



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

www.bpusahinsdale.org

August - September 2010

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 Family Reunion

By Donna Corrigan

Just like any large family gathering, the planning for this weekend had been extensive. The Gathering committee had been meeting and working for months to create a friendly, welcoming event. When the Board of Directors came in on Tuesday, the hotel was quiet but that changed quickly. Empty spaces soon became hubs of activity; boutiques and bookstores and hospitality suites appeared; the buzz of activity swelled to a roar and suddenly bereaved parents were everywhere and the magic of The Gathering commenced.

Throughout the weekend we saw many once-a-year friends and reconnected with their personal journeys. Newcomers were quickly enfolded into the family and there were very few strangers at the dinner table Saturday evening. One Mom wore her college town t-shirt, signaling hello and her desire to meet parents from her area (there was someone there, from the same town!)

And then, just as rapidly it was Sunday morning, and we were reminiscing about speakers and the workshops and the music and the Candlelighting... There were about 200 of us, 2 dogs, and a few hotel workers who had morphed into our group, assembling for a group picture in the hotel atrium. We were rushing to catch planes and trying to copy contact numbers with promises to see each other next year.

As Shirley Ottman, a BP/USA founder and former president wrote, *"One of the founding concepts of BP/USA is that of a family of bereaved parents, grandparents, and siblings coming together to offer support, help, encouragement, and hope to each other as we journey through our grief. We are a family, with many of our family members living in various areas of the country; yet once a year we gather to welcome newcomers and to reunite with those family members we see only once a year."*

### UPCOMING MEETINGS & EVENTS:

**Friday, August 6 - Monthly Chapter Meeting:** 7:30 PM to 9:30 PM - Butterfly Gardening & Sharing from the National Gathering - You don't have to be a master gardener to attract butterflies, a few simple ideas to encourage butterflies to live in your yard or patio. Donna Corrigan will also tell us about the 2010 National Gathering.

Also School Supplies Surprise - If you choose, purchase school supplies & bring them to the meeting in memory of your child. They will be donated to a needy school where one of our bereaved parents works.

**Wednesday, August 11 - Men's Group:** 6:30 PM RSVP to Jerry Schulman 630-205-4552 or Don Hardy 630-222-3341 if you plan to attend. We will meet at Don's house for a cookout. Food donations welcome.

**Friday, September 10 - Monthly Chapter Meeting:** How Men & Women Mourn the Death of a Child "He said! She said! But they don't say the same thing. The conventional wisdom is that men and women grieve differently. Perhaps. But there are men who grieve "like a woman" and men who grieve "like a man." What's this all about? Are they doing it wrong? Dave Alexander, BP/USA President, will be with us and explore these issues. Should be an interesting evening!

**Tuesday, September 14 - Steering Committee Meeting:** 6:30 PM at Redeemer Lutheran. We will begin planning for 2011.

**Wednesday, September 15 - Ladies' Night Out:** Meet at Bailey's in Westmont at 6:30 PM

This Gathering was over. It was time to go back into the real world, but we were different. We had been touched by a weekend with our bereaved family. ❧❧❧

# 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

Love Gifts



### *In memory of Don Moore*

Don Moore was the husband of Carole Moore. Carole worked and volunteered at the National Office for several years. Their daughter Donna wrote the following poem a few weeks before she died suddenly.

Please Don't Ever Forget Me  
*By Donna Lee Moore*

Please don't ever forget me  
If time tears us apart.  
Please don't let me wander far,  
Forgotten in your heart.

Forget about tomorrow,  
Let's live for today.  
Please build the memories that will last  
Like those of yesterday.

And if my words can't touch you now,  
Or if your eyes can't see,  
I hope someday you'll see I care  
How much you mean to me.

Please don't ever forget me,  
Don't ever be unkind.  
Let me stay on in your memories,  
Let me live on in your mind.

Patricia & Erwin Burton



### *In loving memory of our son Thomas Burton April 14, 1954 until August 27, 1976*

You are forever in our hearts.

Love,  
Mom & Dad  
Patricia & Erwin Burton

### *In loving memory of Michael Skueri 1961 until 2002*

Thinking of you

Love,  
Your sister  
Karen R. Schultz



♥♥♥ Love Gifts (continued) ♥♥♥



*In loving memory of our beautiful & precious son,  
brother & uncle  
Patrick Vincent DeMauro  
January 28, 1982 until August 29, 2001*

It seems like yesterday since the "accident", & yet so long since we've hugged & kissed, heard your laugh, & seen you smile. Yes, IT HAS been a long time. We miss you terribly, but now we get to tell your nieces & nephews all about you.

