



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October 2022 Newsletter



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



Chapter Leader Notes from Susan

Dear Friends,

Today is Sunday and it is a rainy day. Today I am reflecting on the announcement of Queen Elizabeth's death. Today is September 11th, the anniversary of the tragedies of that unfortunate day. Yesterday was my dad's birthday, he passed many years ago, but I always remember his birthday. There are so many events that touch our lives and those we care about. And then, yesterday the sun was out, and the temperature was warm but comfortable. I was outside most of the day, tending to my gardens. I like to trim the spent flowers and leaves, especially the day lilies. I knew the rain was coming the next day, so it was a good day to work in my gardens. My husband mowed and edged the yard and between the two of us, we got everything done and it sure looks nice. I am very appreciative of all that I have, my family, dear friends, my home, my health, my job. I feel blessed to have found Compassionate Friends, the friendships I have made, and I will always remember those firsts and the care and understanding of the people at the meetings.

We have a very special event coming in December, The Annual Worldwide Candle lighting Ceremony. This year we will come together; family and friends, in-person at the Millburn Congregational Church to light a candle in memory of our loved ones who have gone too soon. We will remember our loved ones with music, readings, the candle lighting, and a photo montage presentation. We will have refreshments and conversation after the ceremony.

The Candle Lighting Ceremony is Sunday December 11, 2022. The Ceremony begins at 6:30 pm. The Candles are provided at the ceremony. We do invite you to purchase a luminary in memory of your loved one. A luminary is an opaque bag with a weighted base that holds a flameless candle. We will place a name label "In loving Memory" with your loved one's name on the outside of the bag. The luminaries will line the hallway to the sanctuary, the location of the Ceremony. After the Ceremony, please take the luminary in memory of your loved one. You may purchase as many luminaries as you would like. We are asking for a donation of \$5.00 for a luminary, but no one will be refused.

The photo montage is a slideshow presentation of our members' loved ones who have gone too soon. We are inviting our new members to send a picture of your child, sibling or grandchild to Susan Banks and the photo will be included in our Chapter's photo montage, presented at the conclusion of the Candle Lighting ceremony.

The first Thursday of the month meeting on December 1, 2022, is our Zoom meeting. At this meeting you will be invited to light a candle for your loved one and share a picture with those joining the meeting. This will not be a formal Candle Lighting Ceremony, but we will honor the memories of our loved one with readings, lighting a candle and showing a picture. I will send an email and the Zoom link for the meeting the week of November 28, 2022.

If you have any questions about the Candle Lighting Ceremony, the Luminary or the Photo request please call, email, or text Susan at 847.366.9375 or Lanwesmar@comCast.net
**There will be informational flyers included with this newsletter for the ceremony, the luminaries, and the photo for the slide show.*

Lake Villa Meeting Northern Illinois Chapter TCF

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

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

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

Holy Family Church

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



Upcoming events for our Chapter.

Saturday October 8, 2022, Adopt a Highway Clean – up, rain date Saturday October 15, 2022.

Our Adopt a Highway event for our Northern Lake County IL Chapter of The Compassionate Friends is SATURDAY, October 8, 2022. Meet at 8:45 am to review rules and safety guidelines. (Front Garden side of the Walmart parking lot) Begin clean-up at 9:00 am. *Rain date is Saturday, October 15, 2022.* We can organize with more detail at the site on the Saturday October 1. The section of road we have adopted begins at the corner of Deep Lake Road and IL Route 173 going north on Deep Lake Road to the County Line. It is approximately 2.02 miles. There is a sign with our group name identifying the location.

A few things to know for the cleanup:
No children under 10 are allowed.
Wear long sleeves, long pants, a hat, and gloves that are waterproof.

Bring water, bug spray and sunscreen.
Bring a “grabber” if you have one or we a few to share.

Please review the video for your information before joining us at our event.

<https://lakecountyil.new.swagit.com/videos/16309?t s=446>

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Sunday December 11, 2022, Annual Candle Lighting Ceremony; The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. Informational flyers will be included in the October and November newsletters.

If you have any questions about the mentioned events, please call, email, or text Susan at 847.366.9375 or Lanwesmar@comcast.net

The journey from grief to hope does not happen swiftly. But it happens if you will let your heart ride along.

Sasha from WINTERSUN



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED 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.

