



The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter #1511

May 2026 Newsletter

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

A note from Susan our Chapter Leader

Dear friends, this month brings us Mother's Day. On Sunday May 10th will be Mother's Day all around the world.

May you find the peace and love you need to have a Happy Mother's Day. And I wish you a heartwarming and delightful month of May.
Your friend, Susan, Westley's mom

LIVING LIFE IS STILL AN EFFORT

Annette Mennen Baldwin in memory of my son,
Todd Mennen TCF, Katy, TX

My husband's family held a reunion in July. We planned to attend and told the family to count on us. But when the time came to buy the tickets and make a commitment, I found I couldn't do it. I simply did not want to deal with the hassles of traveling, leaving home, getting out of my daily rhythm.

I am a different person since my child died. I am a different person than I was six months after my child died. And I will be a different person in another year. I find that I am evolving; my basic personality is still intact, most of my mind works well enough, my perception of life, love, people and events is probably heightened but fairly unchanged. Still, I am a different person.

Now I work at living my life. I make myself do the things that I once took for granted, such as getting dressed each day, going to work, handling a number of responsibilities I have chosen to accept. I make myself laugh at silly jokes. Sometimes I even have to force myself to really listen to others. I am surprised when I laugh spontaneously, smile for no particular reason or say something "prophetic". What is going on here? Who am I? Why has the joy

of life disappeared? I believe I have found the answer to these questions and even to questions I haven't yet asked. It lies in the nature of losing one's child to death. Initially we work very hard to maintain sanity. Gradually we expand the boundaries of our lives. Carefully we add events, people, responsibilities and simple enjoyment. But our progress is measured in months and years, not days and weeks.

My awakening to this new reality came at a meeting of The Compassionate Friends. It has been re-kindled at each meeting since then. I learn about myself by observing others. I note the change in their voice, their body language, their perspective. I see parents whose children have been gone for many years still weep openly and later talk about a special event they are planning. Then I see parents whose loss was recent, yet they appear to be normal, controlled and sociable on many levels and they suddenly and mysteriously crumble before my eyes.

That's the journey. We set our own limits as to what is acceptable for us. Over time we shift from minimalist boundaries to a good representation of the person we once were. We have major setbacks: birthdays, holidays, death anniversaries. We have minor setbacks: a picture, a forgotten scent, a baby shoe, a poignant memory. We sob, we scream, we withdraw. But we do go on. With the help of our Compassionate Friends, we move forward and are supported when we suffer a setback. We each deal with the many facets of our grief. We learn from others. We teach others. We grow from the dialogue. Our kindred spirits bring questions, answers and peace.

Who am I today? A fairly well balanced mother of one beautiful child who no longer is alive. I am where I should be. When will I stop evolving? Probably never.

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.

May 7, 2026

Third Thursday of the month meets at

Millburn Congregational Church

19073 West Old Town Court

Lake Villa, IL 60046.

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

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

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

Open discussion

May 21, 2026

Chapter News

Upcoming events for our Chapter

**Your attention Please; The month of June 2026 will not have any meetings. We are taking time the month of June to be with family and friends.*

September; the HeART remembers.

Thursday September 17 meeting will feature; Family and friends ~ The HeART Remembers. We will create art in memory of our loved ones.

Sunday December 13, 2026~ The 30^h 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 please call, email, or text Susan at 847.366.9375 or Lanwesmar@comcast.net



GIFTS OF LOVE

A donation to our chapter in honor of or in loving memory of your child.

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 our chapter.

Love gifts are acknowledged each month in the newsletter.

*A donation from Charles & Diana Laufer;
In Loving Memory of their son
Adam Michael Laufer*

Please remember that our chapter will never solicit for donations. You will never receive an email, text message or phone call soliciting for a donation or a need of money or payment from any steering committee member. I, as the chapter leader will never ask for money for assistance with any chapter finances. We provide the opportunity for Gifts of Love as a place to give a donation in honor or memory of a loved one. *Susan Banks Chapter Leader and our Chapter Steering Committee members.*



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

Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents.

