

June - July 2010



# A Journey Together: Hinsdale Chapter Bereaved Parents of the USA

[www.bpusahinsdale.org](http://www.bpusahinsdale.org)

*Meetings are generally held the first Friday of every month. Doors open at 7:00 PM for greeting and fellowship.*

*Redeemer Lutheran Church, 139 East First Street, Hinsdale, Illinois  
(One block east of Garfield Street & one block south of the railroad tracks)  
Donna Corrigan, Chapter Leader 630-279-6148 or 630-841-7056 (cell)*

## The Gathering

*By Donna Corrigan*

Annually, a local chapter of BP/USA hosts The Gathering. This July 9<sup>th</sup> through 11<sup>th</sup> it will be in Little Rick, Arkansas. It is not just a grief conference and it is not a 3 day support group meeting. 100's of bereaved family members come together and share the uniqueness and the commonality of the death of a child. This becomes The Gathering.

Throughout the weekend (Thursday evening through Sunday morning) there are numerous speakers and workshops. If there is not a session that addresses your specific interest, you are free to create your own discussion group at a Sharing Session.

Our worlds do not stop spinning because we are grieving the death of our children. Attending The Gathering can give you the opportunity to slow down the rest of your life and focus on your own healing.

Check out the information on the website; [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org); it might be just what you need right now. ❄❄❄



### Balloons & Butterflies in June

Be sure to join us for these two “uplifting” June events.

Our annual **Balloon Release** will be held at the regular Monthly Meeting on **Friday, June 4th**. Also remember to bring copies of pictures for the Gathering ‘diamond’ design and our photo board.

The **Butterfly Release & Picnic** will again be held at Veteran’s Memorial Park in Westmont on **Sunday, June 27<sup>th</sup>**. Be sure to RSVP so that we have enough butterflies. See the form in this newsletter for more information.

## UPCOMING MEETINGS & EVENTS:

**Friday, June 4 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Balloon Release; also cut out & decorate the Gathering design in memory of your child. Bring copies of pictures of your child if you would like to add it to the design or our photo board.

### Wednesday, June 9 - Men’s Group:

Meet at Kappy’s in Villa Park at 6:30 P.M. RSVP to Jerry Schulman 630-205-4552

### Sunday, June 27 - Butterfly Release & Family Picnic:

12:00 Noon at Veteran’s Memorial Park in the Pavilion located at E. Dallas Street & S. Linden Avenue in Westmont. Release a butterfly in remembrance of your child and enjoy a relaxed summer afternoon. Bring a dish to pass. Donation: \$10 for an individual; \$20 for a family, includes one butterfly.

### Friday, July 9 - Monthly Chapter Meeting:

7:30 PM to 9:30 PM - Watch a DVD of Becky Russell’s talk: “10 Things I Learned About Grief”.

### Wednesday, July 14 - Ladies’ Night Out:

Meet at Bailey’s in Westmont at 6:30 PM

### Friday, August 6 - Monthly Chapter Meeting:

7:30 PM to 9:30 PM - Small Groups: Break into small groups to discuss certain topics. Also School Supplies Surprise - If you choose, purchase school supplies in memory of your child to be donated to a needy school where one of our bereaved parents works.

## Looking for info on the next meeting & your newsletter isn’t handy?

Both the calendar and the newsletter are available on the Hinsdale Chapter website at:  
[http://www.bpusahinsdale.org/](http://www.bpusahinsdale.org)

# Love Gifts

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. All Love Gifts are gratefully acknowledged in the newsletter accompanied by wording exactly as the donor submits. BP/USA is a national non-profit organization therefore; all donations to the chapter are tax deductible as allowed by law.

When mailing in a love gift, **please include your child's name, your address** and any other info you would like in your love gift message. Please make your check payable to: **BP/USA Hinsdale** and **mail it to arrive by the 10<sup>th</sup>** of the month prior to the upcoming newsletter. The newsletter is published every other month. Mail to:

**BP/USA Hinsdale Chapter  
PO Box 703  
Hinsdale IL 60522**

Thank You for your continued support of  
Bereaved Parents of the USA - Hinsdale Chapter.

