



Bereaved Parents of the USA

Anne Arundel County Chapter

May 2011

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Chapter News & Information

Our Children Remembered – One of the most important and time-consuming labors of love undertaken by one of our Chapter volunteers is the maintenance and updating of our database. Every effort is made to ensure that the most important database output – our “OCR List” (the names of our children and their dates of birth and death) – is accurate, as those names and related information appear in our monthly newsletter in print and online, in our table display at our monthly meetings, on our Chapter website, and in the annual Service of Remembrance program. We know how important seeing our child’s name is – we are all bereaved parents. However, despite our best efforts, mistakes are sometimes made; and sometimes, our database indicates that we haven’t been given affirmative permission to list a child’s name, and we’re very sensitive to the privacy concerns of our members. So, we’re very sorry if incorrect information shows up in our newsletter, or your child’s name is omitted, but please do let us know via email, phone or mail. We’ll correct our records, as we’re striving for 100 percent accuracy.

Core Group Meeting – Once every three months, a group of Chapter volunteers – the Core Group -- meets for two hours to review the “business and operational affairs” of the Chapter. This group makes sure that programs are planned for each monthly meeting; that tasks related to upcoming events such as the Memory Walk and the Service of Remembrance are underway; that volunteers are in place to set up for each month’s meeting and to break down after each meeting; that the Chapter’s financial situation is reviewed, and much more. Please come to our next Core Group meeting at 7:15 p.m. Tuesday, May 10, 2011, at the same church – Calvary United Methodist Church -- where our monthly meetings are held. Enter through the front of the church; we are often assigned to Room 121, but you can check at the front desk.

Funding of Chapter Activities – Because our Chapter is blessed with hard-working, cost conscious volunteers, we have been able to survive our country’s ongoing tough economic times. However, it has been and continues to be a struggle, as donations to the Chapter have understandably been down during these rough times. Our primary cost for much of the year is the monthly newsletter, the printing and mailing of which costs several hundred dollars each month, although there are also costs associated with the use of the various facilities we use for Chapter meetings and events. The bottom line is that the Chapter is in need of financial contributions. If you are able to contribute any (tax deductible) amount, it would greatly help us to continue our Chapter activities at their current level.

— Terre Belt, Chapter Leader



The printing and mailing of this newsletter has been donated by
Bart, Vickie and Brandie Rankin in memory of their daughter and sister
Samantha Ann Rankin
November 19, 1988 – May 31, 2010
Love from Dad, Mom and Brandie and Justin and Becky Michaud and boys



Next Meeting: May 5, 2011

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

A Mother's Grief -- A panel of bereaved mothers will talk about the special challenges they face and the way they have learned to cope since their children died.

Sharing groups – a key part of each Chapter meeting – will be held as usual for first-time attendees, and the newly and non-newly bereaved.

Calvary United Methodist Church
301 Rowe Boulevard
Annapolis, MD 21401

Meetings are held on the first Thursday of every month and are open to anyone grieving the death of a child. Come around to the back of the church—there is parking and an entrance directly into our meeting room.

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to “belong,” and offer us hope that together – we can make it.

WHAT TO EXPECT AT OUR CHAPTER MEETINGS

Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups.

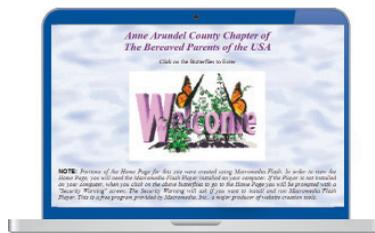
Sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time, the issues that are discussed—particularly for the newly bereaved—focus on the issues facing participants today.



Submissions for the June newsletter due to the Newsletter Team by May 1.

Send an email to: newsletter@aacounty-md-bereavedparents.org.

Chapter Leader:	Terre Belt 410.721.1359 tbelt@nahbrc.com
Newsletter Team:	Clare Harig-Blaine Kathy Ireland Eryn Lowe
Treasurer:	Fran Palmer
Correspondence & Hospitality:	Carol Tomaszewski
Librarian:	Bob and Sandi Burash
Programs:	Paul Balasic



Would you like to sponsor the Chapter's newsletter or website (www.aacounty-md-bereavedparents.org) for one month in memory of your child? It's a wonderful way to honor your child's memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child.

Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Chapter Leader Terre Belt (tbelt@nahbrc.com), or call her at 410-721-1359, or sign up at a monthly meeting.

Say Their Names!!! And help the Chapter, too!

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BPUSA/AA County Chapter
P.O. Box 6280
Annapolis, MD 21401-0280

Anticipating Mother's Day

Before we lost our children to death, Mother's Day was a happy time. We each reflect back on Mother's Days past...gifts, cards, special memories and one day set aside to acknowledge the best in our relationship with our treasured children.

With the death of our child, this dynamic was forever transfigured. Now, instead of looking forward to this day, we grasp at anything that will keep our minds away from it. Yet the anxiety still creeps into our minds and hearts; our stomachs churn and tears fill our eyes at the most inopportune moments. The dreadful countdown begins in late April and lasts for nearly three weeks.

This is the fifth Mother's Day I have endured since the death of my son. Each year I have the same, desperate anxiety, yet each year the day is a bit easier to handle. Each year the anticipation is far worse than the day itself..."borrowing trouble" as my dad would say. Since my son is my only child, I do not have the comfort of other children nor do I have the need to put on a happy face. Instead, I am able to choose what I will do without feeling the burden of guilt.

While my first Mother's Day was filled with tears, subsequent Mother's Days have been more subdued.

The choice to embrace or ignore Mother's Day is yours alone. Many bereaved mothers adopt a new perspective which honors their child and still gives normalcy to their family. Mother's Day is bittersweet for us. The pain is part of the love that we will feel for our children for eternity. We wouldn't trade one treasured moment for a cosmic reduction of our pain.

Some of us plan the day carefully. Some of us just "go with the flow." Some of us weep; some of us work. Some of us read, some of us revel in this special moment set aside just for mothers. Each of us makes a choice that is based on our own truth.

The day itself is not nearly as overwhelming as the buildup of anxiety and sadness which precedes it. I have found this to be true of all holidays, birthdays, death anniversaries and special occasions. I am trying to live in the moment. When the moment of Mother's Day happens, I will decide what I should do. I refuse to let others pressure me. I refuse to become maudlin over greeting card commercials and heart-grabbing point-of-purchase marketing efforts.

I will not be manipulated by the agenda of others.

But on Mother's Day, as on each day of the year, I will think of my son, remembering the child he was and the man he became. I will honor his life by doing the best I can with what is left of my life. I will remain in the moment and treasure my memories. And for this mother, that is enough.

— Annette Mennen Baldwin, TCF, Katy, TX (in memory of her son Todd)



Mother's Day

Another Mother's Day!
But a different one this year.
For you see, I am a mother,
But my child isn't here.

I am a mother who is hurting
For this child who was so dear,
As I face this and other occasions,

Each and every year.

I am a mother who feels an emptiness
Over and over again,
Because I miss THIS child
And all that could have been.

I am a mother who cared
As I watched my child grow,
And truly loved her more
Than anyone will ever know.

I am a mother who has memories
And many tears to cry

Over regrets I'll have to live with
Until the day I die.

I am a mother who is thankful
For the miracle of birth,
And all my child has taught me
About life and my own self-worth.

I just can't stop being a mother
Just because my child isn't here,
Because the love we had for each other
Will continue for years and years.

And so...
On this special Mother's Day,
I will feel within my heart
All the pride, love and joy
Which are the parts

That make me who I am,
And what I'll always be – A MOTHER,
Just remember that --- Please!

— Judy A. Sittner

How Dare It Be Spring?

My daughter Colleen died on March 29th and was buried April 1st. I noticed, through my haze, that spring was coming and I got so angry! I saw the first shoots of flowers in my garden, something that I had always tended so carefully, and I didn't care. I never even picked one of those lovely, fragrant lilies of the valley that grew just outside my front door. I don't think that I could even smell them.



It seemed to me an insult to see mothers pushing their children in strollers on those first warm days. How could they do that when I no longer could? How dare kites dance on spring breezes? I remember coming out of the hospital the morning that she died and seeing a jogger at the lake across the street. It seemed so strange that he could continue his routine when the world had just fallen apart. Just seeing the sun shining isolated that spring, seeing everyone else enjoying nature at its most beautiful. It hurt so much! I couldn't make myself do any of the things that had given me so much pleasure in springs of the past, it was just too painful.

