



# The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

September 2021 Newsletter



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

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*Chapter Leader Notes from Susan*  
Dear Friends,

I hope to offer a place for you at our meetings, that is a safe place. We come to our meetings to share, to cry, to laugh, to offer support, to listen and to be in the company of those who understand. In the early months of coming to a meeting it seems most of the time is spent in tears, letting the grief flow, and learning your way as a person who has lost a loved one. After a while you begin to reach out to others and offer them hope by listening to their story. For listening to another person sort out their life helps us to sort out our life too. I hope to offer a place for you at our meetings, we first introduce ourselves and tell our story, sometimes you can only listen and maybe try again later. We listen to each other, offer words of comfort and hope, share out pain instead of just feeling our pain. And hope that we may start to heal and find a place with this life that we now are living.

I appreciate our meetings and each of you, for your time, your stories, your sharing and the comfort and wisdom that you bring to our meetings. Wishing you a safe and pleasant September.

Take Care,  
Susan  
Westley's mom

~ Our Northern Lake County Compassionate News and updates;

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 Grass Lake Road, Lake Villa, IL 60046. 7:00pm –

8:30pm. Park in the parking lot behind the church, enter through the double glass doors. Doors are opened at 6:30 pm. Please wear a face covering and we will practice social distancing. You may bring your own refreshments. We do have a Keurig, coffee pods and tea bags, single packaged snacks, and bottled water.

HeART Remembers: The HeART Remembers Creating art in memory of our loved one(s). Thursday September 16, 2021 at 7:00pm – 8:30pm. We will have our Compassionate Friends meeting and during the meeting we will complete an art project. We will have small smooth pebbles for you to write your loved one's name and if you like a small symbol. You can put the pebble in a small gift bag and take the pebble with you.

Our Adopt a Highway event for our Northern Lake County IL Chapter of The Compassionate Friends is SATURDAY, October 2, 2021. Meet at 8:45 am to review rules and safety guidelines. (Front Garden side of the Walmart parking lot) Begin cleanup at 9:00 am. *Rain date is Saturday, October 9, 2021.* We can organize with more detail at the site on the Saturday. 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=446>



## 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 Astrid Reinhard  
For her sponsoring the newsletter  
in loving memory of  
Sven Christian Reinhard**

"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.



## Meetings

**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 Grass Lake Road  
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.**

## Kidnapped!

*By Chris Harder -- Sacramento-South Placer County Chapter Bereaved Parents of the USA*

My friend Chaplain Terry Morgan wrote a book which he titled, "What to do When Grief Kidnaps Your Soul." What an accurate description of what the death of our child does to us! It's like we disappear from life, and those around us wonder if we will ever come back again. I've heard adults whose sibling died when they were young say that they not only lost their brother or sister, but their parents as well, because their mom or dad couldn't quite get back into life again.

Child loss also changes a marriage relationship. Sometimes people are consumed by their grief for so long that they no longer recognize each other and find that they've grown apart. Friends become uncomfortable around us... they don't know what to say any more.

Unlike a kidnapping where the person disappears and people hope for their safe return, when our soul has been kidnapped by tragedy, we are still visible to those around us. They see us and wonder how long it will take before we get over it and return to our "old self." It's confusing to everyone...even us! It's as if we become the walking dead because we feel empty and lifeless inside. We maneuver through the day without seeing what's going on around us because our mind is held captive by our grief.

Some people say, "time heals all wounds," or "just give it some time, you'll get over it." They're confused, aren't they? The truth is, time doesn't do the healing. It's what we do during that time that allows healing to take place so we can get through it. One of the difficulties is that there is nothing we could have done in advance to be prepared for losing a child. What we need to know about dealing with grief has to be learned while we are struggling.

So where do we start?

(Continued on page 7)