Love Gifts



*In loving memory of  
Carole "Suzie" Pavett  
June 3, 1953 until August 20, 2009*

Happy birthday to my dear daughter. June 3<sup>rd</sup> would have been your birthday. I miss you so because you were not only my daughter, but my best friend. You were a caring and very special person and always there for me.

Until we are together again. You are forever in my heart.

I Love You  
MOM  
Audrey Stolfa



Love Gifts



*In loving memory of  
Thomas A Walsh Jr.  
October 16, 1970 until July 20, 2003*

I Will Love You  
*By Daniel Haughian, TCF Couer d'Alene Chapter*

As long as I can dream,  
as long as I can think,  
as long as I have a memory...  
I will love you.

As long as I have eyes to see  
and ears to hear  
and lips to speak...  
I will love you.

As long as I have a heart to feel,  
a soul stirring within me,  
an imagination to hold you...  
I will love you.

As long as there is time,  
as long as there is love,  
as long as there is you,  
and as long as I have a breath  
to speak your name  
I will love you,

because I love you  
more than anything  
in all the world.

As long as we have eyes to see we will see your smiling face... And ears to hear we will hear your jokes & laughter... And lips to speak we will speak of the love you gave, and of the love & pain of missing you.

As long as there is time, we will fight for you. As long as there is love, you will forever hold that huge piece of our hearts. As long as we have breath we will forever & ever speak your name.

We love & miss you more than we ever could imagine loving & missing anyone in all the world.

Love always & forever,  
Mom, Grandma Dolly, Tracy, Lauren, Riley & Dimitri  
Karen Richards & family



♥♥♥ Love Gifts (continued) ♥♥♥



*In loving memory of a neat, neat kid  
Robbie Funston  
May 30, 1990 until June 22, 2008*

... drowned in the Fox River on June 22, 2008.

Robbie, you are loved, missed and remembered every moment of every day

Love,  
Your Family  
Bob & Fran Funston



*In loving memory of  
Joseph Ross  
June 9, 1985 until February 5, 2009*

Happy Birthday, Joe!  
We miss you.

Love,  
Mom  
Pat Ross



**Balloons for the June 4<sup>th</sup> Balloon  
release donated:**

*In loving memory of  
Nicholas Martino-Krueger  
June 23, 1995 until April 15, 2006*

Nick, not a day goes by that you are not missed. It has been 4 years now and feels like forever. We love you and miss you more each day.

Happy 15th Birthday. Stay in our hearts always.

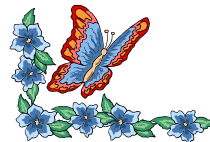
Love,  
Mom & Dad  
Jim Krueger & Rose Martino-Krueger



**"Plantable Butterflies"**

given to moms  
at the May meeting  
in honor of Mother's Day  
were donated by...

Jena Nylec,  
Grateful Mother of four daughters  
Emily -- age 9, single engine plane crash  
Joanna -- premature triplet  
Anna -- Anencephaly and premature triplet  
Diane -- premature triplet



**Father's Day gift to be given to dads  
at the June meeting**

*In memory of  
Pete Tazelaar*

Donated by Donna Corrigan on behalf of Ray Tazelaar,  
a newly bereaved Dad



**Welcome**

We would like to extend a warm welcome to the new attendees at our recent meetings. We hope you were able to take home at least a small glimmer of hope.

New attendees:  
♥ Irene Gangemi, mother of Evan Holmes

While we are very sorry for the reason you are here, we are glad that you found us. 🙏

*Our Children, Loved Missed and Remembered - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**Anthony Neri - 21**

