

The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

July 2024 Newsletter

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



Journey of Healing

~Marin County and San Francisco, California
Chapters TCF Newsletters, May 2000



I remember, 15 months after Philip's death, the exact moment I fully realized that my life no longer held hope. What it held was horrible pain, Unending guilt and a scary, shocking understanding that I had no idea at all what the world was about.

My persistent desire was to ease the pain. If I had a

thread of hope—besides somehow finding a way to be in touch with Philip—it was that maybe I would develop a terrible illness and get to die. I didn't know anyone else who felt this way, and I didn't talk about it with anyone.

So, imagine my surprise when, at a conference for survivors of suicide, a bereaved mother told us that not long after her son's death, her doctor discovered that she had a brain tumor. "I was so relieved" she told us. Then the surgery showed a benign, not malignant, tumor. "I was devastated," she said.

This mother was a leader at the conference. She was lively, confident and encouraging. She was compassionate. To me, a newly bereaved parent, she was an incomprehensible being. I had encountered a few bereaved parents whose children had died years earlier. I would see them going about their lives, involved in daily events, chatting easily with friends as I used to, laughing like "other people" (i.e., the non-bereaved). My only way to make sense of their behavior in light of my own pain was to guess that they must not have been very close to their children. Yet here was this mother, who had also wanted to die, and she was like those other bereaved parents.

Now I am one of the parents whose child died "years ago." I know that the desire to die is a natural part of grieving, experienced by many parents.

I know that humor returns (it took well over a year for me) and that I (and you) can laugh and chat with friends and engage in a normal daily life again.

I also know that underneath the renewed life is a private interior place where our children live, protected and cherished. I know that other parents hold within the same aching emptiness that I do, and the same longing, and the same loneliness for a beloved child who died too soon.

May you go forward in your journey of healing in the way that is right for you, strengthened by the knowledge that your child would want for you what you wanted for her and for him: a full, good life. May we continue to affirm hope to one another, even as we seek to soften pain. And may we live in such a way that we honor our beautiful children, who truly would say to us if they were here, "I am proud to have been your daughter; I am proud to have been your son."

With love,
Kitty Reeve

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me. It means that even after I die, you can still see my face and hear my voice and speak to me in your heart.



~Frederick Buechner

~reprinted from the Sugarland TX TCF Chapter
June 2008 Newsletter



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, Heart Remembers, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.

Chapter Meetings

Northern Illinois Chapter TCF #1511

<http://www.iltcf.org/index.html>

Zoom meeting

First Thursday of the month

7p.m. to 8:30pm

Susan Banks will email the link to the meeting

Third Thursday of the month meets at

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.

Open discussion

It's also ok to sit and listen and when you feel comfortable sharing, please share with us.

Chapter News

Upcoming events for our Chapter

July 4 is our zoom meeting, that is the 4th of July. So, I am going to schedule the Zoom Meeting for Wednesday July 3.

July 18 is our in-person meeting. I will not be at our meeting, Leia Betar, her son is Shane Betar and Shannon Seay, her daughter is Ashley Seay will lead the meeting this evening. Thank you, ladies, for your kindness and support.

Thursday September 19 The HeART Remembers. We will create art in memory of our loved ones.

Saturday October 5 Adopt a Highway Clean – up, rain date Saturday October 12.

Sunday December 8, 2024, 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. *More information will be shared to our members.*