None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, as long as we remember them and celebrate their lives. Please let me know if I have omitted a child, misspelled a name, or have published an incorrect date. I know how important it is to bereaved families to have their children remembered.

Susan at Lanwesmar@comcast.net

BIRTHDAYS

Erin Dinklenburg	May 1	Daughter of Kelli Brooks
Rachel Salomonson	May 2	Daughter of Toni Nesheim & Denny Salomonson
Amy Fry-Pitzen	May 3	Daughter of Alana Anderson
Daniel Powalish	May 4	Son of Mary Ellyn Carroll
John Francis Thumel	May 6	Son of Laura & Mike Thumel
Rachel Elizabeth Szech	May 9	Daughter of Daughter of Vicki Szech
		Brother of Andrew Szech
Victoria Pickett	May 9	Daughter of Rosita Hernandez
Ryan A. Nieves	May 12	Son of Jeanette Nieves
Christian Romero	May 14	Son of Veronica Romero Carlos
Carlos Cantu	May 18	Son of Mateo & Lucy Cantu
Rachel Elaine Robertson	May 21	Daughter of Regan Robertson
Sven Christian Reinhard	May 28	Son of Astrid Reinhard
Tony Trevithick Jr	May 28	Son of Tony Trevithick
Adam Michael Laufer	May 30	Son of Charles & Diana Laufer
Raegan Lee Migacz	May 31	Daughter of Dan & Callen Migacz

ANNIVERSARIES

Donette Klawonn	May 1	Daughter of Raymond & Dorothy Klawonn
Carlos Cantu	May 3	Son of Mateo & Lucy Cantu
Jeff Stirnichuk	May 9	Son of Mary Wagner
Amanda Lauren Cecchi	May 10	Daughter of Kim & Steve Cecchi
Alina Mejdouli	May 12	Daughter of Amada Booras
Timothy James Pitzen	May 13	Missing grandson of Alana Anderson
Amy Fry-Pitzen	May 14	Daughter of Alana Anderson
Anthony (Tony) Clemente	May 16	Son of Becky Wolf
Adam Michael Laufer	May 19	Son of Charles & Diana Laufer
Andrew Shaver	May 25	Son of Dolly LeMaster
Jacilynn Wright	May 26	Daughter of Michell Wright
		Niece of Susan Banks
Manuel Isaiah Garza	May 29	Son of Vanessa Grajeda, stepson of Roberto Grajed

So, on the hard days, you must remind yourself:
 You wouldn't trade the love to escape the grief.
 You wouldn't erase the happiness to avoid the pain.
 And you will endure a lifetime of missing,
 For the privilege of having loved. -Jameson Arasi



A Mother's Journey from Loss to Peace

Sandy Goodman didn't believe she could survive her son's death. Then a psychic brought him back to her.

It was July 1996, the night before Sandy Goodman's 18-year-old twin sons, Jason and Joshua, were to ship out for naval training. It was also the night her world collapsed. Making the most of his final hours of civilian life, outgoing, adventurous Jason climbed the tallest building in their hometown of Riverton, Wyo., grabbed hold of a high-voltage line and was electrocuted. He fell three stories and died hours later in the hospital. Sandy still has his watch, stopped at 2:35 a.m.

"When Jason died, it was like the bottom fell out," says Sandy, who runs a group home in Riverton with her husband, Dave, 54. "You can't even describe what it means to lose a child. It's incomprehensible. Unacceptable."

Drowning in her pain, Sandy found it impossible to sever the ties she felt still bound her to her son. For months, she carried on one-sided conversations with Jason, pleading for a signal. She'd never been a particularly spiritual person, but a few months after Jason's death, she contacted a medium through an online bereavement group.

"Until my son died, I didn't really have a belief system," says Sandy, now 53, who also has an older son, Jeremy, 32. "I didn't know if psychics were real. But I decided to give it a try." Dave was skeptical, but Sandy was desperate. Christmas was almost unbearable.