Jul 03, 1973 - Jun 24, 1995  
Accidental Drug Overdose  
Diane Neri

**Carole "Suzie" Pavett - 56**

Jun 03, 1953 - Aug 20, 2009  
Heart Attack  
Audrey Stolfa

**Challing Eugene Albert LeBlanc - 4**

Apr 11, 1997 - Jun 02, 2001  
Boating Accident  
Liz & Stephen LeBlanc

**Cole Exner - 22**

Jun 09, 1983 - May 21, 2006  
Automobile Accident  
Scott & Janie Exner

**Daniel Stoothoff - 34**

Jun 03, 1970 - Dec 07, 2004  
Car Crash  
Sally Stoothoff

**Elizabeth Anne Barrett - 15 1/2**

Dec 29, 1976 - Jun 29, 1992  
Hit by Van  
Kay & Phil Barrett

**Eric Fitzpatrick Bucholz - 19**

Jun 26, 1974 - Dec 24, 1993  
Electrocution  
Sue Bucholz

**Eric J. Munzenmay - 12**

May 07, 1969 - Jun 28, 1981  
Pneumonia  
Eric & Lillian Munzenmay

**Jason Matthew Bill - 13**

Aug 17, 1981 - Jun 14, 1995  
Water Sport Accident  
Nancy Stein

**Jeffrey James & Natalie June Snyder -  
2-1/2**

Jul 14, 1986 - Jun 23, 1989  
Auto/Dump Truck Accident  
Don & Leslie Snyder

**Jill Kathleen Ebert - 6**

Jun 24, 1984 - Sep 03, 1990  
Brain Tumor  
Michael P Ebert

**Jimmy Lekas - 18**

Sep 10, 1969 - Jun 14, 1988  
Cancer  
Stephanie Lekas

**Joseph Ross - 23**

Jun 09, 1985 - Feb 05, 2009  
Asthma  
Pat Ross

**Lt Adam Philip Kass - 25**

May 29, 1977 - Jun 25, 2002  
Motorcycle Accident on Military Duty  
Cindy & Dave Kass

**Nicholas Martino-Krueger - 10**

Jun 23, 1995 - Apr 15, 2006  
Hit by Train  
Jim Krueger & Rose Martino-Krueger

**Noah Michael Cichorski - 2 1/2**

Jun 24, 2001 - Dec 16, 2003  
Head Injury (Cause Unknown)  
Jeannine Cichorski

**Paul Moore - 10**

Nov 04, 1982 - Jun 08, 1994  
Drunk Driver  
Don & Julie Moore

**Robbie Funston - 18**

May 30, 1990 - Jun 22, 2008  
Accidental Drowning  
Ric Funston



**Russell Witek - 14**

Jun 16, 1994 - Mar 29, 2009  
Malignant Brain Tumor  
Dan & Helen Dennett

**William E. Barth - 20 1/2**

Sep 23, 1965 - Jun 05, 1986  
Suicide  
Karen Barth

**Aidan Samuel Wood - 4**

Jul 17, 2003 - Nov 30, 2007  
House Fire  
Michelle & Ian Wood

**Amy Elizabeth Gales - 19**

Jul 18, 1975 - Mar 08, 1995  
Auto Accident  
Ron & Sandy Gales



**Brendon Anderson - 22**

Jul 18, 1976 - Mar 16, 1998  
Murdered  
Rob Anderson

**Bruce A Storrs - 31**

Jul 02, 1970 - Feb 23, 2002  
Cancer of the Brain  
Deacon Wayne & Mary Ellen Storrs

**Bryce Stack - 30**

Jan 26, 1979 - Jul 24, 2009  
Accidental Overdose  
Trish DeBauche

*Our Children, Loved Missed and Remembered (continued) - Anniversaries and birthdays are difficult for bereaved parents and families. In the days ahead, may we lovingly remember these children and send our prayers, love and support to their parents and families*