BIRTHDAYS

Levi Nichols	October 4	Son of Bambi Nichols
Susan Allbee	October 11	Sister of Toni Nesheim
Marc Hawkinson	October 11	Son of Mary Kay Clark
Marleea Gerfen	October 12	Daughter of Marsha & Lee Bell
Alexandria (Alex) Scarbro	October 15	Daughter of David Scarbro
Timothy James Pitzen	October 18	Grandson of Alana Anderson
Brian Keough	October 20	Son of Kathleen Keough
Donyel Prather	October 22	Son of Donna Prather
Kelly Klawonn	October 23	Son of Raymond & Dorothy Klawonn
Alyssa Burnstine	October 23	Granddaughter of Judi & Stan Veouka
Aaron R Moore	October 24	Son of Rob & Sherry Moore
Colin Henderson	October 27	Son of Lisa Henderson
John "Jake" Mosansky	October 31	Son of Darlene & John Mosansky
Heidi Anne Hermann	November 2	Sister of Veronica Steif
Nick Battis	November 3	Daughter of Bonnie Brackus
William (Bill) Werchek	November 3	Son of Susan Battis
Jeremy M Govekar	November 12	Son of Kathy Werchek
Lisa Rosemann	November 16	Son of Maggie McGaughey
Stephanie Andrea Zamarron	November 16	Daughter of Pat & Craig Rosemann
Nathan Clyde	November 17	Daughter of Vicky Zamarron & Juan Mungula
Douglas Ramsay	November 17	Granddaughter of Alejandra Rodriquez & César Rojas
James McClintock	November 18	Son of Valerie Clyde
Marcia Castillo	November 19	Sister of Michaela Clyde
Javier Ramirez	November 21	Son of Carlene Ramsay
Amanda Lauren Cecchi	November 22	Son of Charles "Chip" & Louise Knoll
Mitchell Rodefer	November 24	Daughter of Sissy & Arthur Castillo
Zachary Taylor	November 30	Son of Julie Ojeda
Zachary Maslanich	November 30	Daughter of Kim & Steve Cecchi
		Son of Dennis & Susan Rodefer
		Son of Mike Taylor & Karen Adams-Taylor
		Son of Karen Zimmerman

ANNIVERSARIES

Sharon Beth Gray	October 4	Daughter of Pam Gray
Elora Jane Montgomery	October 11	Daughter of Linda & Christopher Montgomery
Tracie Musich	October 19	Daughter of Trisha Musich
Kerrin Fleming	October 21	Daughter of Barbara Fleming
Heather Donnelly	October 23	Daughter of Daniel Donnelly

(Continued on page 7)

GRIEF: 5 MUSTS FOR DEEP HEALING

By Ashley Davis Bush www.ashleydavisbush.com

During my 20 years of experience as a grief counselor, I have watched griever survivors survive and thrive. The following 'Musts' are common to healthy grieving and ultimately to deep healing.

Feel your Feelings

Although this may seem like a simple directive, it requires tremendous courage to feel pain with acceptance. Many feelings arise with grief: anger, frustration, resentment, despair, longing, hopelessness, sadness, fear, and even joy. Learning how to welcome each feeling as we do our breath, like an essential part of living, is something that we are not used to doing. Often, we are taught to squelch feelings and keep a "stiff upper lip." With grief, the opposite is necessary. Allow your feelings to ebb and flow, like the tides of the ocean.

Experience all of your feelings, knowing that the process of doing so is important and healing. Be gentle with yourself, for the process requires a great deal of energy, and will feel tiring. When we let our emotions wash over us and through us without clinging to them, we honor our relationship with our loved one.

Feelings may be quite intense in the first year or two after a major loss, but do not be surprised when intense feelings also surface many years later. This is not unusual and is known as a process of "retriggering". Again, the goal is to ride the waves with gentle acceptance. Know that all emotions change and flow even as your love remains constant.

How:

Schedule time each day when you focus on your grief. Light a candle, look at photographs, and let yourself cry or yell or hit a pillow.

If something stirs your sadness, let yourself go with it. If you're in public, excuse yourself to a restroom or your car and let yourself cry.

Express your Feelings

Once we are feeling our feelings, it helps to have an outlet – a way to express the feelings outside of ourselves. Finding an avenue of expression facilitates the healing process. It isn't necessary to be an artist but finding a way to get our feelings 'out' is important. Creating movement of our most intense feelings starts to make room for more love to fill us.

