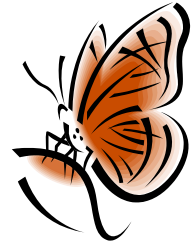


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

October 2024 Newsletter

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



A Note from Susan, Westley's mom

Dear friends, I always read the Sunday paper, old fashion maybe, but it's just something I look forward to, a cup of coffee and the Sunday morning paper. My parents were avid morning paper readers. They each enjoyed their part of the newspaper, My dad the daily news, sports, the weather and editorial pages. My mom the house and garden sections and the weekly grocery ads. We all read the comics, of course. As I got older, I started reading more parts of the paper and now, I read and look through the whole newspaper. I'll share articles and events to my children and husband. They always can count on me to keep them up on current events, health and wellness or trending passions. Which has led me to remembering my dad. When I think of my dad it makes me feel comfort and calm. And for some reason I have been thinking of him often. As he read the sports pages, he would always update me on the latest news with the teams. I grew up in Northglenn, CO and I got my first job at age 13 as a papergirl. I delivered the Rocky Mountain newspaper 7 days a week for 3 years. My dad was a Coca~Cola route driver and delivery man. We were both up at 4:00 am, he to get ready for work and me to collect my 2 stacks of newspapers, fold, rubber band, bag if there was rain or snow and load the papers in the bags on my bike ready for delivery. I always picked the best newspaper from the stack and put it at my dad's place on the kitchen table. My dad would be getting ready for work and preparing breakfast for he and my mom, while I was folding my newspapers. As I put his paper on the table he would give me a kiss on the cheek, with a side arm hug and say Thank you. I

would hug him back and say you're welcome. After my bags were loaded and I was ready to ride to my paper route, I would let my parents know I was leaving, and my dad would wish me a nice day and watch me as I rode down the driveway. He would be leaving soon to drive to work. That was a long time ago, but I have been thinking of my dad and remembering our morning routine. I find calm and assurance when I think of my dad and when I feel sorrow or just struggling, thinking of him in all his many roles, gives me a place to take a breath and get back to what I was doing. So that is a little history about me. As I mentioned, I find articles in the newspaper that I like to share with my family. I found an article in the Sunday paper; August 25, 2024, in the *Inside Success* section, tucked into the Real estate section. "Find a silver lining, even when there isn't one" by Peter Economy. I posted the article on page 2.

I don't think the author has experienced the loss of a child; I don't know. But, at some point, somehow after the loss of our own child we find a way back to our lives, forever changed. As I read the article, I thought of Compassionate Friends and the many kind and welcoming people, I feel blessed to be taken in by such a group. From the Article, "Treat yourself ~ and those around you ~ with kindness and understanding especially when times are tough. Treat yourself the way you would treat a close friend going through the same thing."

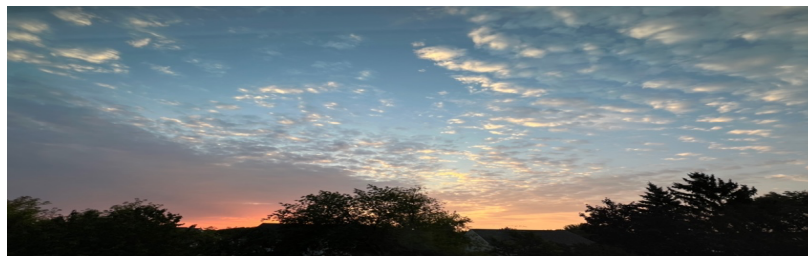


Find a Silver Lining, even where there isn't one.

By Peter Economy INC.

We all know the feeling – and the Pixar film “Inside Out” reminds us – that when the sun shines on us, we can’t help but feel good. But what about when things go the other way? That’s when the work begins trying to feel good, we can’t see any reason to. The trick is to embrace the negative. Turning away from sadness and disappointment stifles growth. In his research, Martin Seligman at the University of Pennsylvania found that pessimists and optimists respond differently to setbacks. Pessimists see failing as a reflection of their personal failures, while optimists see them as learning experiences. Let yourself feel bad when things are bad. Bad things happen to good people, including the most successful ones, and it’s healthy to recognize them. The trap is in getting stuck. It’s hard to separate these feelings, but nonetheless important. Frame your difficult experiences as steppingstones. It’s ok to have a moment where you feel overwhelmed but use that energy to think about a plan ahead. Don’t let the things that haven’t gone well distract you from what you have accomplished. The emotionally intelligent thing to do is to focus on your own strengths and your positive qualities to promote a more positive frame of mind. Instead of spending time thinking about your weaknesses and your short comings, shift your attention to your star qualities and what you have accomplished. This can help you feel better about yourself and approach life’s challenges with greater confidence. Self-compassion is another powerful way to stay positive. Treat yourself and those around you with kindness and understanding, especially when times are tough. Treat yourself the way you would treat a close friend going through the same thing. Surrounding yourself with positive influences is also important. Spend more time with supportive friends and family members, and others who help you feel good about yourself. Participate in the activities that you enjoy and find meaningful, such as a hobby or volunteer effort. Spend time in nature. Being positive in your thinking doesn’t just benefit you, but also the people around you. Your positive vibes can give them a boost, and in turn, they will be likely to give you positivity in return, creating an upward spiral of encouragement. So set yourself up for success at work and in your personal life by developing a more positive life by developing a more positive outlook and notice how it changes the way your experiences, relationships and daily life unfold. As you flex your emotional intelligence, allowing your mindset to shift, you’ll soon be well on your way to becoming a shining example of positivity in the lives of those who work for and with you.