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

MEMORIES

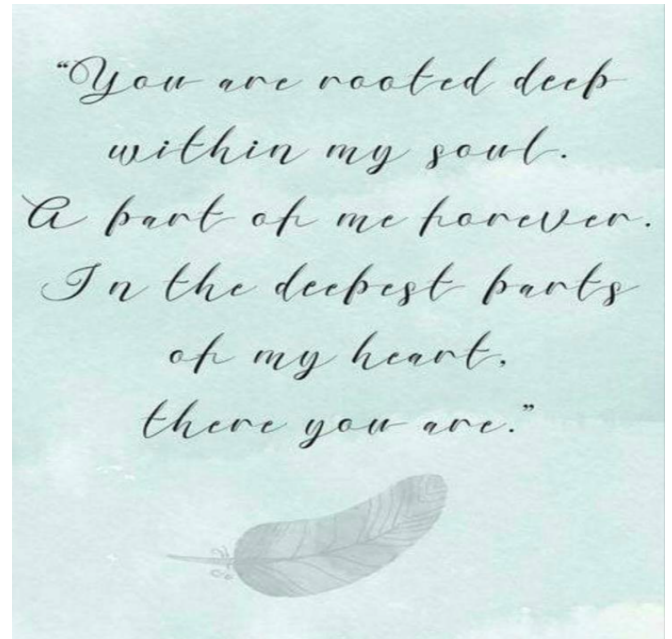
You are gone
but thank you
for all these soft, sweet things
you have left behind
in my home,
in my head,
in my heart..

Nikita Gill

Chapter News

A special Thank you to Kris Frisby, her son is Camden Frisby. Kris very kindly took the order for our Chapter yard signs and donated the 2 large signs and the 2 smaller signs.

A special Thank you to Shannon Seay, her daughter is Ashley Seay. Shannon writes and mails the Remembrance cards each month on your child's anniversary date.



THE CLUB

I am a lucky member of one special club.
 We were selected at random, not knowing it will come.
 Each one of us as members
 Have this unique rare bond
 We all have special angels, there in the sky above.
 This bond is...Oh, so special
 That every day we know
 What each one of the members is suffering alone.
 No words are necessary, no cry we need to hear,
 We feel each other's pain, whether we are far or near.
 We all know that our angels are happy and at peace,
 We just would like to see them,
 And at night...sing a lullaby until they go to sleep.
 We all wish we could tell them how much they mean to us
 And while they are listening, give them all a huge, big hug.
 Oh, God! Please let me have one day a big reward.
 I know that you can hear me, you know the pain I have.
 Let me one day, if you can, have my angel in my arms.
 Let me kiss him, long and hard!!!
 Let me see his face at last!!!
 Let me have him in my arms, let us never be apart.
 By Ileana Villahermosa in memory of her son
 Felipe, Orlando, FL

TCF Sibling Zoom Meetings

SIB Suicide Support - Meets 4th Monday of the month at 9:00 pm ET

Meeting with Jordon - Meets Tuesdays at 7:00 pm ET

Grief Book Club - Meets 1st Tuesday of the month at 7:30 pm ET

Write Your Soul - Meets 1st and 3rd Wednesday of the month at 7:00 pm ET

Meeting with Jason - Meets Thursdays at 7:00 pm ET

LGBTQ+ Sibs Meeting - Meets 1st and 3rd Thursdays at 9:30 pm ET

Canada Sibling Sharing Circle - Meets 2nd Saturday of the month at 1:00 pm ET

SIBS in Relationships and Partners - Meets 2nd Sunday of the month at 7:00 pm ET

To sign up for TCF SIBS newsletter, visit siblingisland.com or scan the QR code.





OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED JULY & AUGUST

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

<i>Gavin Short</i>	<i>July 2</i>	<i>Son of Beth & Allen Short</i>
<i>Noel Wendell Hernandez</i>	<i>July 13</i>	<i>Son of Colleen Sinsun Ramos</i>
<i>Brian Scott Ludlow</i>	<i>July 19</i>	<i>Son of Ronald & Karen Zaylik</i>
<i>Robert William Corbett</i>	<i>July 20</i>	<i>Son of Mary Ellen & Robert Corbett</i>
<i>Taylor Albert Rydahl</i>	<i>July 22</i>	<i>Son of Carol Ann & Keith Rydahl</i>
<i>Elizabeth (Liz) Willding</i>	<i>July 27</i>	<i>Daughter of Gigi Willding</i>
<i>Darien Wilson</i>	<i>July 27</i>	<i>Son of Tammy and Tim Olvera</i>

