



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

December 2023 Newsletter



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

Chapter Leader Notes from Susan

If Christmas is hard. If you've lost someone dear.
Just look in your heart,
And you'll know they're still here.
The star in the sky, the light falling snow.
The cardinal outside, it seems like they know.

If this is a time,
When you're struggling through.
Just do what you can, for what matters, is you.
There's no need to be merry, there's no need to be bright.
Just do what you can, it will be alright.

By Lorna Gibson



Dear Friends,

I wish each of you a kind and peaceful holiday. Honor your loved one how you need to, and do what feels best for your fragile, yearning heart. You are missing a huge piece of you, so do whatever you need to do to find a sliver of peace. Focus on what you can control ~ do what is right for you and your family during the holidays. Allow yourself a range of emotions ~ it's ok to be sad and it's ok to feel joy.

I was remembering back to the first year with Westley gone. I know I struggled to believe that he was gone and not coming home again, nor would we be going to see him at his home in Champaign. We would not celebrate another birthday or holiday with him. We would not celebrate the upcoming graduations of his or his brother and sister. We would not see him in another musical performance or view his art gallery or celebrate his career choice.

There were so many parts of our lives that are forever changed when Westley died. My grief can be so painful, it just hurts my mind, my body and settles in my soul. I carry it with me always. It ebbs and flows, is gentle and quiet and can be harsh and loud. It is my grief, and I will carry it with me always. It is my love of Westley, and I will carry him with me always, in my thoughts, in my heart and deep in my soul.

I remember attending the Candle Lighting Ceremony the first year my son died, and I am forever grateful for this evening of remembrance. The ceremony gave me a safe place to honor and remember Westley with our family.

Our candle lighting ceremony offered me a place to remember my son with others who understand. It is an evening of kindness and hope. We offer a sliver of peace to you and your family and a place to gather to remember and honor our children who have gone to soon.

Your friend,

Susan Westley's mom

**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.

**First Thursday of the month meeting on
December 7, 2023. 7:00pm - 9:00pm.**

I will open the meeting at 6:30pm. If you need assistance joining contact Susan at 847.366.9375.

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.

Zoom Link Compassionate Friends Candle Lighting Ceremony 7:00pm - 9:00pm. US Central time /Canada.

Join Zoom Meeting

<https://us02web.zoom.us/j/8640204075?pwd=UGFwN01Ec0xWVHhFdUN2ZUdVVIRDdz09>

Meeting ID: 864 020 4075

Passcode: 979299

Find your local number:

<https://us02web.zoom.us/j/kd27JJ0D0K>



When winter comes into our lives
With its uncertain sound
To strip us of our warmth and joy,
Our petals on the ground,
We may be tempted to give up;
To fold beneath life's storm
We may be tempted to forsake
The hope which keeps us warm.
But, we must learn to stand up tall;
To always face the sun,
And patiently await the day
When winter's work is done.
For winter winds will cease to howl,
The snows will melt away.
Then we shall see the beauty of
Another summer's day.
And we will have renewed our
strength
When summer's wind first blows,
For God will whisper once again
The promise of a rose.

~reprinted from St. Louis Chapter of Bereaved Parents Newsletter November/December 2006



OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN DECEMBER

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, if we remember them and celebrate their lives.

BIRTHDAYS

Montana (Monti) Brown	December 2	Son of Donna Brown
Tracie Musich	December 4	Daughter of Trisha Musich
Alexander Rettinger	December 9	Son of Kathleen Rettinger
Rafael Villanveva	December 9	Son of Victoria Villanveva
Joseph Stewart	December 12	Brother of Mary Angel Barrera
Joey Frase	December 11	Son of Cathy Frase
Ryan James Nichols	December 12	Son of Jackie & Jim Nichols
Alina Mejdouli	December 13	Daughter of Amanda Booras
Rasheed Mariano	December 15	Joan Mariano
Daniel Wang	December 15	Son of Millie Yu
Kerrin Fleming	December 16	Daughter of Barbara Fleming
Jacilynn Wright	December 16	Daughter of Michell Wright
		Niece of Susan Banks
Zack A Maslanich	December 18	Son of Karen Zimmerman
Delilah Vivian Butler	December 21	Daughter of Aileen & Chris Butler
Barry J Grazier	December 22	Son of Robert & Mary Ann Grazier
Tommy Howe III	December 23	Son of Tom & Mary Margaret Howe
Raphael E Vidal	December 24	Son of Raphael & Mirtha Vidal