How:

Journaling is an excellent way to express pent-up feelings. Try these prompts:

Today, my grief feels like . . . Today, I'm surprised that I feel . . . Today, I'm really missing . . . Today, I wish that . . .

Join a support group in person or on-line where you can talk to other griever survivors and share your experience. This is an incredibly powerful means of support and expression.

- Create poetry or music, fiction or art that expresses how you feel
- Take a deep breath and let out a loud, audible 'sigh'

Make a Connection with your Loved One Every Day

Death does not end our relationships. Fortunately for all of us, love transcends loss. Therefore, you are very much still in relationship with your loved one. Staying connected on a daily basis doesn't mean living in the pastor being stuck. Staying connected is a healthy way to honor our loved one's continued influence on our lives as we continue to grow and learn . . . and it is a way of staying open to the love that is ever present in our hearts.

How:

Light a candle at special meals to symbolize the presence of your loved one.

(Continued on page 5)

(GRIEF: 5 MUSTS FOR DEEP HEALING continued from page4)

Say hello to their picture and blow a kiss every day.

Visit the gravesite as often as feels comfortable to you.

Teach people around you that you want to remember, that you want to talk about your loved one, that you're comfortable sharing memories

Write a letter to your loved one on birthdays, anniversaries, and the 'death day' to express your thoughts, to connect with them, to reflect on where you are with your grief. Keep these letters in a special place through the years so that you can see how life is flowing and changing.

Fill your Life with Gratitude

Although we may not be feeling gratitude when we are consumed with grief, gratitude is an active way to facilitate deep healing. It's important to be grateful for the life of our loved ones, rather than focusing exclusively on their death and our loss. Imagine that they had never been born and you had never experienced their presence in your life. In so doing we can gradually begin to open our hearts to the experience of love. Also, practicing gratitude for simple pleasures helps us to shine light on the blessings in our lives even in the midst of our grief. It is in this way that we begin to transcend the weightiness of grief and experience the full beauty of love and life, both in the past and in the present.

How:

Make a list of things you love about your loved one, things that you remember with gratitude.

Make a list of ways that you grew and changed as a result of knowing and loving your loved one.

When you drink your morning beverage, stop and savor the sensations (smell, taste, texture of the cup, sounds, sights) and experience the moment mindfully.

Every night before you fall asleep, list 3 things from your day for which you are grateful.

Make the Choice to Reengage with Life

Shifting from surviving to thriving is an intentional choice. Deciding to make meaning out of loss and seeing loss in the context of a larger perspective is a daily decision. To reengage with life means risking again, loving again, and moving forward with the ever-present eternal love of your loved one woven into the fabric of you. We are forever changed through our relationships with our loved ones – and by our grief – but we have the power to embrace life while we still have it.

How:

Volunteer your time and services in a cause that is meaningful to you.

When you walk to your car, look up at the sky and say the words, "The spaciousness above is mirrored in the spaciousness within me."

When you wash your hands, say the words, "I acknowledge a flow in the Universe of which I am a part. I go with the flow."

Keep your heart open by saying "yes" to life when you are able, knowing that your loved one never wanted you to finish your days with a bitter or broken heart.

Breath is the essence of life. Use this breathing technique to stay grounded: breathe in for the count of 5, hold for the count of 5, and exhale for the count of 5.

Be patient with your process, as grieving takes time. It might feel as if you are going in circles but remember that you are actually traveling a spiral path that is always circling higher.

Remember also that love and loss are universal experiences. We are not alone in the process. **I hope that these ideas help you on your journey toward deep healing. ...**

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXVII No. 3, Summer 2022, www.bereavedparentsusa.org

CRY, CRY AND CRY AGAIN: HOW TEARS HELP THE GRIEF PROCESS

By Priscila deLima

Crying is a unique emotional response that varies from person to person. There are some of us who are emotional basket cases, crying at some point basically every day. Others are the stoic type, dealing with hurt and sadness in every way possible except shedding a tear. In the same way that crying is a perfectly acceptable response when experiencing grief, the absence of it by no means signifies that someone is not truly hurt.

If you are currently experiencing grief, or when you inevitably do go through the experience down the road, it is important to understand the crying is a very beneficial part of the healing process. The purpose of this article is to explain why this is the case. Here are a few good reasons to let yourself shed a tear when and if you need to do so.

