



Bereaved Parents of the USA

Anne Arundel County Chapter

August, 2006

www.aacounty-md-bereavedparents.org

Summertime and the livin' is easy.....

The lazy, hazy days of summer.....

What does summertime bring to your mind? I think of the beach with the waves softly washing ashore. Walking along with the sand between my toes. Finding "treasure" along the shoreline. The sound of the ocean is calming. The sun is warm on my face. Life seems good.

And then I realize that being at the beach is forever changed for me. The memories of times past at the beach with my family come flooding back. Lots of good memories.



I stare at the ocean and think..... The ocean is like my grief. Sometimes it seems wild and black with rage, and almost impossible to manage. Riptides, currents and storm surges.

Sometimes it's like rough waves hitting the shore, continually pounding. And sometimes the waves are smaller and are enjoyable to play in. And then sometimes it is unusually calm and I can wade in and let the cool water surround me.

So now I go to the beach to remember. And let the sun warm my heart. Let the sound of the waves calm my soul. And get sand between my toes.

Carol Tomaszewski, Annapolis Chapter BP USA

GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
- to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
- to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
- to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
- to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
- to provide monthly meetings with sharing groups and occasional informative programs.



The printing and mailing of this newsletter has been donated by
By Terre and John Belt in memory of their daughter

Cortney Michele Belt

And in memory of their niece

Traci Jeanne Heincelman

**Bereaved Parents of the USA
Anne Arundel County Chapter
P.O. Box 6280
Annapolis, Maryland 21401-0280**

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Editor	Chapter Leader
Rick Tomaszewski	Dave Alexander
410-519-8448	410-544-3634
akuahi@aol.com	dralex@sdalex.com

Mailing and Thank you notes: Barbara Bessling
Treasurer: Fran Palmer - **Hospitality:** Carol Tomaszewski
Mailing List: Dave Alexander - **Programs:** VACANT
***note - as you can see we have several vacancies... we hope someone will consider helping!**

It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand.

Material to be printed "in memory of" must be sent to the editor 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

September submissions are due by August 11.

Library:

Our lending library is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the  post office box listed above. Thank you.

Refreshments at our monthly meetings:

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For information, contact Carol Tomaszewski at 410 519-8448.



MEETING INFORMATION

Next meeting: August 3, 2006
Doors open at 7:15 p.m.
Meeting begins at 7:30 p.m.
(Meetings usually held on first Thursday of month)
Calvary United Methodist Church
301 Rowe Blvd., Annapolis
Please park in the lot behind the church

TELEPHONE FRIENDS:



Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

Marie Dyke, single parent, daughter, 17, only child, car accident.

Janet Tyler, daughter, 5 and brother, 33, car accident. 410-969-7597

Tia Stinnett, miscarriages and infant death. 410-360-1341

Sandy Platts, infant death. 410-721-6457

OTHER RESOURCES:

- * **Bereaved Parents of the USA, (BPUSA)**
National contact number (708-748-7866)
- * **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter**
representative is James Donnelly (410-544-1473).
- * **Survivors of Suicide Group (SOS)**
meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road, Severna Park (410-987-2129).



CHAPTER NEWS AND NOTES

OUR CHILDREN REMEMBERED

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our monthly list of "**Our Children Remembered**".

This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name(s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

HELP WANTED/ OPPORTUNITIES AVAILABLE

Opportunities are available for you to help others while helping yourself. Perhaps you can now reach beyond your initial grief and help yourself heal by doing something to help our Chapter continue to reach out to others. Don't think you have to make a major commitment. There are many small services you can provide that will help ease the burden on others. Please consider the following needs, and call to chat with one of us to discuss these and other possibilities that may "fit" you.

Our Chapter needs:

Core Group Members – attend bi-monthly meetings where Chapter business and plans are discussed.

Recording Secretary – take minutes of Core Group meetings and distribute to Core Group members.

Webmaster – maintain & update our website with provided information.

