



October – November - December 2013

A Journey Together: Chicagoland Chapter - Bereaved Parents of the USA www.bpusachicagoland.org

Bereaved Parents of the USA Mission:

We, as bereaved parents, help grieving parents and families rebuild their lives following the death of a child.

*Meetings are generally held the first Tuesday of every month, 7:00 – 8:30 PM. Doors open at 6:30 PM for greeting and fellowship.
First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, Illinois
Eleanor Byrne (708-485-6160) and Sally Yarberry (708-560-0393), Chapter Co-Leaders*

Grandma's message

by Keith Swett, Matt's dad

My cousins and I spent endless hours swimming in Crystal Lake outside of Tomahawk. Grandma Smith sat in a homemade wood chair with a small seat and slanted back for those same hours. We dove off the boat, fished off the dock, built in the sand all under Grandma's watchful eye. We all knew that nothing bad could happen to us because Grandma was there watching over us.

In the fall that simple chair was stored in the cottage until we rushed spring into summer and brought it out again. None of us could go into the lake until the chair was in place.

At a wedding this fall under Rib Mountain, twenty five miles from Tomahawk I wondered if the wooden chair was still sitting under the shade tree next to the beach. I wondered if I'd ever feel that safe again. Now, I know that winter is coming.

Winter is coming, but Grandma's message was not that life is an endless summer. Her message was to enjoy life, to celebrate our time together. Death is coming for us all. Our job is to live, to love, to celebrate without fear.

For our honeymoon I took my wife swimming at Grandma's cottage. Later we visited Grandma at the nursing home. Grandma had dementia but she had one more message to pass on.

UPCOMING MEETINGS & EVENTS:

Tuesday, October 1 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - Helping Others Help You

Monday, November 4 - Ladies Night Out: 6:00 PM - TGI Fridays, 601 E Butterfield Rd, Lombard

Tuesday, November 5 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - Pot Luck Dinner & Guest Speaker Karen Schultz, LCSW - "Holiday Blues & How to Honor Your Loved One"

Tuesday, December 3 - Monthly Chapter Meeting: 7:00 PM to 8:30 PM - Children's Gifts - Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children.

Sunday, December 8 - Annual Candle Light Observance: 7:00 PM - Doors open at 6:30; First Congregational Church of Western Springs; Please RSVP - See details in this newsletter.

I wanted Grandma to know me so I explained I was Gene's oldest and this was my brand new wife. I asked if Grandma knew me. She said "I don't remember names anymore but I loved you before you were born."

If I worry about where Matt is or how he doing, I think of Grandma Smith. She loved him before he was born. Grandma is someplace in that old wooden chair and Matt is more than safe. They're just waiting for me to get there. 🙏

♥ ♥ ♥ Love Gifts ♥ ♥ ♥

A Love Gift is a donation to the chapter in memory of your child, grandchild or sibling. A financial contribution in any amount is appreciated. 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. Make your check payable to: **BP/USA Chicagoland** and mail it to arrive **by the 10th** of the month prior to the upcoming newsletter. **The newsletter is published quarterly.**

Mail your check to:

**Bereaved Parents of the USA
Chicagoland Chapter
P.O. Box 718
Lyons, IL 60534**

It is also recommended that you email your love gift message to the newsletter editor,
celeste_hardy@hotmail.com.



*In loving memory of
Brandon Hardy
August 13, 1980 until December 28, 2002
and
Sarah Augustine
December 5, 1980 until December 28, 2002*

Dear "S & B",

Almost eleven years and we still remember your hugs, smiles, laughter, friendship, but most of all your LOVE.

We wait in HOPE for the time when we will be reunited and while we wait we do what we can to find the JOY in life which reminds us of your spirit and determination.

Love always & forever,
Your families
Don, Celeste, Shawn,
Adam, Laura, Brennon & Adalee Hardy
John, Marilyn, Rebecca,
John & Jenna Augustine



♥ ♥ ♥ Love Gifts ♥ ♥ ♥



*In loving remembrance of
Paula Lynn Yarberry VanHorn
October 3, 1968 until October 27, 2006*

Paula Sunshine,

I can't get my head around it being seven years that you've been gone. Sometimes for a moment, I forget I'm grieving, but only for a moment. You're in my thoughts soon after I wake, and you're one of my last thoughts at night.