## **OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED SEPTEMBER & OCTOBER**

*Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives.*

### **BIRTHDAYS**

<b>Chris Houchin</b>	<b>September 3</b>	<b>Son of Scott Houchin &amp; Heather McDonald</b>
<b>Shannon McCarty</b>	<b>September 5</b>	<b>Daughter of Kevin McCarty &amp; Pat Hayes</b>
<b>Mary Margaret (Maggie) Miles</b>	<b>September 5</b>	<b>Daughter of Jim &amp; Mary Lou Miles</b>
<b>Kevin Lopez</b>	<b>September 13</b>	<b>Son of Diahnn Estes Lopez</b>
<b>Anthony Alexander Sosa</b>	<b>September 16</b>	<b>Son of Yvette Sosa</b>
<b>Shane Betar</b>	<b>September 21</b>	<b>Son of Leia Betar</b>
<b>José De Jesús Hernández</b>	<b>September 24</b>	<b>Son of Jesús and Virginia Hernández</b>
<b>Eduardo Chavez-Nuño</b>	<b>September 27</b>	<b>Son of Maria Del Carmen Nuño</b>
<b>Donette Klawonn</b>	<b>September 30</b>	<b>Daughter of Raymond &amp; Dorothy Klawonn</b>
<b>Tony Trejo</b>	<b>September 30</b>	<b>Son of Martina Williamson &amp; Victor Trejo</b>
<b>Levi Nichols</b>	<b>October 4</b>	<b>Son of Bambi Nichols</b>
<b>Mark Sailors</b>	<b>October 9</b>	<b>Son of Michelle Sailors</b>
<b>Susan Allbee</b>	<b>October 11</b>	<b>Sister of Toni Nesheim</b>
<b>Marc Hawkinson</b>	<b>October 11</b>	<b>Son of Mary Kay Clark</b>
<b>Marleea Gerfen</b>	<b>October 12</b>	<b>Daughter of Marsha &amp; Lee Bell</b>
<b>Alexandria (Alex) Scarbro</b>	<b>October 15</b>	<b>Daughter of David Scarbro</b>
<b>Timothy James Pitzen</b>	<b>October 18</b>	<b>Grandson of Alana Anderson</b>
<b>Brian Keough</b>	<b>October 20</b>	<b>Son of Kathleen Keough</b>
<b>Donyel Prather</b>	<b>October 22</b>	<b>Son of Donna Prather</b>
<b>Kelly Klawonn</b>	<b>October 23</b>	<b>Son of Raymond &amp; Dorothy Klawonn</b>
<b>Alyssa Burnstine</b>	<b>October 23</b>	<b>Granddaughter of Judi &amp; Stan Veouka</b>
<b>Aaron R Moore</b>	<b>October 24</b>	<b>Son of Rob &amp; Sherry Moore</b>
<b>Colin Henderson</b>	<b>October 27</b>	<b>Son of Lisa Henderson</b>
<b>John "Jake" Mosansky</b>	<b>October 31</b>	<b>Son of Darlene &amp; John Mosansky</b> <b>Sister of Veronica Steif</b>

### **ANNIVERSARIES**

<b>Brian Scott Ludlow</b>	<b>September 1</b>	<b>Son of Ronald &amp; Karen Zaylik</b>
<b>Donyel Prather</b>	<b>September 1</b>	<b>Son of Donna Prather</b>
<b>Levi Nichols</b>	<b>September 5</b>	<b>Son of Bambi Nichols</b>
<b>Anthony Alexander Sosa</b>	<b>September 12</b>	<b>Son of Yvette Sosa</b>
<b>Marleea Gerfen</b>	<b>September 13</b>	<b>Daughter of Marsha &amp; Lee Bell</b>
<b>Brian Scott Engle</b>	<b>September 13</b>	<b>Son of Louise Engle</b>
<b>Heidi Anne Herrmann</b>	<b>September 14</b>	<b>Daughter of Bonnie Brackus</b>
<b>Mike Curtis</b>	<b>September 17</b>	<b>Son of Sonya Curtis</b>
<b>Aaron R Moore</b>	<b>September 19</b>	<b>Son of Rob &amp; Sherry Moore</b>
<b>Joshua William Bowman</b>	<b>September 26</b>	<b>Son of Robin Bray</b> <b>Nephew of Kimberlee Christensen</b>
<b>Kelsey Heaps</b>	<b>September 26</b>	<b>Son of Dawn Heaps</b> <b>Brother of Steven Heaps</b>
<b>Sharon Beth Gray</b>	<b>October 4</b>	<b>Daughter of Pam Gray</b>
<b>Mark Sailors</b>	<b>October 10</b>	<b>Son of Michelle Sailors</b>
<b>Tracie Musich</b>	<b>October 19</b>	<b>Daughter of Trisha Musich</b>
<b>Kerrin Fleming</b>	<b>October 21</b>	<b>Daughter of Barbara Fleming</b>
<b>Heather Donnelly</b>	<b>October 23</b>	<b>Daughter of Daniel Donnelly</b>

*Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered. [vszech@comcast.net](mailto:vszech@comcast.net)*



## A Happy House

"I raised three boys. Two are living." This is the response I give when some- one asks about children. Of course, this response does not begin to express the many emotions and images that cross my mind when I respond thusly.