Special Event Helpers – help with the October Memory Walk, December Service of Remembrance, or May Hope & Healing Conference.

October Memory Walk - Donation of a Butterfly Bush to be planted at St. Martin's of the Field after the walk is needed. Please contact Barbara Bessling at 410 608-3894

Call POCs: Carol Tomaszewski 410 519-8448
Sandi Burash 410 551-5774
Dave Alexander 410 544-3634

MEETING TOPICS NOTE: Each of our monthly meetings follow the same basic format. We first have a general session attended by everyone. During this first one-half hour we usually have a speaker or panel addressing a topic of interest and value to families mourning the death of a child. Following the general session, we break up into sharing groups. We always have the sharing groups, and the topics they discuss -- particularly for the newly bereaved groups -- do not necessarily focus on the program topic unless it is relevant to the members in the sharing group. We try to cover a range of topics in the programs we schedule, so that over the year we will have covered many topics which are of value to a broad range of members.

MEETING TOPICS—ANNAPOLIS

August 3: Loss of a Child Through Suicide

This program will discuss the special challenges and experiences of those who have lost a child through suicide. It will explore some of the harder parts of this kind of loss and some of the ways to deal with the tremendous range of intense feelings as well as the reactions from others.

September 7: Memorializing Your Child: Creating Memory Boxes

Many bereaved parents struggle with what to do with special mementos of their child, particularly those items that do not really fit anywhere. One way is to take special photos, cards, school papers, newspaper clippings, etc. and decoupage them onto a "memory box." The process of creating a memory box can be a healing experience. Fran Palmer and Barbara Bessling will talk about the making of memory boxes, and, during the sharing group period of the evening, will lead a workshop for those interested in making a memory box. If you plan to participate in the workshop, bring items to the meeting that you can use in constructing your memory box. These items might include, special photographs (copies, not originals), cards, school papers, newspaper clippings, pieces of fabric, and other items that will encourage you to remember your child. Bring a box which you would like to use for your memory box. The box can be large or small; it can be almost any shape or type of box; it can be a craft box, a shoe box, a cigar box etc. **See next**

Donations: THANK YOU!

Donations may be made to offset the cost of printing and mailing the newsletter, the Chapter website, the annual Remembrance Service, the annual Conference of Hope and Healing, and books and other materials for the Chapter Library.

We gratefully acknowledge the following donations made in the last month:

Marian & Willard Johnson in memory of their son Kurt Willard Johnson

Michael Milord in memory of his son Daniel Michael Milord

Diane and Bob Royer in memory of their son Aaron Sebastian Royer

Carolyn Smith in memory of her daughter Sharon Lyn Smith

Ken Smith in memory of his niece Tracy Ann Fotino

Dorothy and Norm Heincelman in memory of their granddaughters Cortney Belt and Traci Heincelman



Continued from previous page..... Memory Boxes

Shown above are some examples of Memory Boxes that were made in the past. We hope that you will plan on being at the September 7th meeting and participating in memorializing your loved ones by creating your own Memory Box.



SIBLING PAGE



Do whatever it is you do to get through your own grieving of your loved one...

I wanted to share something that happened on the 6 month anniversary of my Brother Gary's death. It's a simple story of how I do what I do to get by and somehow get through my grieving of Gary's death on Christmas Eve 2005.

Back in January I had received a sympathy card. This card brought me much comfort in what I was able to take from it. The poem Blue against Blue was on the front cover. It was about a blue butterfly flying higher and higher towards the blue sky and how when the butterfly is flying in front of your face you see it clear as day and when it flies away you no longer can see it but you still know it's there. I compared this to my loved one passing and not being with me as his physical self but I can still believe that he is here with me and my family in spirit and love. I've talked to Gary about this butterfly poem and I've told him that when I happen to see a butterfly I will be thinking of him. I hadn't seen one yet. Saturday, June 24, 2006 was 6 months following Gary's death and it just so happened that my 5 year old son had his 1st baseball All-Star game that day. What a coincidence, right?! When I first realized this day was here, I thought for sure it was going to bring me sadness and heartache once more, but the day turned out to be a day of great enjoyment, not only because of what this day meant to me but also because of what was about to come. While at my son's game I noticed flying in and out of the baseball field fence was a white butterfly. Of all days I could have