**Carl Alan Vuillaume - 16**  
Mar 14, 1989 - Jul 21, 2005  
Accidental Drowning  
Rob & Char Vuillaume

**Elizabeth Nelson - 23**  
Jul 27, 1980 - May 31, 2004  
Car Accident  
Tom & Kathy Nelson

**James G. Frale - 13**  
Jul 11, 1967 - Sep 13, 1981  
Electrocution  
John & JoAnn Frale

**Jamie Lee Hoebble - 21**  
Jul 26, 1983 - Sep 23, 2004  
Karen & John Pech



**Jennifer Erin Morris - 16**  
Jul 15, 1982 - Aug 10, 1998  
Auto Accident  
Wendy & Dan Morris

**Katie Satkamp - 7**  
Jul 12, 1974 - May 12, 1982  
School Bus Accident  
Ronda & Steve Satkamp

**Maria Elena Nudell - 14**  
Apr 17, 1981 - Jul 07, 1995  
Horseback Riding Accident  
Marilyn Cocogliato

**Mariana Tunstall - 8**  
Dec 29, 1999 - Jul 16, 2008  
E-Coli  
Keith & Kristena Tunstall

**Matthew Corrigan - 14**  
Jul 04, 1977 - Aug 12, 1991  
Auto Accident  
Donna & Mike Corrigan

**Nicholas Carl Pica - 21**  
Dec 12, 1984 - Jul 13, 2006  
Sudden Cardiac Death  
Jane & Jerry Pica

**Nicholas Palumbo - 21**  
Jul 10, 1981 - Mar 05, 2003  
Snowmobile Accident  
Debbie Palumbo

**Rob Funston - 25**  
Aug 22, 1955 - Jul 30, 1981  
Pneumonia  
Bob & Fran Funston

**Ryan Paul - 15 1/2**  
Jul 06, 1988 - Mar 09, 2004  
Hit by Car  
Roy & Melody Paul

**Sarah Marie Fink - 3 1/2 Mths**  
Jul 11, 1977 - Nov 02, 1977  
SIDS  
Sue & Garry Fink

**Tameron "Tami" Racky - 21**  
Jul 08, 1975 - Sep 12, 1996  
Accidental Drug Overdose  
John & Debbie Racky

**Thomas A Walsh Jr - 32**  
Oct 16, 1970 - Jul 20, 2003  
Unknown  
Karen Richards

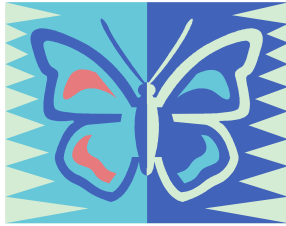
**Trudy Boskey - 47**  
Jul 06, 1953 - Aug 03, 2000  
Cancer  
Rose Conway

**William Kavanaugh - 3**  
May 24, 1992 - Jul 04, 1995  
Hit by a Van  
Maribeth Kavanaugh

**Zachary "Zach" Pfingston - 13**  
Sep 20, 1996 - Jul 31, 2009  
Seizure  
Manjula & Jack Pfingston



*Have pity on me, O LORD, for I am in distress;  
with sorrow my eye is consumed;  
my soul also, and my body.  
For my life is spent with grief  
and my years with sighing.  
PSALM 31:10-11A*



## The Coat

*By Tracy Walsh, Tom's sister*

We all wear one every day!!  
Under everyone lies a unique person,  
Who most people never take the chance  
To even want to get to know.

For all they want to see  
Is the "coat".  
The person who hides behind that "coat" has  
feelings, fears, longings, hopes, desires and  
many dreams.  
But yet they hide behind that "coat".

Because that is what people want to see.  
And some never want to see beyond that "coat"  
to see what a loving, wonderful, caring, kind  
and one of a kind person who  
Hides behind that "coat".

In a sense that very "coat" becomes a coat of  
armor, but in reality it really becomes more of  
a curse in a way.

To wear that "coat" every day you put it on  
along with the façade that "yes, everything is  
ok, it is fine."

You wear the "coat" because of all the hurt.  
You just want to belong. No one understands.  
And with that "coat" you are ok for a little bit.

But yet, no one takes the time to see "you"  
beyond the "coat" because all they focus on is  
the "coat" now. Not to see the wonderful  
person who is in the "coat". That "coat" which  
became a curse in a way for my brother, Tom.

The one who would do anything in this world for  
the people he loves, was the most wonderful  
person in the world to me and my kids, he was  
my best friend. He has a heart of gold.

He would do the same for anybody, even with  
the "coat". That was just who he was.

But yet, people choose to see only the "coat", not  
what was in the "coat". I want to take off my  
coat, Tom, but like you, people only see the  
"coat". They see and believe what they want and  
that hurts more than anything, because so much is  
so untrue, because of the "coat".

So I guess I will continue to wear our "coats" and  
hope this world of our changes. Because of all  
people you deserve to be seen beyond just your  
"coat". Because you, my beloved brother, deserve  
that and so much more. Because you loved and  
cared more than most people in this world, and  
people need to see beyond that "coat".