"Reality had arrived, and I couldn't escape it," Sandy has written. "I would never again see Jason walk through our front door, tracking snow across my, freshly waxed for the holidays, floor. I would never again buy two of everything for Jason and his twin brother."

A Spiritual Lift

Sitting by Jason's grave nearly a year after his death, Sandy begged him to reach out to her, or to anyone who could get a message to her. "Call your mom," she said. "Call and let her know you're OK. I need to know you're not gone."

Shortly after that day, on June 23, 1997, Sandy got a phone call at work from an up-and-coming psychic she'd met in a spirituality chat room. The medium told Sandy he'd been lounging by the pool on vacation when a young man appeared to him, with the symbol "JSN" and the name Sandy. The psychic grabbed a menu and scribbled down a message: "You need to call my mom."

Those words, "Call my mom," sent shivers through Sandy. "That was the proof I was waiting for, to know Jason was still connected to us," she says. The medium received more signals from Jason, Sandy recalled, talking about his favorite childhood story, *The Poky Little Puppy*, and the fact that Jason had been scheduled to leave by plane with Joshua the day he died. "I could feel his personality coming through," says Sandy. "I was elated."

Since then, she's had many readings with numerous psychics, including four encounters with celebrity medium John Edward. Messages from Jason are not especially spiritual, she says. They relate to mundane aspects of family life that Sandy instantly recognizes, such as camping trips or pieces of Jason's artwork displayed in the house.

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The contact with Jason's spirit validated her feelings, says Sandy, and let her begin grieving the loss of his physical body. "I knew I'd always have a connection to his essence," she says. Cynthia Craton, a Michigan-based medium who has acted as a conduit for many of Jason's messages, says it's common to feel a sense of peace after a valid afterlife reading. "The message is that loved ones are always with us," she says. "And it's OK to go on living."

Over the past decade, Sandy has paid for only two psychic readings. Most, she says, have been entirely spontaneous and authentic. And the value has been incalculable; surrendering her skepticism and embracing the links to Jason's spirit is what kept her afloat in the dark times following his death.

Moving On

Now Sandy wants to share her experience with other bereaved parents. Since publishing a book, Love Never Dies: A Mother's Journey From Loss to Love, in 2002, she has become an advocate for the transformational power of grief. She recently founded Love Never Dies 4U, a grief-support group that embraces the notion of life after death and supports the work of mediums in the healing process. "Some people don't feel comfortable talking about their beliefs if they fall outside mainstream religions," she says. "With mediums, it can be hard to get past fears or skepticism."

Sandy wants to change that. She has created an online support forum (loveneverdies4u.org) and e-newsletter, and is planning a workshop on after-death communication. Everyone, she believes, must endure loss to feel the depth of eternal love. "It's been a gift to realize how strong a parent's love is, that it survives even death."

The Gift of Grief

Amazingly, Sandy says she and her family have found peace through their loss and cherish one another even more. Dave was at first reluctant to embrace the psychics, message - it meant admitting Jason wasn't coming back. "Sometimes it was just easier to believe he was away somewhere, like camp," Sandy says.

But eventually he too became convinced Jason's spirit was still with them. Their sons Jeremy and Joshua, Jason's twin, now 29 (who quit the Navy after the tragedy and now works in the oil and gas field), have both found their own paths to healing.

"We've learned many lessons," says Sandy. "You can survive. You have to go through it all, feel it all and at some point, make a conscious decision to move on, to decide to go on living."

"It's hard to say this because I still feel guilty. But I have found joy," says Sandy. "I've found love. It takes a while. It takes years. But I actually feel fortunate that I have realized how much parents love their children."

Sandy Goodman
Love Never Dies



IN THE BEGINNING....

Your child has died. As a newly bereaved parent you have experienced the most devastating life-changing event. Your whole world has been shattered, and you are in a new world now. You will be relearning how to survive when at times you won't even want to survive. The only hope I can give you is that we in The Compassionate Friends have survived and we are here to help you. It won't be easy but keep in mind, if you hadn't love so much you wouldn't hurt so much now.