Love always,  
Mom & Dad  
Debbie & Vincent DeMauro



*In loving memory of  
Brandon Hardy  
August 13, 1980 until December 28, 2002*

Happy 30<sup>th</sup> Birthday, Brandon!  
Missing your bear hugs & the energy you brought into our lives.

Our love forever,  
Mom & Dad  
Celeste & Don Hardy



## 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:  
♥ Mason Holmes, father of Evan Holmes

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

## 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. #

## Holiday Cards ~ Please Help

Rose (847-208-5620) needs your help assembling the Holiday Cards. This year we will be offering an assortment package from previous years; not printing a new edition. #



## Refreshments

Many of us like to remember our child's birthday or the anniversary of their death by bringing snacks, cookies or some other special treat to share at our monthly meetings. These refreshments are appreciated at any meeting for any reason.



## Looking for the newsletter or information on the next meeting?

Both the calendar and the newsletter are available on the Hinsdale Chapter website at:  
<http://www.bpusahinsdale.org/>

*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*

**Brandon Hardy - 22**  
Aug 13, 1980 - Dec 28, 2002  
Auto Accident  
Don & Celeste Hardy

**Brian Sirotzke - 26**  
Aug 03, 1982 - Sep 05, 2008  
Anne Sirotzke

**Carole "Suzie" Pavett - 56**  
Jun 03, 1953 - Aug 20, 2009  
Heart Attack  
Audrey Stolfa

**Danny Golden - 22**  
Aug 26, 1975 - Aug 24, 1998  
Suicide  
Janet Mallo

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

**Frank Gianfortune Jr - 19**  
Aug 01, 1968 - Dec 06, 1987  
Auto Accident  
Ms. Adel Gianfortune

**Jason Matthew Bill - 13**  
Aug 17, 1981 - Jun 14, 1995  
Water Sport Accident  
Nancy Stein

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

**Kimberly Ann Olson - 15**  
Feb 14, 1983 - Aug 20, 1998  
Histicytic Disorder  
Larry & Danita Olson

**Mark Thomas Fornek - 6**  
May 16, 1992 - Aug 04, 1998  
Floodwater Drowning  
Greg & Wendy Fornek

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

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

**Michael Knorps - 51**  
Aug 17, 1957 - May 30, 2009  
Mary Ann Knorps

**Michael Patrick Gordon - 30**  
Feb 20, 1974 - Aug 08, 2004  
Killed by Drunk Driver  
Robert & Carol Gordon

**Patrick Dore - 12**  
Aug 08, 1990 - Aug 25, 2002  
Meningitis  
Phil & Linda Dore

**Patrick Dore - 12**  
Aug 08, 1990 - Aug 25, 2002  
Meningitis  
Lois McDonald

**Patrick Vincent DeMauro - 19**  
Jan 28, 1982 - Aug 29, 2001  
Car Accident  
Vincent & Debbie DeMauro

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

**Ron Buccieri - 42**  
Mar 22, 1961 - Aug 31, 2003  
Unknown  
Carol Polich

**Sarah Callister - 16**  
Aug 09, 1980 - May 03, 1997  
Cardiac Arrhythmia  
Lynn Callister

**Thomas Burton - 22**  
Apr 14, 1954 - Aug 27, 1976  
Suicide  
Patricia & Erwin Burton

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

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

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

**Daniel Meyer - 7**  
Feb 21, 1977 - Sep 21, 1984  
Hit by Car  
Kenneth & Olivia Meyer

**Daryle J. "DJ" Hall - 22**  
Mar 10, 1984 - Sep 11, 2006  
Accidental Drug Overdose  
Bob and Sherry Hall

**Douglas McCallum - 19**  
Sep 23, 1980 - Feb 21, 2000  
Accident  
Reg & Marcia McCallum

*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*

**Eric Byrne - 44**  
Sep 04, 1960 - May 09, 2005  
Pulmonary Embolism  
Eleanor & Joe Byrne

**Frank P. Amelio - 27**  
Apr 25, 1980 - Sep 13, 2007  
Drug Overdose  
Helen Amelio

**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

**Jamie Mitchell - 31**  
Feb 28, 1978 - Sep 19, 2009  
Suicide  
Lance & Kristie Mitchell

**Jennifer Lynn Kirwan - 17**  
Mar 10, 1981 - Sep 20, 1998  