The next year I felt a little better, but my heart still wasn't in spring activities. I forced myself to do things for my surviving daughter's sake. Those first walks felt so alien without a stroller to push that I often had to cut walks short. I did pick my flowers, but they didn't seem quite as sweet as I remembered them. I no longer hated other moms who walked their children; I just avoided looking at them.

Now, it is my third spring. It still hurts, but it no longer seems like spring was invented just to torment me. I look forward to working in my yard and garden this year. I take walks and my arms don't ache for a stroller to push. I will always love and miss Colleen. I still think about her every day, but the pain no longer overpowers everything else.

For those of you who are experiencing your first spring without your child, hold on. It really does get better. I remember very well those words at my first several meetings. I listened politely, all the while thinking, "But you don't know how horrible MY pain is. Somehow mine is worse and I'll never get better!" You probably think that, too. Even if you don't believe us right now, you've got to hold on, it DOES get better!

— Kathy McCormick, Lower Bucks, PA



Reflecting on Memorial Day

Abraham Lincoln wrote a letter in 1864 to Lydia Bixby, a Massachusetts woman who was believed to have lost five sons in the Civil War.

"I feel how weak and fruitless must be any word of mine which should attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering you the consolation that may be found in the thanks of the Republic they died to save. I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom."

— Abraham Lincoln

Promise of Rainbows

I promise not to offer rainbows after storms,
Or silver linings beyond the clouds.
But if you have tears of sorrow, I will share them.

If you have words of anger, I will hear them.
If you have moments of confusion,
I will help you through them.

Perhaps your tears of sorrow today
Will water the seeds of tomorrow's garden
Of spiritual growth, of worthy priorities,
of loving relationships, of genuine understanding
and of compassion.

My sad friend, your weeping is not fruitless.

— Nancy, TCF, Central NJ



SIBLING PAGE

People watch us, but there's so much they don't see.

— Anne McCracken, from "A Broken Heart Still Beats"

A Love Letter to My Children

You are great kids. You have always been great kids, although I haven't always been a great mom. After your brother died, I was hardly any kind of mom at all. I was so lost in my own grief, I wasn't there for you. You were bewildered, scared, and hurt, but I couldn't seem to reach out to you beyond my own pain. I was like a day-old helium balloon drifting along, not sure whether my place was with you or with your brother.

I didn't drift for long. You grabbed my string and yanked me back! The yowls and shrieks still ring in my ears. "Mom, all my underwear is dirty!" or "Mom, I'm starved!" or "Mom, he punched me!" Your brother was being cared for by his heavenly Father, but you needed your earthly mother. It was your need that saved my life.

I'm sorry that your brother's death robbed you of your childhood. While other kids fretted about what to wear or which movie to see, you wondered when the tears and sadness would ever end and if we would be a family again. If I could have shielded you from such great sorrow, I would have, but I couldn't.

Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name. You kept his picture in your rooms and proudly pointed out to friends, "This was my brother." You used his things, but gently. You reminded me of the cute, funny things he said and did. You included him in your bedtime prayers. You still do. Someday I believe you will tell your own children about your brother. Thank you for keeping his memory alive.

Because of the tragedy you experienced, you are more mature than other kids your age. You possess strength and courage beyond your years. You are resilient; little things don't get you down. Best of all, you are kind, sensitive, and compassionate to others. I adore you. You are my life.

Love, Mom

— Patricia Dyson, Beaumont, TX



You don't heal from the loss of a loved one because time passes;

You heal because of what you do with the time.

— Carol Crandall, TCF, Space Coast Chapter

Always Remember

Always remember that grief is not something you get over;

It's something you work through –

At your own pace,

And in your own time frame.

Your grief is yours alone to handle

And let no one put you on a guilt trip to "get over it."

— Author Unknown

Will You Know Me?

Jordan, will you know me when I get to your home?

When I walk through the gates, will you call me your own?

Will you say, "Laura, my sister," or "Hi! What's your name?"

Will I look different? Will you look the same?

How will we act? Will it be like before?

Will we laugh again, "Til our sides are sore?"

Will the love be like it should, between a sister and a brother?

Or will it be as if we just met one another?

When I get there, you'll never be alone

Jordan, will you know me, when I get to your home?

— Laura Touton, TCF, Knoxville, TN



Forever Remembered

And if I go, while you're still here...