"How long will it last?" is probably the first question we hear from ones like you new to grief. It is a very important question to us at the beginning. Professionals have managed to place timetables based on their studies and you will hear "two years" quoted, but those of us who have been the road a number of years will tell you that you will not "get over" the death of your children in two years. You probably never will "get over" his or her death, but you will learn to live with the fact of it and rejoin life and lead a normal life again; it will just be different from before.

There is no timetable on grief. Some work through the process sooner than others. We operate on our individual timetable; we cannot judge our progress or lack of it by anyone else.

Grief is a process, a moving through. Sometimes we go forward, but sometimes backward, and sometimes we get "stuck" for a while, but keep in mind it is a process and eventually you will move through it. Within this process there are "stages". We're told those stages are shock, denial, anger, bargaining, and acceptance. They don't necessarily come in that order.

Most of us do experience shock and denial or disbelief first. We can't believe it has happened! There must be a mistake! This happens to other people...not us! That shock is so tremendous that it affects us physically as well as psychologically.

It is marked by a lowering of blood pressure, coldness of the skin, rapid heartbeat and an acute sense of terror. That shock insulates us and allows us to go through our duties and do things at this time that we never could have done otherwise.

I praise that shock because it keeps us from dying too. That shock allows some of us to carry on with grace and skill during the days surrounding the death and the funeral. That same shock knocks some of us into merciful oblivion and we don't remember a thing during that time. We are all individuals and we react differently during grief, but there are common reactions we all share. This is why you will find very quickly that the only one who really understands what you're going through is another bereaved parent.

Anger, another stage, may come at any time. It is a very natural, normal reaction; don't be afraid or ashamed of it. Know it is okay, you won't always feel this way, there is nothing wrong with you for feeling this way most of us feel some anger toward something, someone, even at God, even the child in some instances. You have been hurt beyond your wildest imaginings. I have described my own anger as rage.

Society frowns on anger so don't expect always to be treated kindly when you display it but remember you have a right to be angry. Anger is often unfocused and we sometimes take it out on innocent people. Medical personnel are often the first to receive this anger and funeral directors are next in line.

Later, that anger can attack anyone who crosses our paths. It is good to recognize anger and try to focus it, learn to use it as a tool. Take up social issues, find healthy outlets for it. It is important to do something physical about anger. Hard work and sports are ways, and we've heard many stories of chopping wood, breaking dishes bought at garage sales and breaking them

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(In the Beginning continued from page 6)

when we need an outlet. Scream in the shower, in your speed boat or closed up in your car but get it out. Anger turned inwards becomes depression.

With the death of our child everything we ever believed in is shattered. In my own case I had to struggle for a long time to even figure out what I did believe in; I was so confused. Our egos, our beliefs in ourselves, were badly shaken because, as parents, we truly believed we could protect our child from anything. We were careful, good parents, and now our child is dead.

WE HAVE FAILED TO KEEP OUR CHILD ALIVE, and our ego tells us we are a failure! This devastates us; we can no longer believe in ourselves; we feel that obviously we are incapable of doing anything right. We have no self-confidence, no longer any self-esteem: These are all natural, normal responses to the horror of your child's death. Given time and care these feelings will pass. We will achieve a balance in our personal life again.

Remind yourself to be patient, to be kind to yourself. You are not a failure, you did the very best you could, and you would surely have given your own life to save your child's. You did not fail; life just isn't always fair. These feelings, and others as bizarre, may cause you to think you are going crazy. Ask any bereaved parent of some years and they will all tell you they thought the same thing at some time. You are a changed person now; you will never again be the same as you were before your child died. Someday you will accept that fact: Out of the ashes of grief, you can grow, if and when you choose to do so. Look around you to the other bereaved parents; you will find role models and hope in them. There will be many tears, allow them, they are healing and necessary to survival and recovery.