ANNIVERSARIES

Shane Betar	December 1	Son of Leia Betar
Nathan Enright	December 5	Son of Martin Boyle
Sean Jones	December 6	Son of Octavine Jones
Mitchell Rodefer	December 6	Son of Dennis & Susan Rodefer
Felicity Patrick	December 6	Daughter of Nicole Patrick
Jose Barrera	December 14	Son of Lorena Alcala & Orsy Barrera
Adrien Gonzales	December 15	Son of Lauren Gonzales
Andrew Muno	December 15	Son of Darlene Muno
Scott Ewing	December 16	Son of Alan & Renee Ewing
Kal-El O. Sexton	December 21	Derry Sexton
Ayssa Wood	December 26	Daughter of Elizabeth Wood

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 - 847-337-4168



The Gift We Give Ourselves

Six Christmases later, I think I have run the gamut of emotions. Of course, the first two Christmases after my daughter Nina died were pretty much a blur. I do remember the first one; so desperately trying to go through the motions and determined that my family would have as unchanged a Christmas as possible. I would momentarily lapse into my grief stupor, only to pick myself up by the bootstraps and zombie-like, plod onward toward my goal to "normalize" an anything-but-normal Christmas.

Nina adored the holidays. She could scarcely wait for the day after Thanksgiving so we could pull out the holiday music tapes, get out the cookie press so she could make her favorite Spritz cookies, and decorate her daybed frame with tiny Christmas lights. Therefore, I was positive that Nina would want us to go on with Christmas as if the numbing and life-altering tragedy that had befallen our family had never occurred. I had convinced myself that it is what she would have wanted so out came the Christmas tree and all the ornaments. Shopping commenced as usual, plowing my way through crowds of cheerful people, full of the spirit of the season. I wouldn't allow myself to see that I didn't belong amongst them -at least that year. Eventually, the charade took its toll and I paid for it for weeks afterwards. Then again how could any of us know how we should feel that first Christmas, or what we should or shouldn't do during the holidays after our child died? For most of us, we had never experienced the death of a child before. There are no step-by-step rulebooks on how to grieve. And even if there were, each of our children is unique and therefore so is our grief.

That second Christmas I didn't have enough energy to even run on empty. I felt drained

and barely made it through necessary day-to-day tasks. The Christmas tree made it out of the box that year but sat undecorated in the



middle of the living room floor. Only when my son asked about five days before Christmas, if we could either put some lights on it and sit it in its customary corner, or just put it away that Christmas did I make an effort to do anything with it at all. That year I didn't attempt to sugarcoat my emotional state of mind I didn't pretend that everything was "normal."

If possible, we would cut out November, December and January 1st out of our calendars--just close our eyes and wish it away. But since we can't, we have to do the next best thing--we need to give ourselves a gift this holiday season. And in doing this, we give our family and friends a gift as well. That gift is taking care of us through this trying holiday season, to do what feels right to us. We can try to spare ourselves any unnecessary stress. That could mean doing away with the old family traditions and making some new ones. It could mean having Christmas dinner at a restaurant. That gift to us might be to go away for the holidays; for others that may be just staying home and doing nothing. Maybe a relative or family friend could help with any preparations or gift buying that we feel we might want to do this year. Possibly they could involve any surviving siblings in their holiday happenings so that they too feel like they are participating in something for the holidays. So often our family and friends feel helpless and desperately want to find some way to assist us and this is one way that they can. ~from the TCF Chapter in Tuscaloosa, Alabama said "No matter how many people or how many presents, the pulsating void that seems too large for your heart to hold keeps on drawing your attention back to the child who is missing. As others laugh and play, your thoughts fly away - to Christmases past or a snowy cemetery. Give me a special gift this year...let me weep."