Auto Accident  
Linda Kelley

**Jill Kathleen Ebert - 6**  
Jun 24, 1984 - Sep 03, 1990  
BrainTumor  
Michael P Ebert

**Jimmy Lekas - 18**  
Sep 10, 1969 - Jun 14, 1988  
Cancer  
Stephanie Lekas

**Johnny Hurley - 28**  
Apr 15, 1977 - Sep 11, 2005  
Motorcycle Accident  
John & Pat Hurley

**Kelly Ann Meicrotto - 23**  
May 25, 1980 - Sep 01, 2003  
Lenore Robinson

**Kerri L. Gartner - 22**  
Sep 09, 1981 - Oct 24, 2003  
Auto Accident  
Ervin & Kathleen Gartner

**Laura Ryeczyk -**  
Sep 03, 1965 - Sep 03, 1965  
Cord strangulation  
Jack & Karen Ryeczyk

**Lily Claire Domagala - 16 Months**  
May 11, 2002 - Sep 12, 2003  
Heart & Lung Defects  
Lisa Domagala

**Marty Sobanski - 28**  
Dec 08, 1961 - Sep 05, 1990  
Seizure Disorder  
Helen Sobanski-Hennessey

**Michael Atella - 60**  
Oct 11, 1949 - Sep 12, 2008  
Heart Attack  
Edna Atella

**Mike Seaney - 44**  
Feb 24, 1951 - Sep 23, 1995  
Medical Misdiagnosis  
Vernadene Tolman

**Nancy R. Lyell - 35**  
Feb 14, 1961 - Sep 10, 1996  
Cancer  
Sue & Garry Fink

**Rachel Krueger - 21**  
Dec 29, 1986 - Sep 23, 2008  
Pulmonary Embolism  
Jim Krueger & Rose Martino-Krueger

**Rolanda L. Marshall - 14**  
Jan 08, 1979 - Sep 06, 1993  
Homicide  
Alice T. Norris

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

**William E. Barth - 20 1/2**  
Sep 23, 1965 - Jun 05, 1986  
Suicide  
Karen Barth

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



***Sorrow makes us all children again -  
destroys all differences of intellect.  
The wisest know nothing.  
~Ralph Waldo Emerson***

## My Child's Possessions

*Kay Bevington, Alive Alone*

*1112 Champaign Drive*

*Van Wert, OH 45891*

*alivalon@bright.net*

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

What is the right thing to do with my child's possessions? It is a question frequently asked by bereaved parents. Kay Bevington, founder of *Alive Alone*, an international support group for parents with no surviving children, addressed this topic at the National Gathering. Her beautiful DVD allowed us to meet many children and see how creatively these families have saved the cherished possessions of their children.

Here are some suggestions:

- ❖ Decide which memorabilia to keep & what to give away
- ❖ Decide how to store or display the item that you keep
  - Use frames
  - Fill curio cabinets
  - Designate shelves for their items
  - Set up a special table
  - Mount wall hangings
  - Section off a room or part of the basement
- ❖ Use the items
  - Decorations
  - Musical instruments
  - Toys
  - Christmas trees
  - Wear clothing or jewelry
- ❖ Display the clothing
  - In quilts
  - In wall hangings
  - Make dolls or bears
- ❖ Preserve their photos
  - Use archival materials
  - Store in lock boxes
  - Avoid sunlight, heat & dampness
- ❖ Decide who should receive the items you give away ❀



## Field of Butterflies

*by Judy Smith, BPI/USA, Aiken, SC*

My child lies in a field  
Of butterflies,  
Where soft clouds lay  
Beneath clear blue skies.

There's a fragrance in the air,  
Of wild flowers everywhere.  
A gentle blowing of a breeze,  
The soft whispering of the trees.

I hear the singing of the birds,  
A thought of love in every word.  
With gentle dew upon the ground,  
The feel of peace all around.

As I kneel down beside your grave,  
I think of all the joy you gave.  
The soft touch of your embrace,  
The gentle smile upon your face.

The bright sparkle in your eyes,  
And in your heart your beauty lies,  
My eyes still fill with tears,  
As I think of wasted years.

The dreams and plans that we once had,  
Break my heart and make me sad.  
For I will never be the same,  
With the mention of your name.

But life goes on without you here,  
So give me strength and take my fears.  
So, my child, you will always be,  
My most precious thought and memory.