With all my love forever and ever,  
Your sister,  
Tracy



**The Bereaved Parents of  
the USA  
2010 National Gathering  
"Rock of Hope, River  
of Healing"  
July 9-11, 2010  
Holiday Inn Airport Conference  
Center  
Little Rock, AR  
Check the national website for  
more information:  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)**

## BUTTERFLY RELEASE & FAMILY PICNIC



**Sunday, June 27<sup>th</sup> 12:00 Noon**

Veteran's Memorial Park ~ Pavilion

E. Dallas Street & S. Linden Avenue ~ Westmont

(The park and pavilion/picnic shelter is located 2 blocks north of 55<sup>th</sup> Street and 1 block east of Cass Avenue in Westmont)

Donation: \$10 per individual; \$20 per family; includes one butterfly

Chicken, Beverages, Utensils provided

A - H Bring dessert (for 12)

I - Z Bring side dish/salad (for 12)

RSVP by June 17<sup>th</sup> to:

BP/USA Hinsdale

PO Box 703

Hinsdale, IL 60521

## Adjust Your Sails

from *"The Slender Thread"* (2000), by Shirley Cognard Ottman

I attended a wedding ceremony in a neighbor's church. The bride was the twenty-two-year-old daughter of friends of ours. My daughter had also been twenty-two when she married, and she had been as full of love and as optimistic about the future as was this bride. I could not help but wonder during the ceremony what lay in store for this young couple. Would either one of them be widowed within a few short years?

But, of course, there is no way to know what the future holds for them, or for ourselves, or for anyone. If we live, the future happens to us. We can plan and work toward a particular future we envision for ourselves, but sometimes—from nowhere—outside events intrude; our plans are altered, sometimes without warning. We are forced onto another path not of our own choosing.

So it was when my daughter died. The future I had imagined and worked toward included her physical presence. She and her husband had many plans for their future and had discussed moving to Australia, she told me just three days before her death, and added, *but I told Mark, I just don't want to live so far away from my family. I'd rather stay in the U.S.* At the time I was deeply touched. Now I am especially grateful that we had that particular conversation.

For several years after her death, I hated—no, *hated* is not too strong a word to use here—I hated having to make any plans for the future. What was it to make plans in a world which allowed horrendous tragedies to interfere with the most loving and carefully molded plans? I even resented my own future when my daughter had been robbed of hers. But as I sat there during this wedding ceremony, it seemed that my daughter was there beside me. She was urging me, I think, to rejoice with this young couple who had found such happiness in their love, to rejoice with all the well-wishers present who, too, participated in the love filling that church. As I sat there, I thanked God for the years we had had with my daughter, and for my sons, their wives, and our grandchildren.

When we went into the reception, I read a plaque that hung on the church wall: *You cannot control the winds that blow, but you can adjust your sails.* Perhaps I slipped over the edge, but I

believe that I could feel my daughter at my side saying, *see that?* I had to laugh to myself. It has taken me a long time, but that little cliché sums up what I am trying to say now. Human beings need to make plans. We need to have goals and to strive to achieve them, whatever they are, big ones as well as small ones.

And if or when a really big wind comes along and threatens to overwhelm us, we need to make adjustments. God knows it is difficult to do. Although it has been many years since my daughter's death, I am finally coming around. I am beginning to look to the future with some enthusiasm again. Hey! Did you hear that? That faint but familiar voice: *It's about time, Mom.* #

Reprinted in memoriam of Shirley Cognard Ottman, who passed away on April 9, 2010. In addition to being a prolific writer, Shirley was a past President on the national board of directors of the Bereaved Parents of the USA. Her daughter Terese Johnson Atkins died on May 2, 1986 at the age of 25.

## "Daysavers" for Father's Day & Graduations

from *Handling the Holidays* by Bruce H. Conley & Karen L Howard

In the book, *Handling the Holidays*, Bruce Conley and Karen Howard give suggestions or "Daysavers" for grieving people facing upcoming holidays or special days. Following are a couple "Daysavers" that might help you get through tough days such as Father's Day or the day your child might have graduated.