When you have a good day, even if you don't come by them often, pick up something as a reminder. A tiny rock or a wildflower, a leaf, a coin you find on the ground, a feather. Place it on a windowsill. Then when the darkness returns you will have something real to remind you that there is good. Whitney Hanson



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

Thursday October 3

~ is our zoom meeting.

Thursday October 17

~ in person meeting

Saturday October 5

Adopt a Highway Clean – up, rain date Saturday October 12. Our Adopt a Highway event for our Northern Lake County IL Chapter of The Compassionate Friends is SATURDAY, October 7, 2023. Meet at 8:45 am to review rules and safety guidelines. (Front Garden side of the Walmart parking lot) Begin cleanup at 9:00 am. *Rain date is Saturday, October 14, 2023.* We can organize with more detail at the site on Saturday October 7. The section of road we have adopted begins at the corner of Deep Lake Road and IL Route 173 going north on Deep Lake Road to the County Line. It is approximately 2.02 miles. There is a sign with our group name identifying the location.

A few things to know for the cleanup:
No children under 10 are allowed.

Wear long sleeves, long pants, a hat, and gloves that are waterproof.

Bring water, bug spray and sunscreen.

Bring a “grabber” if you have one or we a few to share. Please review the video for your information before joining us at our event.

https://lakecountyil.new.swagit.com/videos/16309?t_s=446

Thursday December 5, 2024

Zoom Meeting: Annual Candle Lighting Ceremony. At this meeting you will be invited to light a candle for your loved one and share a picture with those joining the meeting. This will not be a formal Candle Lighting Ceremony, but we will honor the memories of our loved one with readings, lighting a candle and showing a picture. I will send an email with the Zoom link for the meeting the week of November 25, 2024.

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. *Location is the Millburn Congregational Church.*

Please see the following pages.

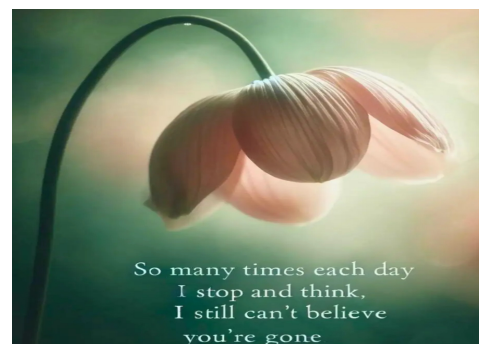
Page 7, Photo slideshow information

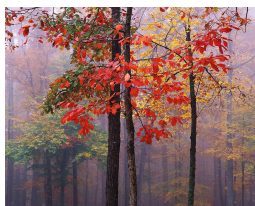
Page 8, Candle Lighting Ceremony

Page 9, Luminary order form

If you have any questions about the mentioned events, please call, email, or text Susan at 847.366.9375 or

