



# Bereaved Parents of the USA

## Anne Arundel County Chapter

September, 2006

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

### Memory Walk

This year's Annual Memory Walk in memory of our children who have died too soon will be held on Saturday, October 7th at Quiet Waters Park in Annapolis. It will be our 4th annual such event.

The primary purpose of the Walk is to provide an opportunity for members and friends to join together for a two-mile walk through the woods and fields of the park. It is a time to talk and share memories of our children and of our grief journey.

Everyone that has attended in the past has found this to be an extremely worthwhile event.

Flyers have already been posted, so you should be receiving yours shortly. A registration form, in addition to details about the walk are also included in the flyer.

You can also go to our chapter website at: [www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org) for not only information, but pictures from prior walks.

If you have never attended one of the walks, I heartily encourage you to join us.

Rick Tomaszewski

### 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 **Janice and Chris Kunkel**

in memory of their son  
**Jason T. Easter**



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

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**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.

**October submissions are due by September 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: September 7, 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

### 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

#### 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 page**

#### October 5: Holidays and Special Days

The holidays, particularly those in November and December, can be very difficult for bereaved parents. A panel of members will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother's Day, Father's Day, Valentines Day, the birth date of the child, the death date of the child, the day the child would have first gone to school, etc.



**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:*

Terre and John Belt in memory of their daughter Courtney Belt and niece Traci Heincelman  
Nancy Caplan in memory of her son Scott Eric Caplan  
Dorothy and Norm Heincelman in memory of their granddaughters Courtney Belt and Traci Heincelman  
Marlen and Gene Maier in memory of their son Eric Eugene Maier  
Frances Palmer in memory of her son Scott Thomas Palmer  
Catherine Wallace in memory of her son John Kirkpatrick Wallace  
Richard and Mary Ann Umbel in memory of their son Timothy Allen Umbel



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...

## MY FIRST FIVE YEARS AS AN ONLY CHILD

I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I've aged thirty years in the past five. In a strange way, these past five years have been the best and worst years of my life. I've accomplished the many things of a typical young adult – learning to drive, graduating from high school, going to college, and starting a career. Every one of my accomplishments has been clouded by the fact that my brother George is not here to share each milestone and is not achieving any more milestones for himself. He was cheated of so many things. He will never graduate, get married, have children, or travel. He will never grow old, and I will never have a brother to grow old with. I'll never have nieces and nephews. The sibling relationship, usually the longest relationship of one's life, has been cut short for us. In these five years, although I've learned to accept that he's not coming back, the difficult part is dealing with it day by day.

My relationship with George ended just when we started to become friends. The childish fights and annoyances of having a big brother were changing to real conversations and to having an occasional ally. I'm angry about all of the things that we've missed and all of the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass. In these past five years, I've been forced to grow up too fast. I've been forced into a new outlook on life. I've felt lonely and alone. I now realize that I will never be the same person as before. Maybe I'm a better person now because of what I've been through. Five years ago I never thought I'd survive, but I'm still here dealing with it every day. I don't know what the next five years will bring, but at least I've made it this far.

Kristina Steiner  
TCF, Staten Island, NY

## I'M SORRY FOR THE THINGS I DIDN'T DO

It's too late to say "I'm sorry"  
For the things I didn't do.  
It's too late to say, "Forgive me,  
And I'll make it up to you"  
For you're gone now, forever.  
Oh, if you only knew, "Kid Brother,"  
Just how much I miss you.  
No more teasing, no more pleasing,  
No more borrowing the car,  
No more promising to be careful,  
No more sneaking in the pickle jar.  
God in Heaven, please take care

Of that brother of mine.  
He was so sweet, so tender, and kind.  
O, Dear God, when you see him  
Please tell him for me  
That I miss him something awful,  
Though I have my memories...  
And, Dear God, there is something  
That I'm asking of you—  
Ask Jimmie to please forgive me  
For the things I didn't do.

Laura Mae Martin  
TCF, Grand Junction, Co

## OUR CHILDREN REMEMBERED

Please remember the following families this month.

Jon Russell Aikin  
Son of Susan Eisel  
Grandson of Elizabeth and Barry Aikin  
September 4, 1983 - November 19, 2001

Joseph Benjamin Antonelli  
Son of Carole Antonelli  
November 6, 1961 - September 9, 2003

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

Patrick John Bennett Jr.  
Son of Patrick and Deborah Bennett  
September 27, 1975 - April 15, 1999

Jamie Bessling  
Son of Judy and Ed Bessling  
October 23, 1974 - September 23, 2002

Alex Blake  
Son of Bob and Veronica Blake  
February 1, 1982 - September 25, 2004

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

Preston Leon Bromley  
Son of Sandy and Leon Bromley  
March 30, 1982 - September 2, 2003

Scott Eric Caplan  
Son of Nancy Caplan  
September 20, 1986 - January 6, 2006

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

O. Steven Cooper  
Cousin of Frances Palmer  
Nephew of Thomas and Ethel Cleary  
July 5, 1954 - September 26, 1998

David Michael Cutter  
Son of Jim and Anne Marie Cutter  
September 16, 2002 - January 2, 2003