seen a butterfly it just so happened that the first day was 6 months after Gary's death and the day my son played his 1st all-star baseball game. How special is that?! It brought tears of happiness to my eyes. That butterfly was my sign from Gary that he is truly still with us. I told my son about it, that Gary was watching him. He wanted to know how I knew and I told him I saw a butterfly and a butterfly is a gift from an angel. That was the first time in talking about Gary to my son in which he did not get upset, he was so excited about his butterfly gift.

Moments like this make it easier for me to deal with my Brothers death, though I may never understand it. I will forever continue to love him, remember him and share all our stories of times gone by.

So do whatever you do to get through, it makes a world of difference! Don't worry about wrongs or rights, because as I've learned your own grieving process is just that, nothing anyone can say is the right or wrong way of getting through and going on.

Gary, you are always with me! Love, your Sister

— Written by Melissa Barnhardt
Anne Arundel County Chapter/BPUSA
In loving memory of Gary Lee Downey Jr.
October 30, 1980 – December 24, 2005

CAMP NABE

August 11-13, 2006



A weekend camp for children ages 6 to 13 who are grieving the death of a loved one.

Camp Nabe (pronounced nah-bee) is the Korean word for butterfly. This metaphor is used to illustrate the possible transformation children experience through their grieving process: In time from the darkness and isolation of a cocoon, children, like the caterpillar, emerge as a beautiful butterfly, forever changed and unexpectedly strengthened by the grief experience.



Accommodations

Arlington Echo Outdoor Education Center is nestled in a wooded setting on the Severn River in Millersville, Md.

All participants stay in secure, comfortable, air-conditioned cabins. Meals are provided.

Arlington Echo Outdoor Education Center
975 Indian Landing Road
Millersville, MD 21108

To register or for more information, please call
Hospice of the Chesapeake's Spiritual &
Bereavement Care Center at 410.987.2129

or 800.745.6132.

www.hospicechesapeake.org

OUR CHILDREN REMEMBERED

Please remember the following families this month.

Elizabeth Sinton Archard
Daughter of Barbara Hale
September 25, 1964 - August 27, 1978

Cortney Michele Belt
Daughter of Terre and John Belt
Granddaughter of Dorothy and Norm Heincelman
Sister of Eryn Belt
August 26, 1979 - July 9, 1996

Traci Lynn Boone
Daughter of Bonita Boone-Adamecz
September 17, 1964 - August 17, 1986

Paul J. Burash
Son of Robert and Sandra Burash
January 18, 1972 - August 8, 1992

David Norton Cann
Son of Ruth Cann
August 21, 1956 - February 4, 2004

Mary Kathleen Carmody
Daughter of Mary Carmody
August 24, 1958 - September 17, 1998

William Frederick Carter Jr.
Son of Dot Carter
April 24, 1959 - August 16, 1992

Brenda Leeann Costello
Daughter of Tana and David Duley
August 29, 1983 - May 28, 2002

Alexandra "Allie" Ann Denevan
Daughter of Gregory J. Denevan
September 18, 1985 - August 21, 2002

Kathleen "Tink" Yvette Denevan
Daughter of Gregory J. Denevan
August 10, 1970 - May 13, 1971

Isaac Paul Elliott
Son of Debbie and Paul Elliott
August 24, 1979 - April 27, 2003

Andrew George Eser
Son of Karl and Linda Eser
August 12, 1982 - October 10, 2000

Barbara Jean Fennessey
Daughter of Ray and Kay Fennessey
August 30, 1960 - August 4, 1989

