer, "But I don't have that much time." Therein lies the larger part of the problem of adjustment and reinvestment.

As you begin to understand the enormity of the loss of older parents, it is once again brought home that there is no good way or ago to lose a child - just different ways and different ages and all of them are hard.

(Why Am I So Angry — continued from page 5)

at God, even though it may have offended some people.

Anger directed at our child is a feeling we cannot control. It can surface at any time and does not diminish our love in any way. In fact, it emphasized our love because we are really angry that our children are not here to share their lives with us. For many this anger subsides over time. Some parents have found comfort in writing about how they feel, expressing their anger that their child has left them alone, that they love and miss their child, that their lives can never be the same because their child has died.

Finally, it is important to understand whom we may really be angry at. As difficult as it may be to admit, many of us are angry at our child who has died as well as at ourselves for failing to prevent his death. We may be angry that the child has left us and we feel abandoned. We are angry at ourselves because we couldn't keep our child safe from harm. We are angry because we are alone, our child is dead, and our lives have changed forever.

Another inevitable and complex emotion that bereaved parents must deal with is guilt. Guilt is a culturally produced emotion, and we impose it upon ourselves because of our expectation that we are competent, responsible, and loving parents, and thus should be able to keep our children safe. Guilt derives from a sense that we did something wrong. We feel we should have been able to do something to save our child's life, and when we couldn't, we failed in our parental role of protector.

Bill felt guilty because he gave Kathy the medicine. He felt that he should have done something sooner and that he didn't recognize the problem in time. Mel and his wife question whether Andy received the best

treatment and whether they should have taken him for surgery sooner. Compounding this sense of guilt are family and friends who offer suggestions or point out what should have been done. We know as parents we did the very best we could to save our child's life. We should understand that much of the guilt we feel comes from a sense of hopelessness or a feeling of failure or an inability to control events that we feel we should have been able to control. Many parents have also expressed feeling guilty about surviving their child and trying to get on with their lives. Mel finds that occasionally he feels guilty when he does something he enjoys or even experiences a lighthearted moment and laughs. Mel knows Andy wanted his family to recover from his death and not always to be sad. When Mel experiences these feelings, he reminds himself of how Andy felt.

By trying to understand these emotions, we can begin to deal with them. Compounding our feeling that we let our child down is the fact that our child is no longer here to forgive us for what we feel is our failure. Many parents have found practical and active ways to cope with these intense and complex emotions. Some become active in causes or make a donation to honor their child's memory. Some get involved in organizations such as TCF to help others. Some parents become active in anti-drunk-driving programs or anti-handgun programs, or support medical research programs. Most parents, finally, come to understand the anger and guilt they have experienced. They discover these gut-wrenching emotions subside over time. They may also experience a certain sense of satisfaction in knowing that their involvement in TCF or other self-help efforts has not only been a way to cope with their grief, but also a meaningful way to honor their child's memory.

Anger and guilt are a part of grief, and each of us will experience these feelings differently. For some, these feelings will last for years, while for others, anger and guilt will be fleeting as other emotions dominate. As our grief softens over time and we come to understand and accept its complexity, perhaps, in the end, we should not be surprised at the intensity of our feelings. After all, they are only a minute reflection of the intensity of our love.

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 Vicki Szech, 31023 Prairie Ridge Road, Green Oaks, IL 60048 or call 847-573-1055 or send an email to vszech@comcast.net.

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 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 3696 - PH 877-969-0010 - Fax: 630-990-0246

The Compassionate Friends home page can be found at www.compassionatefriends.org

There are seven TCF Internet chat sessions weekly. To participate, visit the TCF home page and select the "Chat" button.

CHAPTER LEADERSHIP Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net Rachel Salomonson Age 19 – Auto accident

TREASURER Tammie Barrera 847-872-9684 Julyson2@gmail.com Aaron Barrera Age 29 – Auto accident due to Diabetes

SECRETARY Bambi Nichols 262-220-9323 lcbtsec@aol.com Levi Nichols Age 19 - Accidental death

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 Rachel Szech Age 16 – Horseback-riding Accident

NEWSLETTER PRINTING & MAILING Mary Foresta 847-986-4133 Elizabeth Foresta Age 11 – Septic Shock, Heart/Lung failure

WOODLAND WALK COORDINATOR Christine Pado 847-455-6642 chpado@gmail.com Lindsay Wilcynski Age 29 - PULMONARY EMBOLISM

OUTREACH/INFORMATION Tammie Barrera 847-872-9684 julyson2@gmail.com Aaron Barrera, age 29 - insulin reaction subsequent auto accident

STEERING COMMITTEE Marilyn Grace 847-395-8597 grace.marilyn@gmail.com Megan Grace Age 15 – Hypertrophic Cardiomyopathy

Charon Sloop 847-623-2264 charronsloop@AOL.com David Sloop Age 33 – Motor Cycles accident

Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com,

Raphael, age 17, suicide