Lanwesmar@comcast.net





OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED OCTOBER & NOVEMBER

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

BIRTHDAYS

<i>Victoria Piela</i>	<i>October 1</i>	<i>Daughter of Joanna and John Piela</i>
<i>Levi Nichols</i>	<i>October 4</i>	<i>Son of Bambi Nichols</i>
<i>Dan Furlan Jr.</i>	<i>October 9</i>	<i>Son of Dan and Pat Furlan</i>
<i>Kian Williams</i>	<i>October 10</i>	<i>Son of Jeanda Williams</i>
<i>Susan Allbee</i>	<i>October 11</i>	<i>Sister of Toni Nesheim</i>
<i>Marc Hawkinson</i>	<i>October 11</i>	<i>Son of Mary Kay Clark</i>
<i>Marleea Gerfen</i>	<i>October 12</i>	<i>Daughter of Marsha & Lee Bell</i>
<i>Nick Weber</i>	<i>October 16</i>	<i>Son of Glenda Weber</i>
		<i>Brother of Karen Lumusga</i>
<i>Martin H Bernal</i>	<i>October 17</i>	<i>Son of Leticia Bernal</i>
<i>Jennifer Corbett Dennis</i>	<i>October 17</i>	<i>Daughter of Joan Corbett</i>
<i>Timmothy James Pitzen</i>	<i>October 18</i>	<i>Grandson of Alana Anderson</i>
<i>Donyel Prather</i>	<i>October 22</i>	<i>Son of Donna Prather</i>
<i>Kelly Klawonn</i>	<i>October 23</i>	<i>Son of Raymond & Dorothy Klawonn</i>
<i>Aaron R Moore</i>	<i>October 24</i>	<i>Son of Rob & Sherry Moore</i>
<i>Colin Henderson</i>	<i>October 27</i>	<i>Son of Lisa Henderson</i>

ANNIVERSARIES

<i>Sharon Beth Gray</i>	<i>October 4</i>	<i>Daughter of Pam Gray</i>
<i>Martin H Bernal</i>	<i>October 6</i>	<i>Son of Leticia Bernal</i>
<i>Russell Isaac Thomashow</i>	<i>October 6</i>	<i>Son of Blythe & Andrew Thomashow</i>
<i>Kian Williams</i>	<i>October 10</i>	<i>Son of Jeanda Williams</i>
<i>Elora Jane Montgomery</i>	<i>October 11</i>	<i>Daughter of Linda & Christopher Montgomery</i>
<i>Tracie Musich</i>	<i>October 19</i>	<i>Daughter of Trisha Musich</i>
<i>Lisa M. Johnson</i>	<i>October 20</i>	<i>Daughter of Isabelia Lugo</i>
<i>Kerrin Fleming</i>	<i>October 21</i>	<i>Daughter of Barbara Fleming</i>
<i>Martin H Bernal</i>	<i>October 21</i>	<i>Son of Leticia Bernal</i>
<i>Heather Donnelly</i>	<i>October 23</i>	<i>Daughter of Daniel Donnelly</i>



GIFTS OF LOVE

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

Thanks to Barbara Fleming

For sponsoring the October newsletter in loving memory of her daughter,
Kerrin Lee Fleming



Halloween

The witches and hobgoblins
Were on the loose that night.
Our entryway eerily decorated
To present a gruesome sight.

Six-foot teenager dressed as Captain Hook,
Pegleg thumping on the tile,
Eye patch covering a freckled face
Accentuating a mischievous smile.

Popcorn balls concocted with delight
Lusciously snuggled in a plastic hump
Disguising a tape of wicked laughter
Guaranteed to cause a terrified jump.

Once, my darling son, this memory
of Halloween past was a time of despair.
Now, looking back, on the love you gave,
What pride I feel in a boy so fair.

The neighborhood hero to the younger set,
Adults viewed, skeptically, the pranks you
played
Never in bad taste.... just good clean fun...
They will never forget the genius you displayed.

Though the tears have come,
Don't feel sorry for me.
It's just that I miss you
Oh, so desperately!

Jean Lipson, Grand Junction, CO
~reprinted from Bereaved Parents Central Sa-
vannah River Area Chapters
October 2002 Newsletter

Musings on Halloween's Past and Present

On the evening, I type this, the nip in the October air is a reminder that the major holidays are just around the corner. Halloween decorations have been in the stores since July and Christmas décor even as early as August. For those of us who are bereaved parents, siblings and/or grandparents this means the sooner they are "in our face" the longer we have the constant reminders that we will be facing the holidays without our child. Whether it is your first Halloween following your child's death or years down the road, such as in my situation, the holiday season stirs the emotions bringing varying levels of sadness, anxiety and sometimes even anger. With Halloween, there is the sorrow of no longer having to find that perfect costume or witnessing the delight in your child's eyes when you found just the right one.

Many parents find Halloween a particularly hard one to get through. In the past, I always thought of it as innocuous enough; there were the costume parties with bobbing for apple, children excitedly dashing door-to-door trick-or-treating, pumpkin carving, and the occasional harmless prank. However, after my daughter Nina died, I became acutely aware of things that I never gave a second thought to in the past. For instance, my former neighbor made her whole front yard into a graveyard scene, complete with fake headstones that said R.I.P. with scary or silly epitaphs as well as hideous ghosts coming out of the earth with bony bloody fingers. Before Nina died, I too found the cemetery "creepy", but now I look at it differently, even with a sort of reverence, and no longer have a problem going out to my daughter's gravesite, even in the middle of the night. I find the solitude of the historic countryside graveyard where she is buried peaceful and dignified and worthy of respect, and I was hurt by what I felt was apparent ridicule and disdain for the final resting place of our loved one's physical bodies to the point of tears and anger. Moreover, some of the masks and costumes portrayed faces of death in a way that I found highly offensive, especially since I knew many who lost their children to some of the means depicted. I took it personally and didn't appreciate what I perceived as a mockery of death.