And at least I know  
where my destiny lies,  
Next to my child in  
This beautiful field of butterflies. ❀

## Griefpoints from Presidential Families

*Harold Ivan Smith, D.Min., FT*  
*Bereaved Parents National Gathering*  
*July 9, 2010*

Dr. Harold Ivan Smith is well known in the grief community as a wordsmith and storyteller. His unique insights motivate the professional community as well as encourage the bereaved. The author of many books, including *"Grievers Ask, Answers to Questions about Death and Loss"* and *"A Decembered Grief."* He was a speaker and workshop presenter at the 2010 Gathering in Little Rock. These are notes from his speech at the Saturday lunch.

*"Grief is an act of enormous courage!"*

~Ronald J. Greer, Markings on the Windowsill

### Griefpoints:

- ❖ **Be open to comfort from unlikely sources!**

*"I don't know why such a great price was exacted for occupying the White House."*

~Calvin Coolidge

- ❖ **Do not waste your grief!**

*"Little interruptions are very abundant here, and I do not accomplish half I wish to, either in reading or writing... I came accidentally upon some of my precious child's things... but I was obliged to turn and seem interested in other things."*

~Jane Pierce

- ❖ **Something good might result from your loss!**

*"Learning to accept what was unthinkable changes you."*

~Jacqueline Kennedy

- ❖ **You must do the thing you think you cannot do!**

*"Sometimes I think I cannot bear the heartache which one little life has left behind but then I realize that we have much to be grateful for still, and that it was meant for us to understand and sympathize more deeply with all of life's sorrows."*

~Eleanor Roosevelt

- ❖ **Give yourself permission to break up!**

*"When something close and personal happens, I break up and I know it."*

~

- ❖ **You can pay me now OR you can pay me later!**

*"There is nothing more foolish and cowardly than to be beaten down by sorrow which nothing we can do will change."*

~Theodore Roosevelt

- ❖ **A griefprint is as distinct as the thumbprint!**

*"Trouble comes soon enough... You must enjoy life, whenever you can...."*

~Mary Lincoln

*"It is hard, hard to have him die."*

~Abraham Lincoln

- ❖ **Honor yahrzeit & anniversaries.**

*"Giving up a baby is the hardest trial a young couple may have to face."*

~Mamie Eisenhower

*"Do everything possible in private life to promote tolerance and understanding...."*

~President Eisenhower to Mrs. J.E. Theolopus

- ❖ **Find or create a mekom henekhama**

*"People need an opportunity to hurt out loud."*

~Lady Bird Johnson

### Conclusion

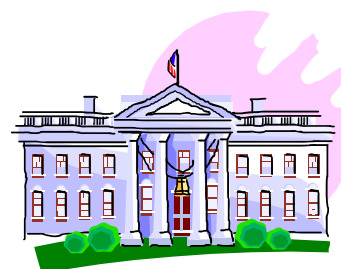
*"We hunger for stories, because we are busy trying to figure out the plot and theme of our own story and are eager for hints."*

~Daniel Taylor

*"If you are breathing it is still too early to tell the ultimate impact of any event in our lives."*

~John Claypool, *God the Alchemist*

###





## Book Reviews

by Jena Nylec, proud mother of Emily, Joanna,

Anna and Diane Nylec

[theoriginaljena@hotmail.com](mailto:theoriginaljena@hotmail.com)

[www.emilynylec.com](http://www.emilynylec.com)

These reviews are from fictional novels so the stories are not based on a true story of a bereaved parent, widower or grief expert.

Both of these books held my attention like a dream we might have with our beloved. They captivated me. These stories will remain in my mind's eye for a long, long time. They are the type of stories that you can't wait to be able to continue reading and that you don't want to end. The type that leave you thinking about the atmosphere of the story in your head, wanting to visit it again and again. Yes, that feeling you have after having a dream where you visited or spent time with your child or spouse or parent. And since, for many of us, losing our child or children was not our first loss of a deep love, these books speak so understandably to our painful experience. But in the end of each of these books, you do feel all warm and fuzzy, a long lost feeling for those who have lost the most precious. And that is a much welcomed feeling for me, at least. Gives my 2 dogs a break from meeting all my physical needs!

### ***"How To Talk To A Widower"***

by Jonathan Tropper

I found this book strongly spoke to me as I am both single and childless. All four of my daughters are deceased and my ex-husband died 15 months after we lost our 9 year old daughter. I will warn you that this book does contain some graphic language and content but that is probably due to the characters in the story and their age.

The storyline may sound mundane and typical of other books but this is a fictional story that captures exactly what I went through when I lost my daughter, who was my life's greatest work and my companion, and then what I went through when I lost her dad, thereby losing the ability to commiserate with someone close to both me and our daughter.