Tears Are Emotional Tension Manifested

Any strong emotion, such as grief, almost always causes a significant buildup of tension and frustration in the mind. While you may tell yourself any number of reasons why suppressing these emotions is the right thing to do, in reality, this does far more harm than good. During the grieving process, allowing yourself to have some sort of release from this tension goes a long way in moving one step closer to healing.

The actual manner in which you release these emotions can happen in a number of ways. Maybe punching your mattress, venting to a loved one for hours on end or crying is what works for you. As long as your outlet does harm to you or someone else, the way you ease your tension is not important, what IS important is that you do.

For many people, tears serve as a physical manifestation of all the hurt and pain they are feeling inside leaving their internal environment. As each teardrop falls, the pressure they have been experiencing slowly begins to subside.

Crying In Front Of Those Close To You Validates Your Inner Vulnerability

During the grieving process, we tend to feel extremely vulnerable. This can be a scary experience for a lot of people, as vulnerability is far from an easy emotion to express. However, letting yourself cry in front of those closest to you can be extremely beneficial. By doing so, you are allowing yourself to feel safe and like you are not alone.

When we are experiencing this type of sadness and pain, what we really want is to feel like our emotions are validated, especially by someone else. This is why allowing yourself to cry in front of someone who loves and cares about you can be so beneficial. By doing this, you are creating an atmosphere of safety and understanding in the presence of someone who can and will validate how you are feeling in a non-judgmental way.

Believe It Or Not, Science Supports Crying Due To Grief

While it may seem odd, there is actually research that reports that our tears have a different composition during times of grief that helps with the healing process. In his book, *Crying: The Mystery Of Tears*, Dr. William Frey explains how that normal reflex tears, such as when you laugh a lot or get something caught in your eye, are almost entirely made up of water. Emotional tears, however, actually contain the stress hormones and toxins that buildup up during emotions such as grief.

Furthermore, this response also triggers the body to release endorphins, often referred to as “feel good” hormones. Literally, when you allow yourself to cry during the grieving process, you are not only releasing all of the unwanted hormones that have accumulated, you are also ramping up the biological agents responsible for improving your mood!

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXVI No. 4, Fall 2021, www.bereavedparentsusa.org

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

Lila Ruffolo

November 1

Daughter of Jenny Selle

Andrew C Perkins

November 3

Son of Richard & Thelma Perkin

Rachel Salomonson

November 15

Daughter of Toni Nesheim & Denny Salomonson

Erin Dinklenburg

November 16

Daughter of Kelli Brooks

Kyle Glueck

November 17

Dolores Krason

Aaron Barrera

November 18

Son of Tammie & Ernie Barrera

Megan Candice Grace

November 18

Daughter of Tim & Marilyn Grace

Nicole Parfitt

November 19

Daughter of Robin Parfitt

Keegan Cray

November 22

Son of Kristin & Ken Willis

Sven Christian Reinhard

November 22

Son of Astrid Reinhard

Kevin Lopez

November 22

Son of Diahnn Estes Lopez

Camden Frisby

November 23

Son of Kris Frisby

Rachel Elaine Robertson

November 23

Daughter of Regan Robertson

Alexandria (Alex) Scarbro

November 24

Daughter of David Scarbro

Zack Maslanich

November 30

Son of Karen Zimmerman

YOU DON'T JUST LOSE SOMEONE ONCE

You lose them over and over, sometimes many times a day.

When the loss, momentarily forgotten, creeps up, and attacks you from behind. Fresh waves of grief as the realization hits home, they are gone.

Again.

You don't just lose someone once, you lose them every time you open your eyes to a new dawn, and as you awaken, so does your memory, so does the jolting bolt of lightning that rips into your heart, they are gone. Again.

Losing someone is a journey, not a one-off. There is no end to the loss, there is only a learned skill on how to stay afloat when it washes over.

Be kind to those who are sailing this stormy sea, they have a journey ahead of them, and a daily shock to the system each time they realize, they are gone, Again.

You don't just lose someone once, you lose them every day, for a lifetime.

~ Donna Ashworth

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XXVI No. 3, Fall 2021, www.bereavedparentsusa.org



GIFTS OF LOVE

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

**Thanks to Barbara Fleming
For her gift of love
In honor of her daughter Kerrin**

"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.

Life Goes On and Death Goes On

Recently, my son got married. It was a joyful occasion and at the end of the night my cheeks were aching from smiling. However, always, under it all, there was the fact that we were desperately missing my daughter, his sister, Maggie. We did not hear her roast her brother at the rehearsal dinner. We did not see her, standing beside the bride with the other beautiful girls, in purple dresses, her favorite color. And she was not the one to close down the party, dancing her heart out. Though we felt her spirit, of course, powerfully, it was very hard work not to wish it could be otherwise.