(Continued on page 6)

We Remember Them

*The Compassionate Friends of Northern Lake County
invites you and your family and friends
to the Worldwide Children's Candle Lighting Ceremony*

*"We come together in memory of a precious child whose light burnt so brightly,
yet so briefly. These children, who died from so many causes and at all
ages, are forever a part of our lives."*

*Sunday, December 10, 2023 ~ 6:30 p.m.
Millburn Congregational United Church of Christ*

** Note that road construction has created a new Grass Lake Rd & changed
the access to the building which is now on Old Town Court.*

Candles are provided for everyone at no cost.

*You are invited to stay for refreshments after the ceremony.
You are welcome to bring a dessert or snack to share if you like.
Coffee and water will be provided.*

*A table & display board will be provided for families who would like to post photos
and/or share mementos of their children and siblings and grandchildren.*



The Compassionate Friends
Supporting Family After a Child Dies

Questions? Please call Susan 847.366.9375/email Lanwesmar@comcast.net



Susan Albee
Rusty Anderson
Westley Banks - Aaron Barrera -
José Barrera - Martin Bernal - Shane Betar
Montana (Monti) Brown - Delilah Butler - Carlos Cantu Carlson
Alyssa Carranza - Amanda Cecchi - Nathan Clyde - Robert Corbett
Keegan Cray - Sage Cue - Michael Curtis - Jennifer Dennis
Erin Dinklenburg - Heather Donnelly - Elder Alamilla
Nathaniel Enright - Scott Ewing - Kerrin Fleming - Joey Frase
Michael Lee Brandon Hamilton Frederick - Camden Frisby - Amy Fry-Pitzen
Dan Furlan JR - Michael Gaede - Isaiah Garza - Marleea Gerfen - Kyle Glueck
Adrien Gonzales - Megan Candice Grace - Sharon Beth Gray
Barry J Grazier - Jim Grazier - Brendan Hall - Marc Hawkinson - Kelsey Heaps
Colin Henderson - Heidi Hermann - Casperin Hernandez - José De Jesús Hernandez
Noel Wendell Hernandez - Korey Hill - Chris Houchin - Tommy Howe III
Jammi Shonlei Hui - Lisa M Johnson - Sean Jones - Lily grace Kennedy - Brian Keough
Donette Klawonn - Kelly Klawonn - Lea Anne Knuth -- Brian Langevin
Luke Laskowski - Adam Michael Laufer - Mickey (Michael) Lesniak
Scott Levin - Kevin Lopez - Brian Scott Ludlow
Selene Martinez - Zack Maslanich - Shannon McCarty - James McClintock
Pressley Suzanne McHugh - Alina Mejdouli - Daniel Middaugh - Raegen Migacz - Maggie Miles
Anna Smith Miller - Elora Montgomery - Aaron R. Moore - Andrew Muno - Gabriel Murphy, Jr.
Micah Gerald Musich - Tracie Musich - David Nesheim - Levi A Nichols
Ryan James Nichols - Ryan Nieves - Edgar O Villareal - Justin Cody Ortega
Nicole Parfitt- Felicity Patrick - Andrew C Perkins - Victoria Pickett - Timmothy Pitzen (missing)
Daniel Powalish - Donyel Prather - Javier Ramirez - Douglas Ramsay - Timothy Reece
Sven Christian Reinhard - Alexander Rettinger - Luis F Reyes - Rachel Elaine Robertson
Mitchell Rodefer - Christain Romero - Lisa Roseman
Adam Rubin - Lila Ruffolo - Taylor Albert Rydahl - Rachel Salomonson
Charlie Schmit - Griffin Schumow - Ashley Seay - Kal-El O. Sexton
Gavin Short - Dylan Smith - Jaime Smith - Anthony Sosa - Angel Soto - David Spannraft
Josephine Stewart - Jeff Stirnichuk - Marcia Stone -
Rachel Elizabeth Szech - Zachary Taylor - Russell Thomashow - Anne Thomson - John Thumel
Matthew Tisch - Tony Trejo - Danielle Trevithick - Tony Trevithick Jr - Sandra Varela
- Raphael Vidal - Raphael Villanveva - Edgar O Villareal - Qua'Shawn Wade - Daniel Wang -
Autumn Ward - Brandon Ward Nick Weber - Paulina Welch - Bill Werchek - Eric Wiatr
Lindsay Wilczynski - Elizabeth Willding
Darien Wilson - Alyssa Wood
Jacilynn Wright
Roderick Young
Stephanie Zamarro



Holidays

Is it just me, or are you tired of all the holiday advertising on television too? Frankly, I'm starting to get tired of watching the seemingly happy families seated around a big table enjoying a large holiday meal or the families seated around a Christmas tree opening gifts. No, I haven't turned into the Grinch, it's just that things are different after you lose a child, and it just seems like the ads shove happy, happy holidays in your face.