R. Daniel Ferrer
Son of Anna Ferrer Severn
May 25, 1972 - August 26, 1986



Donald R. Forbes III
Son of Janet Hall
August 3, 1975 - April 12, 2002

Tracy Ann Fotino
Daughter of Martha Murphy
Niece of Kenneth Smith
May 14, 1971 - August 25, 2000

Craig Robert Galyon
Son of Susan Galyon-Pyle
August 23, 1979 - October 11, 2001

Kimberly Judith Gardner
Daughter of Joan F. Gardner
February 6, 1968 - August 16, 1992

Andrew Thomas "Drew" Gawthrop
Son of Brenda Gawthrop
May 25, 1990 - August 12, 2002

Michael G. Hartline
Son of Kathleen Hartline
August 27, 1975 - August 16, 2001

Todd Stafford Henschen
Son of Linda Stafford
May 16, 1970 - August 31, 1988

Colin David Humphrey
Son of Robert and Julie Humphrey
August 23, 1998 - June 16, 2001

Allison Carol Jimenez
Daughter of Carol and Russell Fritz
June 29, 1973 - August 2, 2005

Kurt Willard Johnson
Son of Willard and Marian Johnson
December 9, 1963 - August 11, 2003

Roger Wallace Johnson
Son of Shirley and Walter Johnson
Brother of Jeanne Jones
July 10, 1947 - August 23, 1986

Jeremy Scott Jones
Son of LeRoy and Jeanne Jones
August 4, 1976 - August 21, 1986

Doray Delente Jones
Son of Margie Johnson
November 13, 1985 - August 20, 2004

Chloe Victoria Kimbrell
Daughter of Stephanie and Ben Kimbrell
August 18, 2004 - November 7, 2004



OUR CHILDREN REMEMBERED (continued)

Deneen Leigh Lins
Daughter of Jack and Audrey Bagby
June 21, 1957 - August 6, 1987

Stephen Aaron Luck
Son of Paul and Charlette Koehler
August 2, 1966 - May 27, 1985

Eric Eugene Maier
Son of Gene and Marlen Maier
August 8, 1961 - July 5, 1984

James Allen McGrady
Son of David and Shirley McGrady
January 15, 1968 - August 10, 1987

Michele Noble McKinley
Daughter of Louisa and Sheldon Noble
August 25, 1956 - January 29, 2005

Brian Richard Melcher
Son of Norma and Donald Melcher
Brother of Cheryl Lewis
August 30, 1960 - June 14, 2002

Benjamin Mogil
Son of Allyn and Kate Mogil
August 12, 2002 - August 12, 2002

Julia Lyn Moore
Daughter of Dorothy Becker
August 22, 1973 - June 19, 2002

Ryan John Mulloy
Son of John and Suzanne Mulloy
August 19, 1975 - August 12, 1993

Eric Richard Munz
Son of Barbara and Richard Munz
September 21, 1963 - August 14, 2002

Michael Henry O'Malley
Son of Margie and John O'Malley
August 25, 1971 - December 7, 1991

Adrian Bernard Andrew Ortega
Son of Rachael Hand
August 28, 1964 - February 17, 2005

Scott Thomas Palmer
Son of Frances Palmer
Grandson of Thomas and Ethel Cleary
August 3, 1983 - September 1, 1996

Arthur Gordon Phillips
Son of Cheryl Alderdice
August 24, 1983 - November 26, 1999

James Ryan Rohrbaugh
Son of Doug and Donna Rohrbaugh
August 30, 1983 - September 5, 1983

Gary Lee Ryon Jr.
Son of Betty Ryon
August 24, 1989 - December 1, 2002

Donald "Donnie" L. Severe Jr.
Son of Chuck and Issy Mattis
August 23, 1956 - December 13, 1984

Luther "Scamp" Stowe II
Son of Agnes and Luther Stowe
August 27, 1963 - November 12, 2001

Scott Talbott
Son of Deb and Stan Talbott
July 19, 1989 - August 3, 2003

Michelle Marie Tewey
Daughter of Michael and Marie Tewey
August 26, 1980 - November 15, 1998