When I arrived home again, I went into an emotional tailspin. I had held myself together, admirably, through all the wedding events, and then, in the comfort of my own home, I fell apart. I ate chocolate. I refused invitations. I read three

books in a week. I was snippy and impatient with my partner. I was a mess, and, eventually, it passed. The fact is: Life goes on and death goes on, and those of us who are still alive get both.

**Meg Tipper
Catonsville, MD**

Meg Tipper is a frequent contributor to A Journey Together. Her book Standing at the Edge chronicles the first year after her daughter, Maggie, died.

Borrowed from a Journey Together, National Newsletter of the Bereaved Parents of the USA, Volume XVIII No. 4, Fall 2013,
www.bereavedparentsusa.org

The Shirt in the Clothes Hamper

The shirt was at the bottom of the dirty clothes hamper when he died. I found it there when I got around to doing wash sometime after the funeral. Life must go on in spite of what happens to us, and the wash is part of ordinary day-to-day life.

It was natural for the shirt to be there; I'd done his wash since he was born twenty-one years before. I stood and looked at it and decided to leave it there.

Year after year, wash after wash, I left it there. This was a symbol of normal life. My life wasn't normal any more, and I left it there to sort of hang on to the past, I guess. It gave me comfort to see such an ordinary, normal thing as one of his shirts in the dirty clothes when my life was so extraordinary now.

(Continued on page 9)



LISTENING TO AUTUMN

By Macrina Wiederkehr

*Autumn is slipping through summer's
branches and I am listening.*

*I am listening to the dying
flowing forth from autumn's being.*

*I am listening to the hidden in the dying. I
am listening.*

*I am listening to the I am listening to the I
am listening to the I am listening to the I
am listening.*

life

*trees taking off their lush green garments.
trees turning, turning, ever turning. burn-
ing bush of autumn.*

falling of this season.

*song of transformation, season,
grieving,*

*I am listening to the
to the wisdom of the
to the losses and the*

to the turning loose and letting go.

*I am listening to the surrender of autumn. I
am listening.*

*I am listening to the music of the forest's
undergrowth, to the crunch of leaves be-
neath my feet,*

*to the miracle of crumbling leaves becom-
ing earth again. I am listening to the beau-
ty and fragility of aging.*

I am listening.

*I am listening to the wheel of the year turn-
ing, to the cycle of the seasons,
to the call for harmony and balance.*

I am listening to the circle of life.

I am listening.

*I am listening to days growing shorter,
to the air turning crisp and cool,
to the slow waning of light,
to the stars that shine in cold, dark nights.
I am listening to the growing harvest
moon.*

I am listening.

*I am listening to happy harvest cries,
to hearts overflowing with thanksgiving,
to tables laden with gifts from the earth,
to baskets overflowing with fruit,
I am listening to the bountiful gift of au-
tumn. I am listening.*

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2021, www.bereavedparentsusa.org

(The Shirt in the Clothes Hamper continued
from page 8)

One by one such "hangings on" are done away with
as we slowly reenter life's mainstream again. We
know the time is right for these habits to go, when
we don't grieve for them when they happen. And
they must happen, just as we must move on even-
tually.

One day in a fit of neatness my daughter did the
wash, and she washed the shirt. It must have been
five years after her brother died. I felt a tiny sur-
prise when I saw the shirt hanging clean in the clos-
et, but I didn't feel the sorrow or even disappoint-
ment. The time seemed to be right for the shirt to
leave the dirty clothes hamper. A simple thing, but
this was a symbol of progress of sorts. I'm glad no
one rushed me – I would have resented it. I was
allowed this simple idiosyncrasy until it was natural
to give it up. Left alone I probably never would have
removed the shirt, just left it there, never really
knowing why. But when this happened, I knew I
was getting better. Finally, I was letting go, and that
was okay.

Faye Harden
TCF Tuscaloosa, AL

LOVE GIFTS

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

In loving memory of _____

In honor of _____

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

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

Check here to keep receiving the newsletter _____

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

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

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

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

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

Steering Committee 2021 – 2022

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

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

COMMUNITY OUTREACH

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

SECRETARY / LIBRARIAN

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

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

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

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

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

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

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

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

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

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