I was reading an article in the Jackson, Mississippi TFC newsletter called "Don't Be Fooled Again" by Ken Nottingham. Ken makes an excellent point. The advertisements show make believe families played by actors to make you feel good about buying the sponsor's product. There's nothing wrong with that, he says, unless you expect your own holidays to be as magical as the ones on TV. Let's face it; Halloween, Thanksgiving and Christmas can be tough times for bereaved parents, and especially for the newly bereaved. And I'll add this thought- wouldn't it be interesting to know if the actors portraying the happy families on the advertisements actually have that happiness in real life?

Years ago, I used to do some occasional, taped, radio interviews for a local radio station. I did quite a few interviews with a clinical psychologist and I believe it was him who pointed out that the holidays can be sad for certain people. At that time, about 25 years ago, I didn't fully comprehend what he meant. Now I do. We can't expect advertisers to accommodate us, but it would be nice if at least some of our friends understood and showed us that they did.

Maybe the answer, as Ken says (and I agree with him), is to relax and take things as they come. So, take it easy and treat the holidays as just another day. Things may work out better for you. And while it's on my mind, society makes such a big thing out of the holidays - we're supposed to be happy, spread cheer, buy gifts, say nice things to each other, show an interest in our fellow man, etc. I have just one question - why can't we do those nice things in January, or March, or September or any day of the year??

Written by David Haddock
Clinton, Mississippi
In loving memory of Bonnie Catherine
Haddock (02/06/1985-08/13/2002)
haddockdavid@bellsouth.net



(The Gift We Give Ourselves continued from page 4)

The friendship and understanding of other bereaved parents is one of the most helpful gifts we can give ourselves. Other bereaved parents will let us reminisce of happier Christmases' past; will allow us to speak our child's name without hesitation; and will let us cry and not be uncomfortable with our tears. It is so consoling to be able to share your feelings with someone who understands that, for us, grief does have a place in our holiday. In turn, by being a listening ear for them we have given them a gift as well.

When I think back, I am not sure if I found comfort in hearing that the holidays would get easier in time. I think I was so preoccupied (and with good reason) with the fact that my Nina was gone and the holidays would never be the same. But I have learned to know what I can and cannot handle. I have learned how to say, "I just can't do that this year". I have learned that, although I couldn't imagine it then, with each passing year the holidays have become a little easier to deal with. And I absolutely believe that Nina does understand my need to alter Christmas since she died. That she would want me to change what I need to in order to get through the holidays. Nina would want me, as all of our children would want us, to be gentle with ourselves and to take care of our tender hearts. That gift we give ourselves is also a gift we give to them what they would want for us: for us to find as much peace in whatever way that we possibly can.

We have many new TCF members this year who will be facing that first Christmas without their child I will, as I know all of us will, keep them all close in our thoughts and hearts these next two months. With love, peace and gentle thoughts this holiday season,

Cathy L. Seehuetter, St. Paul, MN - TCF
peachy3536@comcast.net

IN LOVING MEMORY LUMINARIES — ORDER FORM



THE NORTHERN LAKE CO IL CHAPTER OF THE COMPASSIONATE FRIENDS IS OFFERING AN ADDITIONAL OPPORTUNITY FOR BEREAVED FAMILIES TO REMEMBER THEIR LOVED ONES DURING THE ANNUAL CANDLE LIGHTING CEREMONY ON SUNDAY, **DECEMBER 10, 2023**. THE CEREMONY WILL BE AT THE MILLBURN CONGREGATIONAL CHURCH, 19073 W. OLD GRASS LAKE RD, LAKE VILLA, IL 60046 AT 6:30 P.M.