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

Alexandra DiLego  
Daughter of Tom and Mary Sue DiLego  
September 20, 1999 - September 20, 1999

Andrew Thomas DiLego  
Son of Thomas and Mary Sue DiLego  
September 20, 1999 - September 20, 1999

Jason T. Easter  
Son of Janice and Chris Kunkel  
January 30, 1973 - September 9, 1999

Ronald Wesley Farley  
Son of Dorothy and Donald Farley  
September 15, 1955 - June 28, 2000

David Jonathan Frame  
Son of Carol Brothers  
April 12, 1967 - September 11, 2001

Lauryn Beth Grapski  
Daughter of Kathleen Grapski  
September 17, 1980 - November 17, 2000

Sarah McSweeney Gray  
Daughter of Kathy and Bob Gray  
November 12, 1983 - September 21, 2003

Jeffrey Andrew Grimm  
Son of John and Linda Grimm  
November 25, 1973 - September 28, 1989

McKayla Raeanne Hall  
Daughter of Tammey Decker  
Granddaughter of Mike and Julie Hall  
July 22, 2000 - September 20, 2003

Ronald Michael Hall III  
Son of Mike and Julie Hall  
May 17, 1980 - September 20, 2003

Eric Paul Haynal  
Son of Nancy Doherty  
March 7, 1969 - September 13, 2005

Daniel Embert Hinton Jr.  
Son of Dan and Pam Hinton  
September 23, 1970 - March 7, 2003

Matthew James Katz  
Son of Bob and Sue Katz  
March 13, 1982 - September 7, 2003

Mark Edward Keefe  
Son of Debra and Mark Keefe  
September 13, 1974 - January 8, 1991

Brice Charles Kelley  
Son of Hannah and Chris Kelley  
September 24, 2002 - May 31, 2004

Kevin Murray Kerr  
Son of Debra and Richard Kerr  
January 19, 1980 - September 4, 2001

Troy Matthew Kotsol  
Son of Kathy and Bill Boob  
March 2, 1971 - September 3, 2005



## OUR CHILDREN REMEMBERED (continued)

Nicholas Paul Liberatore  
Son of Larry and Pat Liberatore  
September 27, 1980 - June 9, 1997

Joseph M. Liberto  
Son of Colleen Haislip  
May 20, 1956 - September 5, 2004

William A. Miller  
Son of Mary J. Miller  
Brother of Marlene Miller  
September 1, 1964 - January 18, 2004

Chad William Muehlhauser  
Son of Paula and Bill Muehlhauser  
October 3, 1983 - September 16, 1992

Amelia Evans Mufson  
Daughter of Neil and Beth Mufson  
April 6, 1995 - September 28, 2002

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

Kathleen "Katie" O'Connor  
Daughter of Anne and Jim O'Connor  
September 21, 1986 - July 11, 2003

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

Cedric John Peoples  
Son of John and Lucille Peoples  
September 5, 1968 - December 14, 1987

John Christopher Poe  
Son of Sharon and Ben Poe  
October 12, 1967 - September 24, 2001

Jayla Monet Powell  
Daughter of Dorie Powell  
September 26, 1998 - October 22, 2005

Robert Rey  
Friend of Peggy Smeltzer  
September 14, 1965 - October 2, 2003

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

David John Rose  
Son of Carol Rose McAuliffe  
October 21, 1969 - September 1, 1988

Daniel Maurice Rothman  
Son of Juliet and Leonard Rothman  
January 20, 1971 - September 17, 1992

Anthony John Schaefer  
Son of LuAnn Schaefer  
July 13, 1979 - September 26, 2003

Thomas "Tommy" Richard Short  
Son of Karen Short  
September 25, 1997 - October 16, 1997

Deonte Joseph Simms  
Grandson of Deborah Simms  
October 1, 1981 - September 8, 2001

Jami Leigh Smith  
Daughter of Deannie and Gerry Smith  
October 19, 1977 - September 30, 1987

Roderick "Rod" William Stallings  
Son of Robin Stallings  
February 7, 1967 - September 14, 1996

Deon J. Summers  
Son of John E. Summers  
June 5, 1989 - September 2, 2003

Shonto Taylor  
Grandson of Stephen and Carolyn Tew  
September 7, 1979 - November 7, 1994

David William Tomaszewski  
Son of Richard and Carol Tomaszewski  
September 4, 1974 - February 6, 2001

Timothy Allen Umbel  
Son of Richard and Mary Ann Umbel  
Brother of Christina Umbel  
Brother of Dawn Umbel  
February 16, 1982 - September 15, 2002

JohJohn Leroy Waters Jr.  
Son of Stella and Roy Waters  
September 19, 1970 - May 23, 2000

Kevin Michael Wengert  
Son of Debbie and David Wengert  
October 2, 1987 - September 3, 2005

Faith Jordan Williams  
Daughter of Nicole Hawkins  
September 26, 1998 - January 11, 1999

Hope Marie Williams  
Daughter of Nicole Hawkins  
September 26, 1998 - October 6, 1998