ANNIVERSARIES

<i>Daniel Powalish</i>	<i>July 5</i>	<i>Son of Mary Ellyn Carroll</i>
<i>Anna Smith Miller</i>	<i>July 6</i>	<i>Daughter of Carol Smith</i>
<i>Brandon Travelstead</i>	<i>July 10</i>	<i>Son of Joan Travelstead</i>
<i>Gabriel Murphy Jr</i>	<i>July 7</i>	<i>Son of Arvine Murphy</i>
<i>Hiezer Castillo</i>	<i>July 14</i>	<i>Son of Somara & Antonio Castillo</i>
<i>Elizabeth (Liz) Willding</i>	<i>July 14</i>	<i>Daughter of Gigi Wilding</i>
<i>Jaime Smith</i>	<i>July 19</i>	<i>Sister of Melissa Smith</i>
<i>Qua'Shawn Wade</i>	<i>July 24</i>	<i>Son of June Andrejewski</i>
<i>Sage Cue</i>	<i>July 26</i>	<i>Daughter of Ben & Jennifer Peterson-Cue</i>
<i>John Thumel</i>	<i>July 26</i>	<i>Son of Laura & Mike Thumel</i>
<i>Tony Trevithick Jr</i>	<i>July 26</i>	<i>Son of Tony Trevithick</i>
<i>Alyson Bixler</i>	<i>July 27</i>	<i>Daughter of Cathy & Dave Bixler</i>
<i>Victoria Piela</i>	<i>July 29</i>	<i>Daughter of Joanna & John Piela</i>
<i>Nick Weber</i>	<i>July 29</i>	<i>Son of Glenda Weber & Brother of Karen Lumusga</i>
<i>Javier Ramirez</i>	<i>July 30</i>	<i>Son of Julie Ojeda</i>

*I have felt no greater pain
than the moment when your
heart ❤️*

Stopped beating.

*And mine
carried on...*



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.
Susan Banks; lanwesmar@comcast.net 847.366.9375



“MEMORIES OF OUR CHILDREN”

The memories of our children are something beautiful that will endure in our minds, thoughts and hearts forever, beyond us --- into eternity. For, it is in eternity that our memories will re-join and re-unite into the reality of their presence with us. But here, on earth their memories are all we have left of them and as we remember them, we “feed” on their memories. Sometimes we may experience a “famine” where their memories may become vague and illusive as we try to re-capture them before they disappear altogether. Other times, we may experience a “feast”, where we can find nourishment for our souls, enrichment for our minds, and inspiration to continue our journey.

~ Their memories are the fountain in which we refresh ourselves, creating within us a restfulness of their presence that is constant, always with us.

So, in a dry and thirsty land when my soul seems parched and longs for my child, I wish for the fountain of memories to flow once again into my mind.

~ Their memories are the fire with which we warm ourselves, the blanket with which we wrap ourselves in the comfort of their warmth.

When I feel alone, cut-off, and cold from the bitter harshness of separation from my child, I wish for the fire of his memories to warm my soul and the blanket of his memories to comfort my cold, lonely heart.

~ Their memories are the mountains, looming large and immovable, in which we find strength and security.

When I feel weak and feeble from the heavy load of my grief that I have carried for so long, I wish for the mountain of his memories to strengthen and help me to continue on.

~ Their memories are the great giant trees with which we find the coolness and the comfort that sometimes only their memories can bring.

When the pain of missing my child overwhelms me once again, I seek the cool shelter from our

“family tree” of his memories to give me a respite from the burning heat of my grief.

~ Their memories are the portrait with which we paint their lives and ours, past, present, and future.

When I feel like life no longer has any meaning or purpose since my child died, I wish for the portrait of his memories to give me vision and to inspire me to mix the colors of my pain and grief that will include the legacy of my child's life and also help to bring vision and purpose to others.

~ Their memories are the mirrors with which we see and re-visit our pain and grief over and over again.

When I feel like it has been so long since I heard my child's voice, or felt his touch, or sensed his presence, I long for the mirror of his memories in order to see myself and realize that I am only human; that I lost the best part of myself when my child died. I need the mirror of his memories to realize there are times in which I will re-visit the pain and grief and that is okay, and that I may need to give myself permission to continue to grieve.

It is in grief that the memory of my child is my companion. I can find comfort in the “companionship” of the memories of my child.