Many of us suffer from the lack of ability to concentrate. It is a common complaint. We can't think, we can't remember from one minute till the next and we have no idea what we've read when we finish a page. Be patient...given time and some effort you will return to normal.

Hang on to any shred of your sense of humor that you can, even a small chuckle now and then can break your tension and give some relief. It may be a while in coming but one day you will laugh again. I know you can't believe it now, but you will.

You will have a strong need to talk. You will find that you can talk more than one person can listen, so seek out several good friends who will let you talk to them. You will find some at the Compassionate Friends meetings. You will need to tell your child's story over and over again. You will need to talk about the whole life and death and what you are going through now. Talking is therapeutic. Talk and talk, and talk, until your story is told.

At night you may go over the events again and again and again, night after night. This is called obsessional review. Sleep disturbances are not unusual. We either can't sleep or sleep too much.

We suffer guilt real and imagined. We recall punishments and in turn punish ourselves with them when at the time the punishment was probably fair. We go through the "if onlys." If only we had or hadn't....

Beware of isolation. We need to be with people, not alone. When we isolate ourselves with no one to talk to about our feelings, we become depressed: and isolation plus depression equals suicidal feelings and that spells real trouble.

We are fatigued, lack motivation, we suffer numerous physical complaints, headaches, stomach disorders, we are either nervous or feel dead inside... many and sundry are our complaints, most of which are normal and to be expected in this time of enormous stress and always we ask ourselves and others, ""Why?" "Why me?" "Why my child? Simply because life isn't always fair, my friend....

Your world is topsy-turvy now, nothing makes sense, nothing fits....family balance is upset, the numbers are all wrong, there is one empty chair at the table now, so you choke on your food and think of the empty chair. Grocery shopping is a nightmare because your child's favorite food greets you from the shelves of every aisle; you don't dare think of holidays because you know you'll never survive them without your child. Your child's birthday and the memory of all the joy of that day looms like a mountain far too high to climb. ...some days all you want is for the pain to stop. Some days you just can't get out of bed. Some days you work hard and fast like something has possessed you. Every day you cry.

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(In the Beginning continued from page 7)

You find you are very lonely even in the midst of a crowded shopping mall. You want to scream at the busy, happy people, "Don't you know my child is dead?" How can they go on as if nothing has happened?" No matter how many people you are with, you are lonely.

Compassionate Friends understand: each one of us has had a least one child die. We know what you are going through. We don't pretend to have all the answers, but we want to share this time of your life with you. We want you to know you are not alone.

Fay Harden TCF Tuscaloosa, AL
Borrowed from Newsletter of the Atlanta Area Chapters, May - June, 2002



WHAT DOES MAY BRING?

Tracy Rhein

BP/USA Central Arkansas

First, May brings MOTHER'S DAY – another painful holiday. Commercials are everywhere; I can't check e-mail without being bombarded with ads for gifts and cards for Mother's Day. Some churches honor the oldest mother, the youngest mother, and the mother with the most children present. Then there are the flowers – wear a red flower if your mother is living and a white one if your mother has died. (I keep hearing carnations, but it was always roses when I was a child.) Some years ago, some bereaved mothers started wearing a yellow flower, either alone or with the traditional color, honoring their own mother.

It helped me to know the origin of Mother's Day. After Anna Jarvis's mother died May 9, 1905, Anna decided a Sunday in May should be set aside to honor her mother and all mothers. Anna felt her mother deserved recognition because, although her life was filled with sorrow, she lived selflessly and showed kindness and generosity toward others. Anna was one of four surviving

siblings; seven others died in early childhood and Anna's mother mourned those seven children throughout her life. Anna never married and never had a child of her own. Her work to establish a day to honor her mother persuaded President Woodrow Wilson to proclaim the second Sunday in May as a national holiday honoring all mothers.

Finally, newly bereaved mothers commonly have some questions that are acute on this day. For those who have no surviving children, so far as I am concerned, you are a mother. For the rest of you, each one has to decide how to answer the question of "how many children do you have?"

I am still the mother of three children although one is no longer on earth with me.