When Brad died the life went out of our house. Let me explain: Our oldest, studious and bookish, kept to himself and rarely invited friends home. Our middle son was independent, shared little of his social life with me or his dad, and was usually out of the house on some activity. Brad drew people to him. He had a constant entourage of friends, boys and girls, in our house. And what a mix! The Korean boy who gifted Brad a pet crayfish (which we had to collect bugs for it to eat when the boys went away to summer camp). The Japanese kid whose dad helped us read the Japanese baseball cards my husband got from a co-worker recently home from Tokyo. The Peruvian lad whose mom hadn't learned English yet so I had to break out my high school Spanish to give her driving instructions to our house. Once he became a teenager there were more than a few mornings I found the basement full of boys sleeping on the floor and the refrigerator empty. The house always seemed alive. I enjoyed hearing about all the activities, antics, and goings-on that Brad, unlike his brothers, loved to share with us.

I miss Brad terribly and the aurora of life that surrounded him. No more stories; no more noise; no more people. Along with Brad the house itself, seemed to die. As I grieved for Brad, I also grieved for those happy, exciting days.

A dozen years have disappeared and I'm still in my beloved home. There are changes, however. Most welcome are grandchildren that bring commotion and messes. Toys and picture books are scattered hither and yon.

Highchairs and port-a-cribs commandeer living space. Bibs, bottles and building blossom every surface. The house has reawakened! New

dreams. New hope. New noise. Who knew you could miss it so much.

Susan Berman Baltimore, MD

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XX No. 3, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## LET IT GO

*Let go of the ways you thought life would unfold: the holding of plans or dreams or expectations – Let it all go. Save your strength to swim with the tide. The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for. Let go.*

*Let it all go and flow with the grace that washes through your days whether you received it gently or with all your quills raised to defend against invaders. Take this on faith; the mind may never find the explanations that it seeks, but you will move forward nonetheless.*

*Let go, and the wave's crest will carry you to unknown shores, beyond your wildest dreams or destinations.*

*Let it all go and find the place of rest and peace, and certain transformation.*

*Danna Faulds*

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXI No. 4, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## THE RIVER OF GRIEF AND HOW TO KEEP BEING

*By Jini Maxwell*

When I think about grief, words don't really come to mind. What I do get is the visceral feeling of being too deep underwater. When I think of grief, I imagine the sudden stab of fear that accompanies a realization that you've dived deeper than you first thought: your trapped breath like a weight in your chest, the glimmer of oxygen perpetually too many arm lengths away.

Grief is more than a feeling. It's really an environment, a new condition to your life that you have to meet with your whole self. No amount of swimming against the current, or scrambling up the banks, will make it easier to navigate. Most importantly, it is not a puzzle you can think your way out of. It's something more bodily than that, like the mammalian diving instinct. At first contact with water, an infant's heart rate slows, oxygen moves more slowly, and the glottis spontaneously blocks access to the lungs, all before the conscious mind can react at all. Living with grief is an animal experience, and surviving it requires the action of a body that knows how to keep being when the mind couldn't possibly go on. Your body knows how to keep you safe, not just before your conscious mind, but instead of it. You just have to be in it, and it has to be processed as a part of you.

The bad news is, no amount of time in rivers of grief will prepare you for a new one. The good news is, you didn't drown then and you're not drowning now. Your body is carrying you through the experience on instinct. Take a deep breath and listen to yourself from the toes up. Feelings are hard, inconvenient and unpredictable, but the less time you spend fighting your body's messages, the more you can learn from them.

Survival is, in the end, a game of trust, and not of thought. You have to trust that you can survive your own emotions. You have to feel, even if it's overwhelming. The most important thing to remember about the river of grief is you're not surviving it wrong. It's not taking too long. You're not moving too quickly.

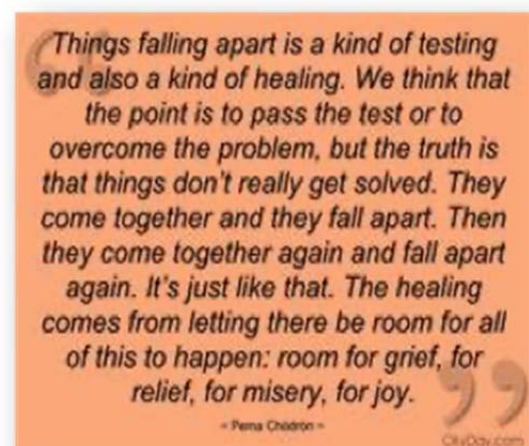
The river you are in is just the river you are in, without moral resonance. Trust that you can cope with doing what you need.