Brittany Nicole Tyler
Daughter of Janet and Danny Tyler
October 12, 1986 - August 23, 1992

Daniel A. "Danny" Whitby
Son of Rita and Albert Whitby Sr.
January 10, 1959 - August 15, 1974

Andrew Wilcox
Son of Peter and Margaret Wilcox
August 30, 1985 - August 30, 1985

Roy James "Jay" Wyrick
Son of Patricia Wyrick
August 8, 1962 - January 10, 2002

Ron Zseltvay Jr.
Son of Ron and Jeanie Zseltvay
August 24, 1979 - November 16, 1999



A Celestial Happy 27th, Cortney
– this is in memory of your 16 years of life!!

Sometimes
(by Kirsten Hansen)

Sometimes something clicks
And with a tear
Remembrance of the pain
And the loneliness
Flood the heart.

Sometimes something clicks
And with a smile
Remembrance of the love
And the laughter
Flood the senses.

And there are times
Where nothing clicks at all
And a voice echoes
Through the emptiness and numbness
Never finding the person
Who used to fill that space.

And sometimes
The most special times of all
A feeling ripples through your
Body, heart, and soul
That tells you
That person never left you
And she's right there with you
Through it all.

I hope to feel one of those ripples on your birthday.
I love you so.



Terre Belt
Anne Arundel Co. MD Chapter BPUSA

THE GIFT

“...Maybe some people just aren’t meant to be in our lives forever. Maybe some people are just passing through...maybe they get it all done faster than the rest of us. They don’t need to stick around for a hundred years to get it all right. They get it down real quick...it’s like...it’s like some people just come through our lives to bring us something, a gift, a blessing, a lesson we need to learn, and that’s why they’re here. She taught you something, I’ll bet, about live, and giving, and caring so much about someone ...that was her gift to you. She taught you all that and then she left. Maybe she just didn’t need to stay longer than that. She gave you the gift, and then she was free to move on...she was a special soul... You’ll have that gift forever.”

By Danielle Steel
(an excerpt from her book,
THE GIFT)



PROMISE The colors of life change as we go through grief. We begin black and white, then gray settles over us seeping into our pores, surrounding us, then slowly the colors change, we may not even be aware of their changing till one day we see a rainbow and know it was meant for us...

Fay Harden
TCF- Tuscaloosa



A Walk on the Beach

Today I walked on the beach
The sun was shining
It felt warm on my face and chest
The water was cool on my feet
The waves glistened
The ocean breeze felt fine
A sand devil sprang up on the shore
Twisting, turning, jumping almost running along
It reminded me of you
The gulls cried
I cried too
I miss you Baby!



The Condo

509 East Breakaway
The perfect ocean getaway
Five floors up
A balcony to sit on
And drink ice tea from
And count waves from

The boys were here this weekend
It was a joy to spend some time
Not boys anymore
They've grown to men
But you're still our baby
It will always be so
15 forever and ever so it goes

With Chris and Jon
The condo was too small
Bumping into each other
With the occasional sharp word

Three men and your mom
It was a tight fit
But now that they're gone
There is too much space
The condo's too big for her, me and you.

Paul Balasic Annapolis Chapter BP USA, has provided this page of writings reminiscing about his daughter **Bethany Anne Balasic**
February 13, 1981 - April 5, 1996

Our Chapter is also very proud of Paul's contribution at last month's BPUSA National Conference



Dawn at the Shore

The sand
The waves
The ocean
The mist
The sky
All running together
No beginning
No end
Emptiness to infinity
Yet the promise of a new day

Since you've been gone
This is the view from my soul



The Boardwalk

The beach
The boardwalk
The lights
The crowds
The excitement
The rides
The Kite Loft
How you loved it
You were 7 or 8
That year we lost you
On the boardwalk
The terror
The fear of your being gone
It was unbearable



It happened again

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RETURN SERVICE REQUESTED
DATED MATERIAL



Bereaved Parents of the USA CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

We welcome you.