*Be Kind to yourself. Schedule only what you feel capable of handling and then give yourself permission to change your mind, even at the last minute.*

*Start a journal of your child's life. There are many new picture albums that allow you to create special pages to go with the pictures.*

*Acknowledge the pain of this day. You may feel depressed or uneasy and not recognize why, especially if a long period of time has passed since your child's death and the graduation of their class has caught you unprepared for such feelings.*

The book has many more good ideas. It is available from our chapter lending library. #



## Father's Day

By Doug Hughes, BPUSA, S. Nevada Chapter

I just watched another TV commercial for cologne, which is the first sign of the approach of Father's Day. Like other fathers, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen - my son's life, an opportunity not to hurt when I see boys who are his age, a chance to dream those dreams for that little boy again. But that's not going to happen. Instead, I will get up on that day, having called my own father the night before to wish him a happy Father's day, and I will go to the cemetery to place flowers on my son's grave. I will stand alone and cry for a time and then return home to my wife and new infant son. This year we will have a greater measure of peace because of the birth of our son, but I shall always have a hole in my soul, and a longing that I know I will have until I die.

Like many bereaved fathers, I have felt misunderstood about how a father should mourn and for how long. I do not understand how a society can have such a belief in the strength of maternal love and do such a good job ignoring the intensity of paternal love. From the people whose only question at my son's memorial service was how was my wife dealing with this tragedy, to the longtime friend who didn't understand my choking up after watching a Hallmark commercial - it seems that many around us have difficulty understanding a father's grief.

So, support and love is needed and needed badly. I hope that bereaved fathers will not be forgotten on Father's Day. It is often said that we don't often talk of our emotional needs and are reluctant to show out pain, but we too, need love when we hurt. Please remember us on Father's Day and remember that the cute little commercials that hurt mothers in May take their toll on fathers in June. 🌱

## A LOVE SONG

by Nancy Williams, TCF Central New Jersey

The mention of my child's name  
may bring tears to my eyes,  
But it never fails to bring  
music to my ears.  
If you are really my friend,  
Please don't keep me  
from hearing the beautiful music.  
It soothes my broken heart  
and fills my soul with love.

## Book Review

by Jena Nylec. grateful mother of Emily, Joanna, Anna and Diane Nylec,  
[theoriginaljena@hotmail.com](mailto:theoriginaljena@hotmail.com).  
[www.emilynylec.com](http://www.emilynylec.com)

### "Good Grief" -- by Lolly Winston

This book is a fictional story (not real) and it got rave reviews from well known writers. One reviewer said that you should read it **IF** you think there is nothing new to read about grief and its accompanying "problems". This story hit home for me in the way she describes her coping mechanisms after losing her 30-ish husband to cancer. These coping tricks include the usual overeating and going to work in her bathrobe. Also the grocery store meltdowns, sleeping in weird places in her house and clinging fiercely to a particular object of our lost love.

She does this with a sense of humor that we should not feel guilty enjoying. There is some humor to this grief journey of ours in the way we respond to people, events, even common household objects. And yes, this story does have revelations and revivals. She works her way to getting up and moving on and reading that this is possible, even if only in fiction, has given me a seed of hope in my mind. A seed that my therapist says I don't need as she states that "I am going on". She's right but having examples of others' journeys through grief still helps me map out MY journey and not feel so dreadfully alone and unusual. 🌱

## School Supplies Surprise

We will be collecting school supplies again this year. If you would like to purchase and donate school supplies in memory of your child bring them to the August and/or September meetings.

Recommended supplies to donate include pencils, spiral notebooks, Crayola markers, glue sticks, pink erasers, and Fiskars brand scissors.

The supplies will be donated to a needy school where one of our bereaved parents works. Thank you for your consideration of this project. 🌱