The luminary is an opaque bag that has a weight and a flameless, battery-operated candle inside of it. The label on the outside will read "In Loving Memory" and your child's or sibling's name will be printed on it. The luminaries will be used to line the hallway of the Millburn church that leads to the sanctuary where the candle lighting ceremony is held. The soft light will provide a touching and welcoming entrance to the ceremony. The luminaries will be placed in alphabetical order by last name so that you can easily find your luminary and take it home with you.

We are asking a donation of \$5. for each luminary but no one will be refused. The donations pay for the materials for the luminaries and the remainder will go toward chapter activities and materials.

If you have questions, please call Susan at 847.366.9375. **Please mail in by November 30, 2023.**

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I/we would like to order _____ (total no.) luminaries in memory of the following:

1. _____
2. _____
3. _____

Ordered by (your name): _____

Phone number: _____ Email address: _____

Enclosed Amount: \$ _____ Check #: _____

Please make checks to: "NO LAKE CO TCF"
Mail to: No Lake Co TCF – 1427 Clavey Lane Gurnee, IL 60031



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 Mary Ann Grazier
For sponsoring the newsletter
in memory of
Jim Grazier and Barry Grazier**

"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.



We have a very special event coming in December, The Annual 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 10, 2023. 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 7, 2023, 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.

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.*

You Are Cordially Invited to the**The Compassionate Friends of Northern Lake Co. IL. Candle Lighting Ceremony***We Remember Them***To Honor Your Child, Sibling, Grandchild, Niece, Nephew who has Gone Too Soon.****Thursday December 7, 2023, 7:00 p.m. I will open the meeting at 6:30 for Welcoming and assistance if you are having any concerns with joining the zoom ceremony.****(Central time US and Canada)****A Virtual Candle Lighting Ceremony****All You Need is a Candle, a picture of your loved one and a computer or cell phone.**

Susan Banks is inviting you to The Candle Lighting Ceremony.

Join Zoom Meeting

<https://us02web.zoom.us/j/8640204075?pwd=UGFwN01Ec0xWVHhFdUN2ZUdVVIRDdz09>

Meeting ID: 864 020 4075

Passcode: 979299

One tap mobile

+13126266799,,8640204075#,,, *979299# US (Chicago)

+13092053325,,8640204075#,,, *979299# US

Find your local number: <https://us02web.zoom.us/j/8640204075?pwd=UGFwN01Ec0xWVHhFdUN2ZUdVVIRDdz09>

We remember them...

"We come together in memory of a precious child whose light burnt so Bright, yet so briefly.

These children, who died from so many causes and at all ages, are forever a part of our lives."

**The Compassionate Friends**

Northern Lake County Chapter
Supporting Family After a Child Dies

Questions? Please call or text Susan; 847-366-9375 or email; lanwesmar@comcast.net

**REQUEST FOR PHOTO FOR
POWER POINT/SLIDE PRESENTATION
OF LOVED ONES**

We Remember Them

**ANNUAL WORLDWIDE CANDLE LIGHTING CEREMONY
Sunday December 10, 2023, 6:30 pm**

Millburn Congregational Church
19073 W Grass Lake Road, Lake Villa, IL 60046

Please consider including a photograph of your loved one in the candle lighting ceremony through a Power-Point presentation. It is very touching to see the faces of the children and brothers and sisters and grandchildren of our fellow members of The Compassionate Friends.

If you have a photo that you would like to include in the presentation, please include your loved one's name, age at time of death, your relationship (son, daughter, brother, grand-daughter etc.) as well as your phone number and email address. Attach 1 photo to the email. If you are not able to send the photos electronically, you can mail them to me, and I will scan them for the presentation and mail the originals back to you. You can also text the photo and information to me.

If your loved one was included in last year's presentation, we will use the same photographs in the Power-Point presentation.

Due date November 30, 2023

Mail your photo or attach it to an email or a text message and send it to:
Susan Banks 1427 Clavey Lane Gurnee, IL 60031/email; Lanwesmar@comcast.net
Text to 847.366.9375



The Compassionate Friends
Northern Lake County Chapter
Supporting Family After a Child Dies

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 2022 – 2023

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/>