Yes, the memories of our children are something beautiful and will last forever.

~ By Faye McCord in memory of my son, Lane McCord (1/26/65 – 9/13/98) ~ and in dedication and honor of all bereaved parents (Written 6/16/08)



VACATION

In the Summer Sun

By Susan Pressler
Western NY BP/USA
Chapter



How many of us remember this early '60's song by Connie Francis? Thinking of summer, this song just popped into my head. Some of us are now enjoying vacations in the summer sun—we have lived in the past and sadness a very long time and have come to realize that life does go on. We understand that our child would want nothing other than our continued happiness and appreciation of every new day.

Thinking of vacations early after the death of our child is, we believe almost blasphemous. How can we possibly even think about seeking fun in the sun? We feel we are destined forever to stay home, mired in the muck of our grief and despondency.

Perhaps early on in your grief, forgetting the vacation may not be such a bad idea. There is a lot involved in vacation—from packing (we can't even decide what to wear today—how can we manage to pack for a week?) to the tiniest details. Our minds truly may not be capable of handling any or all of the plans. We are distracted and driving in unfamiliar towns could be unsafe. Traveling in perfect sanity is difficult. Let's not fool ourselves. It requires concentration of the kind we lack in our early grief. It may be better and safer for us to travel to our neighbors' houses and forget about going any further than a mile or two in our own neighborhoods.

Try going to a local park. Bring a comfy lounge chair, sunglasses, a book or music, something cool to drink and some fruit. Go alone—try to get someone to watch your children, if necessary. Kick off your shoes and let the grass wiggle up between your toes (remember what that feels like?) Let yourself relax and drift off into your own reveries.

If we must vacation, it does not mean that we love our children any less. We will not betray our love for them by enjoying a few days away from home. Expect to be sad occasionally—it

goes with us, wherever we travel but so does the love.

You need not feel guilty (although you probably will) that you are having fun when your child is not with you. Try to welcome the distractions of being away from home. Try to see everything through your child's eyes—with excitement and anticipation. Try to have the fun they would have, even for a short time. And remember, your child lives in glory. Let him/her share their glory with you in the form of peaceful moments, happy memories and delightful days in the summer sun.

Borrowed from Bereaved Parents of the USA

The Boys and Girls of Summer

The boys and girls of summer,
No longer in our sight –
Those sun-kissed happy faces
Now fill our dreams at night.

Long years ago, they played and swam,
Their laughter echoed along the lake.
Fishing, camping and firelight talks,
Youthful dreams of the life they'd make.

Those boys and girls of summer,
Now swim on a distant shore.
The memory of their faces,
Bring summer's joy to the fore.

Boys and girls of another time,
Now crowd the sands at the lake.
Laughing, splashing, in sun and spray,
Unaware of hearts that watch and ache.

~Arleen Simmonds
TCF/Kamloops, British Columbia
In memory of Arleen & Roy's son, Kenneth Simmonds
October 30, 1964 - August 11, 1988

Lovingly lifted from Bereaved Parents/USA -
Anne Arundel County chapter,
Maryland June 2003 newsletter at:
<http://www.aacounty-md-bereavedparents.org/>

SURVIVING YOUR CHILD'S SUICIDE

The suicide of a child of any age presents unique circumstances that can intensify and prolong the mourning process for parents, family members and friends. Suicide is believed to be a reaction to overwhelming feelings of loneliness, worthlessness, helplessness, hopelessness and depression. Suicide is the third leading cause of death in the United States among 10-14-year-olds and 15-24-year-olds, and the second leading cause among 25-34-year-olds. While mental illness often plays a role in suicide, not everyone who dies by suicide is mentally ill. Some families have experienced years of treatments, hospitalizations and medications with their child, while some experience none at all. Sometimes there are warning signs of the person's intentions. However, clues may be so disguised that even a trained professional or counselor may not recognize them. Occasionally there are no discernible signs and the child's suicide becomes a catastrophic decision that may never be understood. There is a change taking place in the terminology when talking about suicide. The term "died by suicide" is being adopted. This new language is reflective of the changes in our understanding and compassion as we move away from the harsh statement and stigma of the words "committed suicide", which can be offensive to families whose children have taken their own lives.