This story is about Doug, a widower at 29, who is left to take care of troublesome, 15 year old Russ, his stepson. It's about how grief has knocked him down fast and suddenly, how the world is trying to

make him go on despite his very well worded explanations of how and why he cannot cope with life and his attempts, often comical, to actually resume a "new normal" life.

This was the first book of Jonathan Tropper's that I read and when I was done, I became a huge fan of his work and have read three of his books now. While reading this story, I was continually amazed at how adept he was at conveying grief from the loss of a spouse and grief in general. Yes, it did speak to how I coped after the death of my daughter Emily at age 9. It spoke very clearly and accurately to me. It was amazing how well he portrayed the loss experience. I wrote to him to ask how he knew of grief so well but I don't remember if he responded (Bereaved Parents Brain).

### ***"Everything Changes"***

by Jonathan Tropper

***"Everything Changes"*** hit home quite well as I can soooo relate to Zack, the main character. Things appear to be going well in his life at this point, in his early 30's. However, the reappearance of his wayward father causes all kinds of havoc that affect everyone in Zack's life and upturn things so much... yet lead Zack to come to greater clarity on his bizarre childhood, his past decisions (and don't we go over those again and again as bereaved parents) and his future choices. It was like going through years of therapy without the work but being left with the revelations that we all need and seek after the death of a loved one and the complete upheaval of our lives.

This book kept me on the edge of my seat and continued to surprise me up until the very end. It was a very satisfying read and helped me greatly with coming to terms with past decisions and gave me the courage to make scary future ones. Zack speaks what I believe many of us would like to say about our life, our decisions and life in general. Through his story about the loss of a "real" father and "normal" childhood, romantic confusion, and life purpose questions related to his daily job, Zack helped me realize that my life is not so unusual, that I am not so alone in the thoughts I believed only I had and that taking big steps out of our comfort zone can be quite liberating. 🌱



## Remembrances of Rock of Hope, River of Healing

by Donna Corrigan

On Thursday evening...

We enjoyed a concert by Alan Pederson. Diane Rima, Gathering Host, shared her story about her daughter Stacy DeAnn Rima-Cannon. The Rimas' had been raising Stacy's 2 sons; in the months after her death they discovered, miraculously, another grandchild who had been secretly given up for adoption. They have the joy of a granddaughter, named Savana, in South Carolina.

2 Full Days of Workshops...

At each Gathering, it is amazing to find presenters with new topics, outside the customary grief/mourning track we have each year. *My Grief Started the Day I Got the News: Children with Disability and Long Term Illness; Body and Soul Fitness; Changing Hats and Faces (women only) When Sex and Grief Dance: America's Last Taboo; Do I Really Want to Tell People How my Child Died?* and a book discussion were among the innovative topics.

Speakers...

- Becky Russell; her positive attitude and energy welcomed us; she encouraged us to each find our own rock of hope.
- Harold Ivan Smith: focused on presidential families as bereaved parents and how they coped with their losses. Notes from his talk are on page 7 in this newsletter.
- Hiram Johnson; shared his guilt and recovery after being the driver in a fatal car accident
- Amelia and Craig Hammaker; spoke together about the death of their child from pediatric cancer and the birth of another child on the day of the funeral. Although they both lost Breanna, their own grief for their child is unique.
- Kay Bevington; as the founder of Alive Alone, always touches bereaved parents with her kindness. Her creative use of containers and suitcases created a visual image of the baggage we carry on our grief journey.
- Keith Swett; always has such folksy wisdom. After the death of his son Matthew, he had a grueling, 7 hour drive back home. His focus for the long journey was Matt, as a pre schooler, singing and dancing to "Peanut, Peanut Butter and Jelly!" Keith's dancing demonstration, on stage, sent us home with a smile!

A unique feature in the Reflection Room was dissolvable paper. Painful thoughts and memories could be written down and dropped into the fountain. You could watch them disappear. The Butterfly Boutique had many unique items, quite a few of them were hand made. The Bookstore featured books by several of the presenters...

Of course, the fellowship at the meals is always terrific, it seems that is where you really get to connect with people. One of the wait staff was also a bereaved parent; Bobby was one of us (and hopes to join us next year in DC)

We also learned the "HAWG CALL" and practiced it at a few meals! I think the hotel staff was amazed that bereaved parents could laugh!