Know that I live on,

Vibrating to a different measure

Behind a thin veil you cannot see me,

So you must have faith. I wait for the time when

We can soar together again,

Both aware of each other.

Until then, live your life to its fullest

And when you need me,

Just whisper my name in your heart.

I will be there.

— Emily Dickinson





Sometimes

Sometimes in the middle of the night as I read, wash dishes, fold clothes, or sit quietly and pontificate about this or that, I hear your voice. The sound is so clear. "Mom," you say.

Sometimes I answer back in an automatic response. I wait for a brief moment and then your voice is gone. I am startled and I freeze

in place, not moving, not breathing, not blinking, and just listening.

Sometimes I think I see you in a store or on the street, walking that unique walk that was yours alone. I look twice and realize it is not you. But it was a brief moment of joy to see that special walk.

Sometimes I think I have lost my mind. But most of the time I am thankful for these little reminders. Perhaps it is my mind giving me a sense of you. Perhaps the keeping of you in my heart brings this peace to me.

Sometimes when I come home from work, I find something on the counter that wasn't there that morning. A sock, a small socket wrench, a matchbox car. I ask my husband if he came home during the day. He didn't, of course. I wonder about these things, but then I also get comfort from them.

Sometimes I wish I could talk to you just one more time. I would

simply listen to your voice, your excitement, your disappointment, your happiness, your enthusiasm, your concern...whatever you might be feeling. That would be enough. I don't need great revelations, just a conversation, just your voice.

Sometimes I could just scream at the inequity of your death. You, my only child, the one who gave purpose and meaning to my life, are gone forever from this plane. But then, I get a grip on my sanity and stop thinking negatively.

Sometimes I meet a newly bereaved mother and I see myself. I know her heart, I understand her torment, and I feel the pain that has wrapped her in its horrible, crushing grip. I listen to this mother whose world has been gnarled into a grotesque shell of life, and I ask about her child.

Sometimes I accept my reality, sometimes I don't. But I always keep you in my heart, taking you into the future as far as I, myself, will go. And that has to be enough. I cannot change the past. I can only live today and plan for tomorrow. Sometimes, though, I am glad that my mind allows me these little forays into a parallel reality. These give me peace. In this world, peace is as ethereal as a fine mist near a waterfall.

Sometimes, reality is just too harsh.

— *Annette Mennen Baldwin, TCF
Katy, TX (in memory of her son Todd)*

Give sorrow words; the grief that does not speak whispers the o'er-fraught heart and bids it break.

— *William Shakespeare*

When Grief Returns

Remind yourself often that grief is something that cannot be ignored. Grief can be masked for awhile, but eventually it makes its presence known. It's something that cannot be ignored. It's something that requires hard work and attention. A parent's grief is a natural reaction to an abnormal event. Grief is not an illness, but rather is a time of readjustment to a reality of living with loss.

Parents who lose a child do not stop grieving. The pain will vary in intensity at different times in a parent's life, but the process is life long. When grief returns, remember to be kind to yourself and allow yourself the time you need to once again work through your feelings.

— *Clara Hinton @ griefsupport.com*

When an Adult Child Dies

"If Joe were 5 years old instead of 45," Josie remarked, "then maybe everyone would understand my grief." Josie's comments reflect the problems that many parents face when an adult child dies. While the loss of a child of any age is devastating, often support and understanding from others are diminished if the child is an adult.



Children are not supposed to die before their parents. When they do, it may shatter beliefs and assumptions about the world. The world may seem like a more dangerous place. Parents, too, may feel guilty about surviving the child.

When a child is older, relations can be complicated. There may still be a sense of unfinished business. Frank's daughter, Jenn, was "daddy's little girl." As she got older, they still got along well. But when Jenn died, Frank felt bad that "it had been a long time since I really made a fuss over her, told her I loved her."

There are issues unique to the death of an adult child. One is support. People may not recognize how much the parents are affected. Some may even make remarks like, "At least you got to raise him/her." While that may be true, the bonds between a parent and child remain strong. Relationships may even be stronger now that they no longer share living space and are relating to one another as adults.