After Suicide

Feelings of shock, denial, guilt, anger, and depression are a normal part of grief. These feelings can be especially heightened when a child has died by suicide.

Questioning

Often parents ask "why?" Rarely are there clear answers, which may be highly frustrating. At some point, you may begin to realize that there are some questions about the death of your child that will never be answered.

Depression

Lack of energy, sleep problems, inability to concentrate, not wanting to talk with others, and the feeling there is nothing to live for are all normal reactions in bereavement. Situational depression, as opposed to clinical depression, should eventually subside. This type of depression can be helped by integrating moderate physical activity, plenty of rest and water, and a nutritious diet into a daily routine. Try to allow family and friends to take care of you. You don't have to be

strong. Try to stay connected with people you value and trust. Talking with others who have been through a similar situation may also help you to cope. If the depression does not appear to lessen over time, you may want to talk with a qualified professional who can determine how best to help you.

Disillusionment

Often parents find themselves in a spiritual crisis and question their beliefs or feel betrayed by God. Religious concerns about the hereafter may also surface. "Why did God let this happen?" is a question we may never know the answer to. Talking about spiritual and philosophical questions with other parents who have experienced a suicide may be helpful. For those with concerns of a spiritual nature, it could be helpful to find a gentle, caring and nonjudgmental member of the same faith and open yourself to that person.

Ideas to Help You Cope

~Talk about your child's death with family members and discuss your feelings of loss and pain. Talk about the good times you had as well as the times that were not so good. It can be helpful and therapeutic to express feelings rather than to internalize them. Giving the gift of tolerance for all family members to grieve in their own way allows each person to feel validated in their own unique grief experience. Keep in mind that everyone's grief journey is as unique as the relationship they had with the child that died. You may find it helpful to write your feelings or to write a letter to your child; this can be a safe place for you to express some of the things you were not able to say before the death.

~Ask for help. Don't be afraid to let your friends know what you need when they ask; they want to help.

Consider becoming involved with a self-help bereavement group such as The Compassionate Friends.

~Through sharing with others who have walked a similar path, you may gain some understanding of your reactions and learn additional ways to cope. Seek professional support and family counseling if necessary.

~Give yourself time, time and more time. It takes months, even years, to open your heart and mind to healing. Choose to survive and then be patient with yourself. In time, your grief will soften as you begin to heal, and you will feel like investing in life again.

*This brochure sponsored by
The Katrina Tagget Memorial Foundation
in loving memory of Katrina "Kara" Tagget,
daughter of Sara & David and sister of Blake*

The Garden of Grief Sandy Goodman

About a year after Jason died, I decided to approach our local city council and ask their permission to develop a piece of city land along our recreational path. Plan in hand, I explained to our town leaders why I wanted to create "Jason's Park" and begged their approval. I expected a lot of questions and at best a "MAYBE" at that first meeting. But as the now popular song goes, I know what I was feeling, but what WAS I THINKING???

Here I was, a bereaved mother, asking permission to develop and take over the upkeep of a 200-foot strip of land that was nothing but weeds and rocks. Grass was afraid to grow there. Water had never touched it. And not only was I wanting to do the work, but I was also willing to PAY FOR IT. They said "Yes. Yes, you may do that Mrs. Goodman . . ." and Jason's Park was born.

It is now six years later, and the park looks better than it ever has. In the beginning, nothing good grew there. Strewn with rocks



and litter, only weeds thrived in the dry cracked ground. There was nothing visible that suggested a positive outcome. The first two or three years, improvement was slow. As soon as one weed patch was taken

care of, another one would overwhelm me. When one flower grew and flourished, three shriveled and died. The sudden appearance of wind and torrential rains often destroyed all progress.

Years passed; things began to change. Barren ground began accepting new growth, new attachments. Trees became stronger, flowers brighter, and life came back to visit. The need to be sole owner of Jason's Park began to wane. Soon, there were other lives being remembered there. A wall was built, not as a barrier, but as a celebration of lives that mattered.