## From Your Editor...

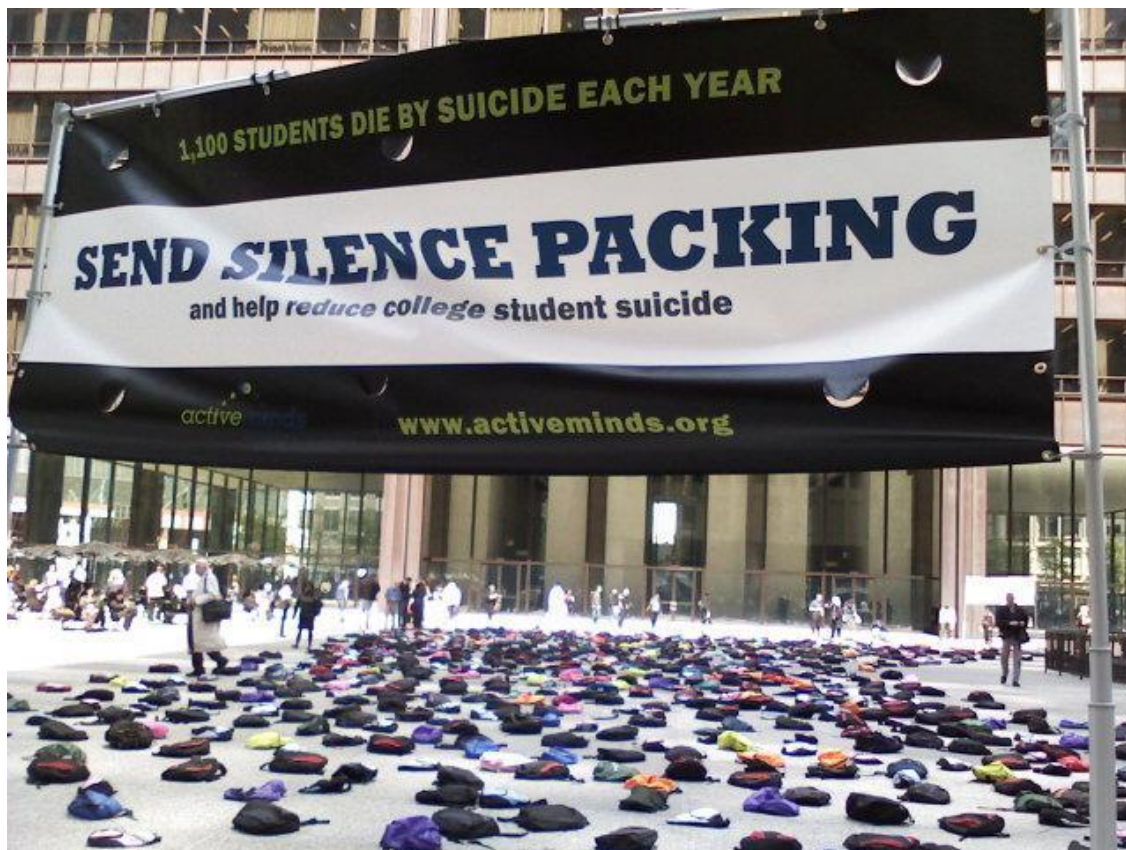
On Thursday, April 29<sup>th</sup>, I took a short walk to Daley Plaza at lunch. It was really windy and I was headed there to visit the Send Silence Packing exhibit. There were 1,100 backpacks as a travelling public education display of the more than 1,100 college-age children who die by suicide each year. Despite the wind the backpacks remained firmly planted on the ground in the Plaza. Some of the backpacks had pictures and/or stories of young people who have died. The exhibit is the signature program of an organization called Active Minds. Active Minds is dedicated to removing the stigma of mental illness and encouraging young people to seek help and to tell their stories. The organization has Chapters on over 250 college campuses. Suicide is the second leading cause of death among college students. Active Minds was founded in 2001 by Alison Malmon, following the suicide of her only sibling, 22-year-old Brian Malmon a year earlier. Brian was a student at Columbia University.

Eyes filled with tears, I walked around the backpacks of all different colors and styles. I thought of the challenges of college and the young adult years in general. I am glad this organization is advocating for positive dialogue and awareness about mental health on college campuses. Hopefully their efforts to break the silence and stigma surrounding mental health will encourage students to seek the care they need.

Learn more about the Send Silence Packing Program at <http://www.sendsilencepacking.org/>.  
The Active Minds organization website is: <http://www.activeminds.org/>

*Thoughts and prayers for survivors of suicide and to all young people facing the challenges of growing up and especially to bereaved siblings who have had to face their teenage and young adult years while grieving the death of a brother or sister....*

~ Celeste



Send Silence  
Packing exhibit in  
Daley Center Plaza,  
Chicago  
April 29, 2010

## Address

## Changes/Corrections

Please send address or information changes to Angelo Tomasello at [angelotomasello@comcast.net](mailto:angelotomasello@comcast.net).