Support, too, may be focused elsewhere. Your child may have left a spouse and/or children. Everyone, yourself included, may be focused on their grief. While each person's grief is unique, a few principles may help you as you cope with the death of an adult child:

- Acknowledge your own grief. While seeking to help others, recognize that this loss deeply affects you. Your ability to help others will be affected by how well you attend to your own grief.
- Seek our support. You may find it valuable to be with others who have experienced similar losses. Groups such as Bereaved Parents are for parents who have children of all ages die. These groups offer a safe place to talk about your grief, suggestions for coping, and reassurance that others share your responses.
- Grieve together. You may be reluctant to share your grief. You may want to protect survivors from your pain. Yet, this just leaves everyone to grieve alone. Sharing stories, memories, and rituals can be helpful to everyone. At the same time, remember and respect that each person grieves in his or her own way. Even when we grieve together, it does not mean that we have to grieve alike.

— Dr. Kenneth J. Doka, *Journeys newsletter*



A wise medicine man was talking to his grandson...

The medicine man said: "There are two wolves fighting in my heart. One wolf is angry and bitter, and wants revenge; the other wolf is compassionate and balanced, and wants peace and harmony."

His grandson asked: "Grandfather, which wolf will win?"

The medicine man replied: "The one that I feed."

Grief and Death



Grief ebbs but grief never ends.

Death ends a life,

but death does not end a relationship.

If we allow ourselves to be still
and if we take responsibility for our grief,

the grief becomes
as polished and luminous
and mysterious as death itself.

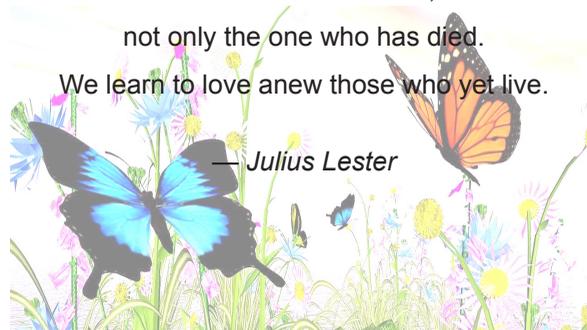
When it does,

we learn to love anew,

not only the one who has died.

We learn to love anew those who yet live.

— Julius Lester



Our Children Remembered

Jordan Edward Ambrozewicz
Son of Steven and Beverly Ambrozewicz
May 27, 1993 - May 10, 1995

Veronica "Ronnie" Anne Arata
Daughter of Rick Arata
June 12, 1968 - May 25, 2000

Matthew Stephen Auer
Son of Carol and Steve Auer
December 11, 1982 - May 4, 2004

Heath Brad Balick
Son of Beth and Larry Balick
October 20, 1984 - May 8, 2009

Donald Gordon Barrett
Son of Kathy and Don Barrett
May 14, 1976 - May 3, 2002

Aaden Lee Batista
Grandson of Jean Jenkins
May 2, 2008 - April 8, 2010

Amanda Susan Blackett
Daughter of Cindy and Jerry Blackett
May 2, 1988 - September 22, 2006

George Alfred Bold IV
Son of Brenda and George Bold
May 23, 1969 - May 17, 2005

Christine Elaine Bramhall
Daughter of Robert and Patricia Bramhall
December 21, 1961 - May 9, 1981

Paul Shane Brough
Son of Theresa and Steve Bleemke
May 18, 1982 - April 4, 2003

Darius JoVan Brown
Son of Victoria and Robert Brown
February 1, 1992 - May 30, 2004

Michael Eugene Burke
Son of Joyce Pasquella
May 15, 1965 - May 6, 2007

Pamela Grace Clair
Daughter of Doris and Charles Clair
June 3, 1954 - May 15, 1984

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

Joseph R. De Meo Jr.
Son of Rebecca and Joseph De Meo
May 25, 1966 - December 11, 1985

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

Michelle Marie Dyke
Daughter of Marie Dyke
May 19, 1975 - November 10, 1992

Joseph Fredrick Errichiello Jr.
Son of Susan and Joe Errichiello
April 6, 1979 - May 29, 2004

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

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

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

John Joseph Goetz Sr.
Son of John and Mary Goetz
May 6, 1958 - July 21, 1996

Matthew Gordon Haines
Son of Gordon and Peggy Haines
May 3, 1977 - July 4, 1996

Devin Hall
Son of Cyndia Hall
November 10, 1985 - May 17, 1990

Sidney Mark Hardesty Jr.
Son of Dawn Watkinson
March 10, 1979 - May 17, 2003

Thomas "Tommy" Michael Howard
Son of Thomas and Donna Howard
May 27, 1984 - February 10, 2000