I miss you.
I miss looking forward to seeing you.
I miss having someone to complain to.
I miss you making me laugh.
I miss you taking care of me.
I miss believing I could take care of you.
I miss not having another chance to do better.

"Where you used to be, there is a hole in the world, which I find myself constantly walking around in the daytime, and falling in at night. I miss you like hell."
~ Edna St. Vincent Millay

I carry your heart in my heart.

Love,
"MamaSama, and Bry"
Sally Yarberry and Bryan Yarberry



Welcome

Bereaved Parents Chicagoland Chapter extends a warm welcome to the new attendees at our recent meetings. We know it is difficult to come to your first meeting.

New attendees:

- ♥ Teri & Steve Conterio, parents of **Breanne Conterio**
- ♥ Gloria Smolek, mother of **Matthew Smolek**
- ♥ Marge & Bill Kosinski, parents of **Michael Kosinski**

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



Potluck Dinner

Tuesday, November 5

Doors Open at 6:30PM – Dinner at 7:00PM

Program begins at 8:00PM



Please come join us for food & fellowship. We all need a night out, especially before the holiday rush begins. Hope to see you there!

The Chapter provides chicken, beverages and table settings. Bring your child's favorite dish if you wish, or another special item sure to be enjoyed by all!

Please bring a dish (serving for 8) based on your last name:

If your last name begins with **A-I** - please bring a **side dish or salad**

If your last name begins with **J-Z** - please bring a **dessert**

Our Special Guest Speaker will be Karen Schultz, LCSW
"Dealing with Holiday Blues and Honoring Our Lost Loved Ones"

Karen Rose Schultz is a licensed clinical social worker, professional speaker, author, publisher and a bereaved sibling. Karen maintains a private practice in Hinsdale and has over 30 years of clinical and professional experience. Karen is a wounded healer, making her compassionate and kind to others facing life's challenges. The focus of her practice centers on grief support services. Karen leads support groups for Adolph Funeral Homes and has taught Intuition and Counseling at the College of DuPage.

If you are unable to come for dinner, please feel free to arrive at 7:45 and join us in listening to Karen Schultz.

Siblings (high school age or older) are encouraged to attend.

Please R.S.V.P. by November 2nd to Sally Yarberry at (708) 560-0393 or e-mail psyrbrry@hotmail.com



**Bereaved Parents of the USA
Chicagoland Chapter**

Cordially invites you to attend our
**Annual Candle Light Observance of
National Children's Memorial Day**

Sunday, December 8, 2013
1st Congregational Church of Western Springs
1106 Chestnut Street, Western Springs, IL

Program 7:00 p.m. ♥ Doors open 6:30 p.m.



This invitation is extended to parents, grandparents, siblings and other family members who wish to join in honoring the memory of a beloved child at this special time of the year.

During this observance, the name of each child will be read out loud. In addition, for those wishing to submit a photo (5x7 or smaller), their child's picture will be shown as his or her name is read aloud. **If you have submitted a photo in the past, you must give us your permission to have the photo shown again this year.**

Kindly fill out and return the attached registration form. This will help us to plan for seating, refreshments, candles and reading of the names. If you are unable to attend, but wish to have your child's name read aloud, please indicate on the return form.

Refreshments and fellowship will follow the candle light observance. You are welcome to bring your child's favorite treat to share. Feel free to bring a picture or remembrance of your child to display.

If you submitted a photo to be shown during the candle lighting, you may pick it up at the end of the evening.

**Send photos to: Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429 (630) 971-9472
or e-mail photos to: FLASH22504@comcast.net**

Deadline for photos, 5x7 or smaller: Saturday, November 30, 2013

Return Form for Children's Memorial Day Candle Light Observance
Please respond by Saturday, November 30, 2013

Return to: Bereaved Parents USA c/o Bob & Carol Gordon, 7717 Williams St., Darien, IL 60561-4429

First Name of Child(ren) _____

Last Name of Child(ren) _____

First & Last Names of Parent(s) _____

How many people will attend _____ Of those, how many bereaved siblings _____

I have enclosed a picture _____ I will send a picture _____ I will e-mail a picture _____

I give permission to use a photo I previously submitted _____

Donations to help defray costs are gratefully appreciated.