It's easier to think of grief as something of a redemption arc, starting with pain and ending with the well-being you knew before. But mourning exists without narrative; it's not something you can itemize in a eulogy. The river's current will stick with you for longer than you expect, and you'll emerge and re-emerge from the worst parts of it feeling as shocked by the ways you've stayed the same as you are by the way you've changed. Like a newborn in a swimming pool, trying to analyze your progress is only going to make the water feel heavier around you. Your body knows what it's doing.

In the moments that you feel yourself entirely submerged, trust that your heart rate may slow, your throat may close and the pressure may build, but your body knows how to navigate this space, even if your mind does not. Every fiber of you is already working slowly and carefully to navigate this new emotional landscape, if you let it. That's how survival happens—by gentle instinct, not by achievement or analysis. Take the time to be in your body, listen to every soft and hurting part of yourself whenever you feel the urge: beat to beat, without scrutiny, until you can resurface.

How ever you're going, you're going okay.

Lovingly borrowed from A JOURNEY TOGETHER, National Newsletter of the Bereaved Parents of the USA, Fall 2016, Volume XXI, No. 4



## PLEASE DON'T ASK ME IF I'M OVER IT YET

**Please, don't ask me if I'm over it yet.  
 I'll never be over it.**  
**Please, don't tell me she's in a better place.  
 She isn't with me.**  
**Please, don't say at least she isn't suffering.  
 I haven't come to terms with why she had to  
 suffer at all. Please, don't tell me you know  
 how I feel  
 unless you have lost a child.**  
**Please, don't ask me if I feel better.**  
**Bereavement isn't a condition that clears up.**  
**Please, don't tell me at least you had her for  
 so many years. What year would you choose  
 for your child to die? Please, don't tell me  
 God never gives us more than we can bear.**  
**Please, just tell me you are sorry.**  
**Please, just say you remember my child, if  
 you do. Please, just let me talk about my  
 child.**  
**Please, mention my child's name.**  
**Please, just let me cry.**

*Rita Moran*

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXI No. 4, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

## GUARANTEES

By Tim Soelzer (Christopher's brother)

I always felt safe with Chris. There was always a guarantee that I would be taken care of because of him. I knew that he had my back and would move mountains for me. There was always guarantees when he was in my life. He got me. He loved me. He believed in me. He was my guarantee in life. Chris was always going to be there, cheering me on, giving me advice, laughing with me, fighting for me. There was nothing that prepared me for the day when the guarantee was no longer there, when Chris died. There was no longer a guarantee that I had another birthday with him, another Christmas, another wrestling match in the middle of the living room floor which always ended with him winning.

Now, with the guarantees that I had gone, I was left with a mess. The remaining members of my family were working through their own grief so there I sat, alone. For some reason, I was put in this position. Everyone in my life was wearing headphones, and I was invisible. I would speak and no one would listen, I would try to have the same type of conversations with my parents as before but it just wasn't working. Nothing worked anymore. Everything was broken. I just wanted to laugh again! So, I had a choice to make. I made the choice to create my own, new guarantees. I had to be there for me. What Chris's death taught me was there are no tried and true guarantees in life. Life is going to change. Life is going to evolve. People are going to leave us, and people are going to die. I had to change my relationship with my parents, and other living siblings. I had to love me, cheer myself on and give myself advice. I had to fight for me!

My brother, Captain Christopher Frank Soelzer, was an amazing man. He was too big for this world. He lived every day as if it were his last. His laugh and his spirit could fill a stadium. I am eternally grateful to my parents for giving me such a wonderful human being to grow up with. I am blessed to know what unconditional love is. The world lost an incredible piece of the puzzle that Christmas Eve in 2003, but I have the guarantee of knowing that heaven gained an angel that day.

Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXIII No. 3, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

*“When after heavy rain the storm clouds disperse, is it not that they've wept themselves clear to the end?”*

~ Ghalib

(Kidnapped continued from page 2)

First, I'd encourage you to take care of yourself. Eat healthy, drink healthy fluids, rest (even if you can't sleep), and don't try to self-medicate with drugs or alcohol. As your strength returns, get some exercise. It relieves stress and gets you moving again, even if it's a short walk around the block. Take time for yourself and remember to find something that will bring you enjoyment by providing a little retreat from your grief.