I hope each of you find some peace on this Mother's Day and that knowing it specifically honored a bereaved mother will make each succeeding one a little easier.

MEMORIAL DAY was established to honor those who died in the military defending our nation but has become a time of general remembrance. I pass one small cemetery in southwest Arkansas fairly frequently and always see that fresh white stones have been spread before Memorial Day and every grave appears to have a new flower arrangement. As a child, my parents would take me with them, but I had never known any of the relatives whose graves we visited. Perhaps, as we get older, we think that someday we will do this for our parents or grandparents but never our children. My son was cremated, and I don't have a grave to visit but this holiday has far more impact on me now.

May also brings GRADUATIONS. Whether from kindergarten, grade school, high school, or college, this is a rite of passage that some of our children never reached. If your child was close to graduation, the school may recognize him or her in some way. Or another child (sibling, cousin, friend) may be graduating and receiving their announcement may bring a special ache.

We hope you all plan ahead and discuss with family members and caring friends so that you can get through these events with a minimum of pain.

Lovingly borrowed from A JOURNEY TOGETHER –
NEWSLETTER OF THE BEREAVED PARENTS OF THE USA –
VOLUME VII NO. 2, SPRING 2002 (April, May and June)



Memorial And Veterans Day

By Betty Ewart, Editor
BP/USA, A JOURNEY TOGETHER
www.bereavedparentsusa.org.

Perhaps this year, more than some past years, we will be aware of Memorial Day and Veterans Day. Not a day goes by that we don't hear about the death of one of our courageous men and women in the armed forces in Iraq or Afghanistan.

Are you old enough to remember the Gold Star Mothers? Or to remember the Blue Stars in windows during the Second World War. If a family had a son or daughter in the service, they hung a flag with a blue star in the window. If the person died, the flag was exchanged for one with a Gold Star and the mother was called a Gold Star Mother. Over 250,000 died so that means that many mothers were mourning! A staggering thought, isn't it? Some families even had more than one die; one family even had 5 sons killed.

There are many mothers and fathers and grandparents and siblings too today who bear the same burden and travel the same grief journey. BP/USA offers its help and consolation to these persons too.

Although we did not have any star to put in our window or special emblem to wear, our children are remembered in many ways; gardens, memorials, scholarships, research projects etc. We certainly remember our children on Memorial Day too.

Just as the loved ones of those killed in wars go to their graves and to monuments in their honor and trace their names and remember them, we go to our cemeteries and leave flowers and remember, with love, our child, grandchild or sibling.

Their example to us is a source of comfort and their memory stays with us forever.

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We are very pleased to announce The Compassionate Friends (TCF) 49<sup>th</sup> Annual National Conference in Baltimore, MD! TCF's National Conference is an enriching and supportive event for many newer and long-time bereaved parents, grandparents, and siblings. Attendees come and find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Lifelong friendships are often formed and rekindled each year at TCF conferences.

**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)

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 donating, please make the check payable to **The Compassionate Friends. Rosita Hernandez 3016 16<sup>th</sup> Place, North Chicago, IL 60064. [rosehernandez@juno.com](mailto: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 1427 Clavey Lane, Gurnee, IL 60031. [Lanwesmar@comcast.net](mailto:Lanwesmar@comcast.net)

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 PO Box 46 Wheaton, IL 60187. 877-969-0001. [www.compassionatefriends.org](http://www.compassionatefriends.org)

### Steering Committee 2025 – 2026

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

**TREASURER** Rosita Hernandez 847-602-0698 [rosehernandez@juno.com](mailto:rosehernandez@juno.com) daughter, Victoria Pickett Age 26 of suicide.

### COMMUNITY OUTREACH

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

**SECRETARY / LIBRARIAN**

**REMEMBRANCE SECRETARY** Shannon Seay 224-456-2891 [Seayseven1@comcast.net](mailto:Seayseven1@comcast.net) daughter, Ashley Seay Age 17 Auto accident.

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

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**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/cfonlci>

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

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