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

Alan Schroeder - 22

Oct 11, 1985 - Dec 04, 2007
Joan & John Schroeder

Bobby Vargas - 16

Oct 08, 1972 - Oct 26, 1988
Auto Accident
Susan Vargas

Cindy Cebczynski - 21

Oct 18, 1983 - Nov 07, 2004
Victim of a Drunk Driver
Pam & Bob Cebczynski

Dan Parmenter - 20

Oct 15, 1987 - Feb 14, 2008
NIU Classroom Shooting
Gary Parmenter

Donna Hark - 48

Oct 28, 1961 - Feb 08, 2010
Pulmonary Hypertension
Geraldine Ploskonka

Eric-Alan Gottung - 24

Oct 10, 1986 - Mar 04, 2011
Suicide
Nancy & Eric Gottung

Frank Knapczyk, Jr. - 25

Mar 28, 1967 - Oct 24, 1992
Electrocution
Barbara & Frank Knapczyk

Gregory Michael Humbert - 30

Aug 31, 1961 - Oct 31, 1991
Auto Accident
Marge Humbert

Katherine Lacewell - 41

Feb 27, 1969 - Oct 16, 2011
Alcoholism
Allen Lacewell

Kerri L. Gartner - 22

Sep 09, 1981 - Oct 24, 2003
Auto Accident
Ervin & Kathleen Gartner

Lisa M Zimmerman - 32

Nov 24, 1971 - Oct 13, 2004
Medication Overdose
Carol & Bill Zimmerman

Matthew Lane - 27

Mar 08, 1978 - Oct 10, 2005
Car Accident
Joylin Lane

Michael Atella - 60

Oct 11, 1949 - Sep 12, 2008
Heart Attack
Edna Atella

Michelle Louise Jensen - 30

Nov 08, 1980 - Oct 13, 2011
Drug Overdose
Kelly Jensen

Natalie Anne Ragusa - 27

Oct 24, 1975 - Mar 04, 2003
Car Accident
George Ragusa

Paula L Van Horn - 38

Oct 03, 1968 - Oct 27, 2006
Sepsis
Sally & Paul Yarberry

Robert Conway - 15

May 12, 1975 - Oct 22, 1990
Hit by Van while Bike Riding
Rose Conway

Roseanne Strick - 22

Feb 27, 1969 - Oct 14, 1991
Brain Aneurysm/Heart Attack/Car
Accident
Ilse Strick

Ryan Vesely - 17

Oct 03, 1974 - Jan 18, 1992
Auto Accident
Stan & Val Vesely

Susan G. Gabrielsen - 31

Apr 18, 1963 - Oct 14, 1994
Breast Cancer
Patricia Jacobi

Thomas A Walsh Jr - 32

Oct 16, 1970 - Jul 20, 2003
Unknown
Karen Richards

Adam Schar - 33

Nov 23, 1976 - Jul 18, 2010
Accidental Death
Janet Schar

Aidan Samuel Wood - 4

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

Amanda Aadson - 20

Apr 08, 1981 - Nov 25, 2001
Car Accident
Mary Jo Sullivan

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

Brian Eck - 39
Sep 08, 1971 - Nov 08, 2010
Enlarged Heart
Kathy Eck

Celeste Tomasello - 17
Apr 20, 1982 - Nov 05, 1999
Accidental Fall
Linda & Angelo Tomasello

Christopher Kavanagh - 25
Sep 23, 1984 - Nov 15, 2009
Undetermined
Sherri Kavanagh

Heather Runge - 6 Wks.
Nov 21, 1989 - Jan 04, 1990
Neuroblastoma
Sandy Sand

David Horn - 7
Aug 05, 1973 - Nov 20, 1980
Leukemia
Russ & Linda Horn

Glenn Patrick Beach - 31
Nov 07, 1960 - Feb 16, 1992
Murdered
John & Grace Beach



Jennifer Roley - 22
Nov 26, 1989 - Jan 15, 2012
Drug Overdose
Lynn Gantner

Katie Elizabeth Farley -
Nov 12, 2004 - Nov 12, 2004
Prenatal Decision Due to Chromosomal
Issues
Kelly Farley