Like every Gathering, it was unique, wonderful, and overwhelming. The 2011 Gathering in DC will be just as good; I certainly hope to be there! 🙏

## From Your Editor...

Not too long ago I attended a big work meeting where our senior leaders were talking about the need for change to keep our company successful given the changes in the industry, etc. One of the leaders talked at length about the need for us to build our personal resilience to help us be strong in the face of organizational changes. He cited examples of how his family had to bounce back from the challenges as he changed jobs and moved several times. As he went on about this I couldn't help thinking of the resiliency of bereaved parents and how many have been on this grief journey for awhile and could more readily captivate the audience with their stories of what they have accomplished after their children died. Memorials, books, speaking engagements, gift of hope, helping others in memory of their children, gardens, benefit walks, mere survival, the list goes on. In my bereaved parent mind, hearing what a parent does to bounce back after the loss of their child motivates me more than hearing an executive talk about his job changes. But that is my frame of reference through the eyes of a person who has faced the parent's worst nightmare.

As we were leaving the meeting, everyone received a copy of the book, "Managing Change with Personal Resilience", by Linda Hoopes and Mark Kelly. The book describes the main stages you will face in response to negatively perceived organizational change. I found it interesting that the book states that these stages are based on Elisabeth Kubler-Ross's work on the stages of grief. The book also says that resilient people face the same challenges as everyone else when crisis hits, however they are able to maintain their physical and emotional stability to help them 'right themselves' quicker. The book describes the analogy that you are kayaking down the river and a patch of whitewater overturns the kayak and your head is under water. Resilience helps you pop up easier and resume paddling with less effort and disruption.

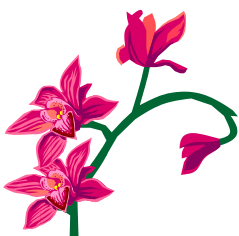
We are all trying to 'right ourselves'. Facing life's challenges are part of being human. We cannot understand why some people seem to skate through life relatively unscathed by negative change and horrific loss while others face seemingly unbearable crisis and tragedy. What we can understand is that as humans we are capable of developing the abilities to be strong in the face of adversity. It is not easy. At some point we have to make a decision that we want to develop this ability. Then we take one day at time and figure out what works for us, some attend support groups, some find therapy helpful, many read self-help books, some people will start a new spiritual journey or attend classes. All of these things help us develop our resilience. There is no way we could have built this resilience to prepare for our child's death, but we can make the decision to re-build our strength as best as we are able.

*Thoughts and prayers for all bereaved parents and especially those facing additional crisis and negative changes such as illnesses, job troubles and family strife..*

~ Celeste

### After My Daughter's Death

by Shirley Cognard Ottman, BP/USA Denton, TX



It's not that tragic loss of life  
in time will make me strong;  
it's love, which I accept and give,  
that carries me along.  
It's not that all the pain I feel  
will ever cease to be;  
it's love, which lives and grows and is,  
that heals and strengthens me.



## 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).

Copyright 2010 BP/USA All Rights Reserved



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 helps 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

### August

August 6	<b>Monthly Meeting: 7:30 PM –</b> Butterfly Gardening Also School Supplies Surprise - purchase school supplies in memory of your child to be donated to a needy school
August 11	<b>Men's Group:</b> Meet at Don Hardy's house in Westmont for a cookout at 6:30 P.M. RSVP to Jerry Schulman 630-205-4552 or Don 630-222-3341

### September

September 10	<b>Monthly Meeting: 7:30 PM –</b> How Men & Women Mourn the Death of a Child "He said! She said! But they don't say the same thing. Dave Alexander, BP/USA President guest speaker Also, can bring school supplies for needy children
September 14	<b>Steering Committee Meeting - 6:30 PM</b> at Redeemer Lutheran. We will begin planning for 2011.
September 15	<b>Ladies Night Out: 6:30 PM -</b> Meet at Bailey's in Westmont

**BP/USA Hinsdale on the Web:**

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

## The whole world grieves

by Rob Anderson, Brendon's dad



The darkness misses their light,  
silence misses their sound,  
wind misses their breath,  
skin misses their touch,  
the whole world grieves.

A tree never to be climbed,  
a dance never to be danced,  
a sunrise never to be felt,  
a kiss never to be given,  
the whole world grieves.

Time that won't be spent,  
hugs that won't be felt,  
smiles that won't be seen,  
eyes that won't be met,  
the whole world grieves.

Their bodies still,  
their words unheard,  
their lives beyond,  
our hearts broken,  
the whole world grieves.

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



August – September 2010