## OUR CHILDREN REMEMBERED (continued)

Jeffrey Kevin Withers  
Son of Jan Withers  
July 30, 1975 - September 28, 1975

Miriam Luby Wolfe  
Daughter of Larry and Rosemary Mild  
September 26, 1968 - December 21, 1988

Eryn Noel Wright  
Daughter of Vincent and JoAnn Wright  
September 24, 1982 - July 5, 2001



*Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to [dralex@sdalex.com](mailto:dralex@sdalex.com).*



### *Another Day Without You Son*

*My days begin with thoughts of you.  
Tears from my eyes – the “mourning” dew.  
I fight to pull myself from bed --  
Dreams of you still blooming in my head.  
It's one more day without you here.  
One day too long, too hard to bear.  
Get up – go on – and make it through  
The weeds of sorrow felt for you.*

*Throughout the day, the searing grief  
Parches my heart, scorches beliefs,  
Makes it difficult to breath – and  
Blinds me to why you had to leave.  
Five years writhed by, you are not here,  
Living your life, we were blessed to share.  
It leaves me dark even in sunlight  
And I crave for the consoling night.*

*My days then end with thoughts of you.  
My head in my hands – I made it through  
Another day without you, Son.  
I sigh in despair, another one.  
Eyes closed, but moist, envision you now --  
Ignore the gash over your left brow --  
Tears flow – it's hard, I think of your smile.  
You're in my heart and on my mind, all the while.  
– Love, Mom*

— Written by Diane Royer  
Anne Arundel County Chapter/BPUSA  
In loving memory of Aaron Sebastian Royer

### TIME...

In the passing of moments lived one at a time. Our recovery depends on what we do with each moment. We cannot sit back and say, “TIME will heal me.” TIME is merely the movement of the clock. Our successful return to comfortable living is what we do while the clock is moving.

...We have to look at the beauty left us in life instead of what we no longer have. We must find reasons to go on.

Margaret Gerner  
BPUSA, St Louis, MO

If my child died, I'd die.  
... You'd live.  
I just couldn't go on.  
... You'd go on.  
It would be the end of me.  
... It would be the beginning of another life.  
There would be nothing to live for.  
... You could find something.  
But my life is surrounded by my child.  
... Your life would still be surrounded by your child.  
But all I would have would be memories.  
... A gift of the mind and closest to your heart.  
How did you do it? Survive, I mean?  
... I don't know.

Sue Borrowman  
TCF, Kingston, Ontario, Canada

Dear Friends,

Someone I haven't spoken to for over six years rang me a while back and during the course of a conversation peppered with exclamation marks she said, "You know, Linda, you sound EXACTLY the same." The same as what? I wondered. And when we met, some days later, she confused me even further by shrieking, with obvious relief, "Oh, you haven't changed a bit."

Who was she kidding? She was lying through her teeth! But she wasn't. Because she saw what she wanted to see and, to be fair, she saw what I allowed her to see. The "me" of the day. And she was vastly relieved that I hadn't dressed in black. That I didn't weep into the iced coffee, produce photographs of my son or have a soggy tissue tucked up my sleeves.

We reminisced, talked and giggled. And studiously skirted the fact that Joel had died since I last saw her. She knew it; I knew it. And I was fascinated by the way she managed to avoid all mention of him. But I didn't feel a need to steer the conversation towards my child....and there was sense of control in that. And freedom.

I was pleased with myself. A year before, her determined refusal to acknowledge my son's absence from my life would have angered and hurt me. It was good to find that this silly kind of thoughtlessness couldn't get to me anymore.

But something rankled and I couldn't put my finger on it. I sat and watched her prattling on. Her life was so removed from mine. Untouched by tragedy, she was the same as she had always been. And there it was.

It was SHE who hadn't changed, not I.

Joel's death was the single, most immense, mind and life-altering experience of my existence. I remember the madness of those days: exhausted nights of hypnotic rocking to and fro, muffling the sounds of pain with a pillow; those huge, hot, limitless tears embarrassing me everywhere, clouding my vision in rush-hour traffic; the confusion...How could he be dead?....had he ever lived? Here? With me? How long ago, now? Everything measured in terms of this time last week, last month, last year. I remember the raging, frightening wildness of it all.

And she dares to say I haven't changed!

I have stood at his grave, thrown back my head and roared at the injustice of living longer than my child. I have whimpered his name over and over, feeling it upon my lips, fearing I may never hear it in reference to him again; and I have prayed, deep, urgent prayers, trying desperately to reach some intrinsic part of him in me.

These experiences that change the very soul. For nobody could go where I have been and not be changed. I have been forced to examine and question my faith and my priorities, not she. My depths and values have been challenged, not hers.

I could not have stayed the same. I would not have wanted to.

For each small alteration in my life carries the signature of my son's being...that one little person's presence in my world. I am willing to learn and grow, to seek and to explore, so that I may better understand the responsibility I bear towards all life, my own included. And so that his life should not have been for nothing.

And I pushed back my chair and said goodbye to her. She seemed unpressed for time.

But I had things to do.



Linda A., Editor, TCF Newsletter  
Johannesburg, Union of South Africa

# Bereaved Parents of the USA

## Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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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.**