Megan Elisabeth Peters - 23
Nov 26, 1980 - Aug 31, 2004
Drug Overdose
Kathleen Peters

Michael Walter Schulman - 28
Apr 21, 1978 - Nov 28, 2006
Traffic Accident
Jerry, Mary, Melissa, Jonathon, & Katie
Schulman

Timothy Kuzmicki - 16
Mar 07, 1986 - Nov 13, 2002
Motorcycle/Auto Collision
Katie Kuzmicki

William "Bill" Collins - 24
Nov 15, 1965 - Dec 24, 1989
Auto Accident, Hit & Run
Sue Collins

Paul Moore - 10
Nov 04, 1982 - Jun 08, 1994
Drunk Driver
Don & Julie Moore

Phillip G. Dore - 21
Nov 11, 1988 - Sep 02, 2010
Suicide
Phil & Linda Dore

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

Steven Glosky - 23
Feb 16, 1972 - Nov 13, 1995
Suicide
Judy & Danny Glosky

Thomas (Tommy John) Adams - 35
Feb 01, 1966 - Nov 01, 2001
Marge & Bill Adams



Chris Marie Longo - 18
Dec 21, 1951 - Sep 26, 1970
Brain Aneurysm
Anthony & Margery Longo

Daniel M. Schedler - 23
Dec 16, 1969 - Apr 06, 1993
Auto Accident
Tom & Judeen Schedler

Daniel Stoothoff - 34
Jun 03, 1970 - Dec 07, 2004
Car Crash
Sally Stoothoff

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

Elizabeth Anne Barrett - 15

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

Frank Gianfortune Jr - 19

Aug 01, 1968 - Dec 06, 1987

Auto Accident

Ms. Adel Gianfortune

Garrett Joel Zaagman - 7

Mar 04, 1976 - Dec 09, 1983

Spinal Meningitis

Dirk & Florence Zaagman

Jessica Louise Lang - 23

Mar 03, 1980 - Dec 12, 2003

Heroin Overdose

Kristine Lang

John C Crider - 44

- Dec 24, 2009

Helen Bapes Crider

Joseph James Craig - 35

Dec 05, 1974 - Dec 15, 2009

Drowning

Joseph R. Craig

Josiah Weiberg - 10 Months

Jan 16, 2009 - Dec 03, 2009

SMA Type 1

Alesha & Jim Weiberg

Mariana Tunstall - 8

Dec 29, 1999 - Jul 16, 2008

E-Coli

Keith & Kristena Tunstall

Martin K. Adams - 42

Dec 11, 1960 - Jan 06, 2003

Marge & Bill Adams

Marty Sobanski (Brother) - 28

Dec 08, 1961 - Sep 05, 1990

Seizure Disorder

Helen Sobanski-Hennessey

Matthew Davis - 33

Dec 28, 1976 - Jun 10, 2010

Unknown

Gloria Smolek

Michael Kosinski - 26

Dec 17, 1986 - Jun 12, 2013

Sudden Cardiac Arrest

Marge & Bill Kosinski

Nicholas Carl Pica - 21

Dec 12, 1984 - Jul 13, 2006

Sudden Cardiac Death

Jane & Jerry Pica

Noah Michael Cichorski - 2 1/2

Jun 24, 2001 - Dec 16, 2003

Head Injury (Cause Unknown)

Jeannine Cichorski

Rachel Krueger - 21

Dec 29, 1986 - Sep 23, 2008

Pulmonary Embolism

Jim Krueger & Rose Martino-Krueger

Richie Chow - 27

Dec 22, 1983 - Sep 30, 2011

Unknown

Joyce Chow

Ryan James Moravcik - 21

Jan 07, 1980 - Dec 31, 2001

Suicide

James & Lucille Moravcik

Sarah Lynn Moore - 5

Dec 18, 1998 - Mar 31, 2004

Surgical Complications

Susan Moore

Scott Wesolowski - 18

Dec 13, 1984 - Apr 08, 2003

Drug Overdose

Sue Berger

Sean Howard Anderson - 17

Feb 22, 1983 - Dec 05, 2000

Suicide

Maureen Anderson

Stevie Brow - 8

Dec 13, 1964 - May 18, 1973

Gunshot

Roberta Brow

Tim Schiefelbein - 18

Dec 07, 1989 - Feb 24, 2007

Car Accident

Diane Grabowski



What Is Next To Normal?