As I stood in the middle of the wildflowers this morning, I realized that the transformation of

this piece of land has mirrored my own grief. In the beginning nothing good grew in my heart. Filled with despair, the only thing that flourished in my soul was pain. There was no semblance of hope, or signs of improvement on the horizon. I would just make it over one hurdle in time to see three more pop up in front of me. The sudden appearance of reality destroyed any progress I had pretended to make.

But as years passed, things began to change. An empty heart began accepting new thoughts, new relationships, new priorities. Love became stronger, days brighter, and life came back to visit. The need to be only "Jason's Mom" began to wane, and others regained their importance in my life. Gifts appeared, not as replacements, but as reminders that love never dies.

I began the journey of grief, just like Jason's Park, with nothing. Time alone would not have produced the change I needed to make. I have to work hard, plant new things, get rid of the old stuff, nurture what I plant, and pour out enough love to grow a garden. I have to accept that the task at hand, be it grief work or building a park, will never be over. I must find joy in the "now" of it. And most importantly, I must ask for help. No one should walk the journey of grief alone, and well . . . while they are walking, they might as well be pulling weeds.

Lovingly borrowed from **Love Never Dies, A Newsletter about the Journey from Loss to Love**

August 2003

Issue #8

Sandy Goodman, Editor



FAREWELL TO VICKI SZECH

Vicki Szech is the friend that you didn't know you had. She has worked on behalf of the Northern Lake County IL Chapter of The Compassionate Friends for over 29 years. She has been the quiet, behind-the-scenes editor of the chapter newsletter where we have all found relevant, touching, honest, comforting and even profound articles. Vicki said, "I wanted to include articles...that would have been helpful to me or to others while they navigated a new reality". Vicki came to The Compassionate Friends, seeking help and solace after the death of her beloved daughter, Rachel, age 16, in January 1992. Rachel died while participating in one of her passions, horseback riding. Rachel was a beautiful girl who was funny and thoughtful. She attended IL Math and Science Academy and aspired to be a veterinarian.

"After Rachel died, I looked for any support I could find to help me cope. It was terrible yet helpful to talk and hear from many other parents whose children had died. Before Rachel died, I thought that children dying was a rare occurrence. Unfortunately, it is not. At The Compassionate Friends, I found people who had similar pains, although no one's experience is the same as another."

The first newsletter was more general and printed by Victory Hospital in Waukegan. Vicki began composing and editing the TCF monthly newsletter in 1995. The chapter wanted a newsletter that was for "members-only" so it would be relevant and specific to grieving families, especially those who have lost children of all ages.

Vicki was well qualified to be the newsletter editor as she was a teacher in North Chicago and then a librarian for the Highland Park school district. She completed the chapter newsletter every month for 29 years and never missed an issue. She did this while working, raising her children, Rachel and son, Andrew, and caring for her husband who had a chronic illness. Her husband, Chester "Chick" passed away in 2019.

Vicki is also an avid traveler. She has traveled to Cuba, Australia, Jamaica, Africa, Israel, Italy, Greece, England, Ireland, Iceland, Germany, Austria, Slovakia, Croatia, Hungary, Netherlands, Montenegro, Vietnam, India, China, France and Portugal.

And she never missed completing an issue of the newsletter!

We thank Vicki Szech for her dedication and many years of service to Northern Lake County IL Chapter of The Compassionate Friends in honor of her daughter, Rachel. Her contributions have provided information, comfort, insight and a sense of community for all of us. She leaves a wonderful legacy.

*With kindness and gratitude, your friends from
our Chapter of the Companionate Friends*



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 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 **Rosita Hernandez 3016 16th Place, North Chicago, IL 60064. rosehernandez@juno.com**

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 Susan Banks Lanwesmar@comcast.net 1427 Clavey Lane Gurnee, IL 60031.

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 2023 – 2024

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – Son, Westley Banks Age 21 of suicide
TREASURER Rosita Hernandez 847-602-0698 rosehernandez@juno.com Daughter, Victoria Pickett Age 26 of suicide

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

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/cfonlci>

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

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