## “A Journey Together: Hinsdale Chapter BP/USA”

The Hinsdale Chapter newsletter is compiled, stamped and mailed by volunteers, in loving memory of our children. There is no charge to receive it. If you would like to submit content to be considered for inclusion in a future newsletter, please email the newsletter editor, [celeste\\_hardy@hotmail.com](mailto:celeste_hardy@hotmail.com).

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Bereaved Parents of the USA - Hinsdale is a self-help support group which is run entirely by volunteers who are also bereaved parents. The volunteers are a little further down the road in their grief and can give back to the chapter by helping with the many jobs it takes to keep the chapter running. This makes it possible for new bereaved parents to see survival and hope when they walk through the door of their first meeting.



***As always, this newsletter is compiled in loving memory of our precious children. Thank you to everyone, especially Donna Corrigan, who help make BPUSA Hinsdale chapter possible.***



## Steering Committee

Our chapter is run by a volunteer steering committee that meets periodically during the year to discuss future meeting programs, fund raising, member involvement, our library and other pertinent issues. Interested in sharing your time and talent? ....contact a member listed below:

<b>Chapter Leader</b>	Donna Corrigan	(630) 279-6148
	Cell:	(630) 841-7056
<b>Database Administrator</b>	Angelo Tomasello	(630) 420-1649
<b>Hospitality</b>	Sally Yarberry	(708) 560-0393
	Kathy Kuzmicki	(630) 968-4515
<b>Treasurer</b>	Jerry Schulman	(630) 205-4552
<b>Librarian</b>	Suzy Scott	(630) 985 0394
<b>Newsletter Editor</b>	Celeste Hardy	(630) 963-0096
<b>Members at Large</b>	Linda Horn	(630) 325-2816
	Karen & Dave Putnam	(630) 971-1240
	Rose Martino-Krueger	(847) 208-5620

## Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents. These resources are available to check out at each meeting to be returned at the following meeting, if possible. Donations of books are always gratefully accepted, and acknowledged in the newsletter. If you are no longer attending meetings regularly and come across a book at home that belongs to our library, please **mail it** to us at the reduced **“media rate”** to: **PO Box 703, Hinsdale IL 60522-0703**. You can contact our Librarian, Suzy Scott at [suzyart@sbcglobal.net](mailto:suzyart@sbcglobal.net) or (630) 985-0394.

## Telephone Friends

When you have a need to talk to another bereaved parent, these members are available to listen:

Val Vesely	(630) 469-9584
Donna Corrigan	(630) 279-6148
Marge Humbert	(815) 609-4151
Jim Moravcik (suicide)	(630) 904-9094

## CALENDAR OF EVENTS

### June

June 4	<b>Monthly Meeting: 7:30 PM</b> – Balloon Release - also cutout & decorate the diamond design – bring copies of pictures of your child
June 9	<b>Men's Group:</b> Meet at Kappy's in Villa Park at 6:30 P.M. RSVP to Jerry Schulman 630-205-4552

### July

July 9	<b>Monthly Meeting:</b> 7:30 PM – Watch a DVD of Becky Russell's talk: "10 Things I Learned About Grief".
July 14	<b>Ladies Night Out:</b> 6:30 PM - Meet at Bailey's in Westmont

### August

August 6	<b>Monthly Meeting:</b> 7:30 PM – Small Groups: Break into small groups to discuss certain topics. Also School Supplies Surprise - purchase school supplies in memory of your child to be donated to a needy school
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### BP/USA Hinsdale on the Web:

<http://www.bpusahinsdale.org/>



## Summer

by Shirley Cognard Ottman,  
BP/USA of North Texas

June. Hot days ahead.  
These sun-drenched days  
bake far less lonely now;  
these star-filled nights  
are shorter and  
no longer sleepless. Yet  
a small, sharp shard  
of grief remains,  
embedded firm and deep  
inside my heart.  
Hot winds of summer find  
my sweaty hands  
still trying after all these years  
to wring from time  
one last, sweet token of  
a life no longer visible,  
but felt.

Bereaved Parents of the USA  
Hinsdale Chapter  
P.O. Box 703  
Hinsdale, IL 60522-0703



June – July 2010