A Bereaved Parent's View

of Brian Yorkey's Play

by Donna Corrigan, Matthew's mom
BP/USA Chicagoland

It's very late, actually it's morning, and Mom greets her seventeen year old son with the typical "Where have you been? What were you doing? With who?" as he tries to slip in the door, unnoticed. The sixteen year old daughter is still up, studying and the husband is running late but certainly has time for a quick roll in the hay. Sort of a typical normal family?

It's only as the Mom lays out the makings for a dozen sandwiches for the family lunch do you realize something is off kilter. Mom explains that she is just getting ahead on the lunches but the daughter heads out the door. This is her normal family; crazy, unpredictable and almost always disappointing and absent from her life. Dad freaks out and insists that they have to see the doctor again. We learn that Mom has been diagnosed as bipolar, and has been heavily medicated for many years. Glancing at their family album, we can see anything but a normal life.

Another new doctor, another laundry list of mood altering drugs and terrible side effects for the patient. Life is a little easier for the family. They are sort of back to normal, but are they getting better? You begin to realize that only Mom sees her son dancing, and singing, "I'm Alive! I'm Alive! I am so Alive!"

They attempt a normal family dinner. The meal is plodding along when Mom brings out a cake for "someone's birthday". She knows somebody's having a birthday, but her foggy mind just can't figure out who. Dad and daughter are horrified. They have a guest for dinner and Mom has baked a birthday cake for a dead child! To Mom, he isn't dead. He isn't an 8 month old baby. She has been mothering him for 18 years, and today is his birthday. This is her normal.

Panic sets in. The next step in Mom's therapy is ECT (electro convulsive therapy.) Hopefully, it will erase the painful thoughts, and give her an opportunity to rebuild her memory. Unfortunately, her husband is afraid to mention their son as he introduces her to the events of their past. Somewhere in her soul, she knows. There was another person in her life. He has died, and she decides she wants to join him.

In the calamity after Mom's suicide attempt, she tries to force her husband to tell her about their little boy. She remembers constant crying, and knowing in her heart it wasn't just their inexperienced parenting that was the problem. The baby died in the emergency room when he was eight months old, of a bowel obstruction. Why can't her husband, at least, say his name?

Returning to her doctor's office, Mom is angry and full of questions and accusations. She learns that because she was still grieving, four months after her son's death; her grief was considered pathological and lithium was prescribed. Was her bipolar behavior triggered by this tragedy? Who can tell? She has been heavily medicated ever since.

At this time, Mom is rational enough to remember the break, almost seventeen years ago, that was in her soul, not in her head. She remembers how her heart was broken by the death of her little boy. Her need to grieve her loss, and not have others smother the pain until she was "over it." was real. She remembers her baby. Her daughter, their replacement child, is now willing to walk this journey with her. If they can't be a normal family, maybe they can learn to be next to normal.

The play closes with Dad conversing with his son, and admitting that maybe he could use a little professional help to learn how to grieve his son Gabriel's death. Since he now can see his son, you have to wonder if this bi-polar condition is contagious.

I wanted to jump up at the end of the performance and say "That's what happens when we don't get the chance to grieve the death of our children! We want to remember. Let us love our kids. We will find our new normal in our own time. Unresolved grief makes us sick! It may be hard for the rest of you, but we need to grieve!"

I found it quite interesting that the lady sitting next to me (also seeing it for the second time) completely agreed with me. She was not a parent, and had bought another ticket to come and understand the play a little better. The theme of unresolved grief in the play was absolutely terrifying to her, but she felt it was important to learn how to embrace the pain of the journey.