(Continued on page 6)

(Musings on Halloween's Past and Present continued from page 5)

Though I still don't pretend to understand the allure of the above-mentioned Halloween – depictions, they aren't as painful to me as they were the first few years after Nina died. During the early grief years, we become very hypersensitive to our surroundings and more keenly conscious of anything related to death. It is pretty hard to look past the general non-bereaved populations seeming nonchalance about something we take so personally. Though we wish there was more empathy and understanding, we also know all too well that they cannot truly sympathize unless they also have walked in our shoes. It is easy to forget that we too, before our children's deaths, may have shown the same indifference. I believe that we would like to think that we wouldn't have been so callous because we now personally know how much this hurts those affected; however, before we lost our "innocence" truth be told, we probably didn't give any of it much thought. That being said, oftentimes it is still easier said than done.

On this 10th Halloween without Nina, I pretty much ignore all the ghoulishness surrounding this time of year. If I do find I am having difficulty, I try very hard to focus on positive and precious memories of Halloween's past, such as her belated birthday/Halloween party where our basement became a makeshift haunted house where giggling blindfolded costumed witches and princesses plunged their hands into bowls full of peeled grape "eyeballs" and wet macaroni "brains" to the shrieks of "Yuck!" or the photo taken of Nina on her last Halloween. No longer of trick-or-treat age, she stayed home to pass out the candy and carve an awesome Jack-O-Lantern that she is pictured proudly alongside, with her ever-present smile and that wonderful twinkle in her brown eyes. Or the photos I have of her in her costumes over the years from Care Bear to Punk Rocker. Because of my photographs and precious memories, I also realize that I was one of the "lucky" ones in that regard. There are those whose children died before they ever had the opportunity to create memories; there is the sorrow that they were never able to experience even one holiday with that child, yet alone several, and that saddens me very much.

For those with a missing trick-or-treater this Halloween or the conspicuous empty chair at Thanksgiving dinner this year, the first ones are the most difficult. Though I find they are easier to bear as time goes on, you never really forget the

absence from the family holiday gatherings of one loved so much, nor do you want to forget, really. Please try to remember that this roller-coaster grief ride each year brings different feelings. It is important that you just allow those feelings and let them happen. Try not to be waylaid by other's expectations of you. Trust your instincts and go with them. Truly, only you know what you can or cannot handle.

With gentle thoughts,
Cathy Seehuetter
TCF/St. Paul, MN
peachy3536@comcast.net
~reprinted

Another Year

Another year has come,
And you're so far away from us now;
But in our hearts still.
Forever, We will hold you close.
Each smile, laugh and tear we've cried
Are a testament to our love for you.
We will always love you,
No matter what happens.
Your death cannot separate us.
We're right here, loving you as always.
Our hearts are true to you.
We will never forget your love and spirit.
We are no longer afraid -
For to live or die is the same for us.
You are still with us on this journey of life.
We raise your light to the heavens, and smile as we remember you!
by Barbara Dwyer, TCF Gwinnett

*I'm proud of you.
It takes so much courage
to live each day as a griever.
To face the world with a smile.
To show up to work or be a parent,
keeping it together for everyone
else, when all you want to do
is lay in bed and cry.
To have a hole in your heart
that people no longer acknowledge.
The epitome of resilience can be
found in a griever's spirit,
and I'm proud of you.*
@glimpseofarainbow

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

We Remember Them

ANNUAL WORLDWIDE CANDLE LIGHTING CEREMONY

Sunday December 8, 2024, 6:30 pm

Zoom ceremony is Thursday December 5, 2024

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 etc.) as well as your phone number and email address. Attach 1 photo to the email or text. 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.

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

Please send photo and information by November 30, 2024.

Attach it to an email or send it in a text message or mail your photo to:

Susan Banks 1427 Clavey Lane Gurnee, IL 60031/email; Lanwesmar@comcast.net
/847.366.9375



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

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 have died from so many
causes and at all ages, are forever a part of our lives.*

Sunday, December 8, 2024 ~ 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.*

Questions? Please call Susan 847.366.9375/email Lanwesmar@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 8, 2024. 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, 2024.**

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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

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

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

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