Next, learn about the grieving process. Talk to people who have been through it. Attend a grief support series, the kind that teaches about grief systematically such as *GriefShare* ([www.griefshare.org](http://www.griefshare.org)), *GriefCare* (contact Pam Brubaker 916.300.8776), or *Journeying Through Grief* ([www.GriefToolbox.com](http://www.GriefToolbox.com)).

Read about the grief journey others have experienced... there's a wealth of knowledge between the covers of the thousands of books that have been written on the subject. There are endless resources on the Internet for bereaved parents, and some on-line support groups are helpful.

This may sound odd, but there are many movies and television programs that include grief situations that we may not have noticed before. In my opinion, most of them are pretty accurate in their portrayal of grief. They won't teach us all we need to know about grief, but by observing these situations, they will help us figure it out for ourselves.

There are also conferences you can attend where you can learn from experts about dealing with grief. National bereaved parent organizations such as Bereaved Parents of the USA [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org) have national conferences each year during the summer months. (See page 7 for more details)

Connecting with other bereaved parents who truly understand is important beyond measure. When we are with people who understand, we don't have to wear the mask that says, "I'm ok." We can just relax and be ourselves. In time, you may be the "safe place" for someone else who is newly bereaved, or even someone who has stuffed their grief for a while and is now looking for help.

The good news is, we are created to be resilient! We are survivors! Most of us want to get through it and we don't want to give up. We may feel overwhelmed for a time, and we may feel pushed back by those waves of emotions, but we are inclined to get back up and keep moving forward.

The death of a child will change us forever. We may look the same on the outside, but we will never be the same on the inside. It will change our perspective on life, hopefully for the better. It will make us stronger. Arleah Shechtman, author of *My Beloved Child, My Journey Since the Death of My Daughter* said, "The biggest surprise I've had after Sharon's death is that my grieving has opened me up to all that is beautiful and wonderful about this world. My appreciation for others and their struggles is greater, and I stop to smell the roses more often – something I call 'living from the gut'."

If you're reading this and you're new in your grief, you may be doubtful that you'll ever feel this way. I think, though, that in time, you'll be surprised at how true this will be for you. Later in her book, Arleah goes on to say, "It might comfort you to realize that the life you build from this point on wouldn't have been possible without the love you felt – and still feel – for your loved one. In a very real way, he or she is still a vital part of who you are."

When a kidnapped person returns, they are not the same person they were before. If you reach out for help and do the work, you will be able to figure out who you are again so you can function as the new person you have... or will... become. Yes, it's true... grief does kidnap your soul... but it doesn't have to be forever.



Borrowed from A Journey Together the newsletter of The Bereaved Parents USA **Summer** Volume XXIV No. 3, [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**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](mailto:vszech@comcast.net) or 31023 Prairie Ridge Road, Libertyville, IL 60048.

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

TCF National Office - 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](http://www.compassionatefriends.org)

**Steering Committee 2021 – 2022**

**CHAPTER LEADERSHIP** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – son, Westley Banks Age 21 of suicide

**TREASURER** Tammie Barrera 847-872-9684 [julyson2@gmail.com](mailto:julyson2@gmail.com) son, Aaron Barrera Age 29 Auto accident due to Diabetes

**COMMUNITY OUTREACH** Sue Battis 847-445-7004 [suebattis@yahoo.com](mailto:suebattis@yahoo.com) son, Nick Battis Age 24 of suicide.

**HOSPITALITY** Kris Frisby 847-366-3170 [Kefrisby88@comcast.net](mailto:Kefrisby88@comcast.net) son, Camden Frisby Age 15 of suicide.

**SECRETARY / LIBRARIAN**

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**NEWSLETTER EDITOR** Vicki Szech 847-573-1055 [vszech@comcast.net](mailto:vszech@comcast.net) daughter, Rachel Szech Age 16 Horseback-riding Accident

**NEWSLETTER PRINTING & MAILING** Toni Nesheim 847-204-7585 [tnesheim@sbcglobal.net](mailto:tnesheim@sbcglobal.net) & Denny Salomonson, 847-223-7353 [drdeno@sbcglobal.net](mailto:drdeno@sbcglobal.net) - daughter, Rachel Salomonson, 19 Auto accident

**WOODLAND WALK COORDINATORS** Christine Pado 847-455-6642 [chpado@gmail.com](mailto: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](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto: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](mailto:mirthavidal1213@yahoo.com) & Raphael Vidal [rvidal1027@yahoo.com](mailto: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/>