"Next to Normal" has received a Pulitzer Prize for drama and numerous Tony Awards. It was written by Brian Yorkey, music is by Tom Kitt. It is currently being performed at Drury Lane Theatre in Oak Brook. 🎭

BP/USA Chicagoland Chapter

Bereaved Parents of the USA 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.

If you feel that you are ready to give back to the Chapter and would like to volunteer your time and talent, please contact the Chapter Co-Leaders Eleanor or Sally.

Chapter Co-Leaders:

Eleanor Byrne (708) 485-6160

Sally Yarberry (708) 560-0393



Send Your Email Address to Sally

We are hoping to have up-to-date email addresses for everyone in our database. Please send your email address to Sally at psyrbry@hotmail.com.

New Meeting Day and Location Reminder:

Meetings are held on the first Tuesday of each month from 7:00 to 8:30 PM at First Congregational Church of Western Springs, 1106 Chestnut Street, Western Springs, IL, on the second floor in the youth room. Please enter the building through the north doors by the playground.

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

~ Elisabeth Kübler-Ross

Carson's Community Days

Our Bereaved Parents Chapter will once again be doing Carson's Community Days Fundraiser. This is a wonderful opportunity to raise money as well as inform the community of our mission. All it requires is 2 hours of your time at the Yorktown Carson's store... sitting at a table, selling the booklets, and passing out our literature. Won't you volunteer, at least one shift? We can have as many openings as we can handle from October - November 10th.

Please check your calendars and sign up with your choices:

Day of the week?

Time of day?

Email it to Donna at Silks6@aol.com along with any questions.

You can also use this link to sell booklets online:
<http://bit.ly/186rNFi>

Email the link to your friends and family and ask them to pass it along to their friends and family. 🌿



Holiday Cards

This year we will again offer holiday cards, featuring an assorted package of previous favorites including a wreath, an ornament, a bell, and an angel. The butterfly, our symbol of hope, is uniquely featured on each of the 20 cards.

This is a general holiday greeting card with special meaning for bereaved parents, siblings, and grandparents, as well as those who support them.

Printed on high-quality paper, the actual size of the card is 4"x 6". The card comes in packages of 20 assorted cards with matching envelopes. Please look for the updated order form to be available in early November on our chapter website. 🌿

BP/USA Chicagoland on the Web:
<http://bpusachicagoland.org//>

September 7, 2013

Hello Fellow Bereaved Parents,

I am aware of how much thought you put into buying school supplies. I noticed how one of you selected and placed a supply of 'staples' on typical school supply lists into pencil boxes. Another one of you got spirals in all the same style with stripes in varied colors. There were good brands of markers, scissors, glue, so they will last. There were baby wipes for hand clean up! There were so many supplies and such a variety. I realize that you are selecting supplies for your own child. This is so thoughtful that you choose to donate these items to needy students..... and my students.

Cute as a button, Latino children are bursting with enthusiasm about learning to draw. I teach them, step by step, with 'How to Draw' pictures of familiar subjects. I do 'hand over hand' drawing with struggling artists. I draw an outline of the subject in dots, for a 'connect the dots' drawing for struggling artists. I tell them that we don't trace because that would be the same as if I gave them a page from a coloring book to color....How boring is that?

2nd graders illustrate the story, "Girl Who Loved Wild Horses". The race track kids love horses, and, after they learned how to draw a horse, they drew the numbered flag on the horse on their own. I asked them to share why they have numbers on horses.

I tell them I want them to have sharpened colored pencils, so they can color dark and contrast the colors. We can sharpen and sharpen because I will provide as many colored pencils as they need. I tell them when a marker begins to fade, trade me for a new one because artists use good markers. I teach with a structure of group leaders and class leaders. The group leaders take care of replenishing supplies for their group.

The teachers and I place bags of supplies in the lockers of needy children who didn't bring in their supplies. Thank you so very much from all of the students for being so generous.

Suzi Scott

Lincoln and Drexel School in Cicero



Unfinished Illustration for "Girl Who Loved Wild Horses" by a 2nd grader from Drexel (teepee and campfire on the right)

I'd love to include the students' photos from the art show, all dressed up, displaying their art work and certificate, but I can't publish their photographs.

A Sibling's View of the Holidays

Traci Morlock, Sean's sister, BP/USA St. Louis

The worst time of the year for me is the holidays. I guess the worst part of the holidays is the changing of the seasons. My brother, Sean, always loved fall. For him it was a romantic time of the year. Sean's birthday is November 11, the height of the fall. So, the holiday season begins for me with the first leaf falling off the tree.

As Sean's birthday approaches, I find myself getting sadder and sadder. I never know how much I really miss him until I realize he's missed another birthday. As the other holidays grow nearer, I begin to dread them more. The first year, no one wanted to have Christmas, but we felt we needed it for my daughter. Her birthday is Christmas Eve and she turned two that year. Doing Christmas for her makes it a little easier, but at the same time makes it that much more difficult.

Sean thought we needed holidays all year long. While helping my Mom put up Christmas decorations, I looked at our family picture above the piano, the last of the five of us. I told my Mom that we would never be that happy again. I know that is a sad thing to say, but I know a part of me will always be missing.

Each year I feel numbness set in over the holidays. The numbness begins around Sean's birthday and ends after the first of each year. The year of Sean's death, my Mom didn't know what to do with the ornaments that Sean had collected over the years. The Christmas before Sean died, my Mom purchased a miniature tree for the family room. Sean made fun of it. The next year, Mom purchased Sean his own miniature tree for the family room. Sean's tree is filled with all of his ornaments and his used guitar strings for tinsel. Sean's tree goes up right

after Thanksgiving and doesn't come down until after January 24th, the anniversary of his death. This tree has actually helped to make the holidays seem a little brighter. A part of my brother is there in that tree.

I was out shopping a few weeks ago and I bought an ornament that would go perfectly on Sean's tree. The ornament is the first one I have purchased for Sean since he died; just buying that one ornament has actually made me look forward to the holidays. I know the holidays will never be the same without our "Holiday Clown", but we will make new memories, laugh and cry at the old ones, and just survive this time of year. I wish you a peaceful holiday season filled with precious moments and happy memories. I also hope that you can share a smile. ❄️



Holidays

from WINTERSUN by sascha (L.A.R.G.O. Inc. 1996)

The long holiday-season in winter has its very special shadows and burdens. There is a greater intensity in our life with family or friends, so that tucked-away feelings do resurface. You find out once more that any one intense emotion, like affection, tenderness, or pleasure, triggers most of our other intense feelings. Some heavy thoughts of failure may play behind the songs and darken your holiday lights.

Give yourself permission to grieve, in spite of the bright and happy season. Let yourself remember the child you lost. Celebrate, in silence if you must, the memory of that child.

Your heart will be consoled by your tears. ❄️

CALENDAR OF EVENTS	
October	
October 1	Monthly Meeting: 7:00 PM - Helping Others Help You
November	
November 4	Ladies Night Out: 6:00 PM - TGI Fridays, 601 E Butterfield Rd, Lombard
November 5	Monthly Meeting: 7:00 PM - Pot Luck Dinner & Guest Speaker Karen Schultz, LCSW - "Dealing with Holiday Blues & Honoring Our Lost Loved Ones"; Please RSVP
December	
December 3	Monthly Meeting: 7:00 PM - Children's Gifts - Bring an unwrapped gift in honor of your child and share each gift's significance. The gifts will be donated to underprivileged children.
December 8	Annual Candle Light Observance: 7:00 PM - Doors open at 6:30; First Congregational Church of Western Springs; Please RSVP - See details in this newsletter.



Reminders

from Rachel's Cry A Journey Through Grief by Richard A. Dew, M.D. Tennessee Valley Publishing, 1996

A transparent reflection in a window,
Fading when focused upon, he stands there
At the periphery of my consciousness,
Ever ready to leap out and grab me
With a jolt or with a gentle start,
Like the tiny Trick-or-Treater,
Too excited to stand still, from whose
Hobgoblin mask shine dancing, sparking eyes
Just like his.

Bereaved Parents of the USA
Chicagoland Chapter
P.O. Box 718
Lyons, IL 60534



October – November – December 2013