Traykia Melisa Jones
Daughter of Rochelle Kennedy
February 19, 1988 - May 11, 2004

Brian Keith Jones
Son of LeRoy and Jeanne Jones
Grandson of Walter and Shirley Johnson
May 22, 1974 - May 22, 1974

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

Scott E. Klima
Brother of Kristy Klima-Flower
July 20, 1984 - May 19, 2007

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

Our Children Remembered

Graham Kendall Miller
Son of Ken and Abby Miller
February 3, 1981 - May 4, 1999

Joseph A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
December 13, 1956 - May 12, 1977

Daniel "Dan" Michael Milord
Son of Mike Milord
July 15, 1982 - May 5, 2004

Emily Marie Parker
Daughter of Valerie Nowak and Brian Parker
May 9, 2002 - July 18, 2002

Elizabeth Anne Paschall
Daughter of Carol Paschall
October 10, 1994 - May 15, 1999

Sydney Elaine Patronik
Daughter of Holly and Michael Patronik
March 26, 2002 - May 11, 2002

Samantha Ann Rankin
Daughter of Vickie and Bart Rankin
Sister of Brandie Rankin
November 19, 1988 - May 31, 2010

Wendy Dawn Saunders
Daughter of Ronald and Aljuana Saunders
May 20, 1972 - May 14, 1998

Stanley "Jerry" Schisler
Son of Stan and Pam Schisler
May 31, 1980 - May 9, 2001

Donald "Donny" Lee Seyfferth Jr.
Son of Jody Seyfferth
December 16, 1977 - May 8, 2000

Ryan Michael Sheahy
Son of Deborah Sheahy
May 4, 1977 - March 16, 2001

Rachel Beth Showacre
Daughter of Daynie Showacre
May 7, 1980 - October 30, 2002

Donna Jean Shrodes
Daughter of Lydia Shrodes
February 5, 1974 - May 23, 2002

Christopher Lewis Strader
Son of Lewis and Peggy Strader
May 27, 1979 - June 21, 1997

Russell "Rusty" Joseph Tarr
Son of Lorraine A. Tarr
December 22, 1963 - May 12, 1994

Austen Lee Tulley
Son of Brandy and Nick Tulley
December 25, 2008 - May 26, 2009

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

Carole Anne Wilford
Sister of Aljuana Saunders
January 7, 1944 - May 4, 1998

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made in the last month:

Morrin Bench

Rose Marie and Gerald Carnes in memory of Walter H. Maynard IV

Kenneth Smith in memory of his niece Tracy Fotino

CHAPTER COOKBOOK

Our Chapter is going to publish a cookbook, filled with memories, love, and favorite family recipes. This is not going to be your typical cookbook. Instead, it will be a celebration of the love we shared with our children. Send us your favorite family recipes, memories of special times, and possibly a picture, and be sure to include your name and your child's name.

What follows are two examples of the kinds of cookbook entries we are looking for:

EXAMPLE ONE

GRANDMA'S CREAMY MINTS

1 Box confectioner's sugar
 ½ stick butter or margarine
 3 T boiling water
 ¼ tsp peppermint oil
 Few drops of food coloring

Combine ingredients, cream well with your hands until smooth. Make small balls, dipping each into granulated sugar. Press into mold and pop out. Let air dry for about 24 hours. Can be stored for several weeks. Yield about 80 pieces.

It's now become a tradition in our family to make mints for all the special occasions. Grandma started this tradition years ago. She made mints for many of her Grandchildren's weddings, including Dave's. The recipe and molds have been passed down to our daughter Lara, and the tradition continues.

In memory of Dave Tomaszewski, 1974-2001, and Grandma Martha Baumgartel, 1909 - 1989



EXAMPLE TWO

HUNGARIAN GOULASH

¼ c shortening	¼ c catsup
2 lbs beef chuck or round, cut into 1-in cubes	1 T brown sugar
1 c sliced onion	2 T Worcestershire sauce
1 clove garlic, minced	2 tsp salt
1 ½ c water	2 tsp paprika
2 T flour	½ tsp dry mustard
¼ c water	Hot cooked noodles

Melt shortening in large skillet. Add beef, onion and garlic; cook and stir until meat is brown and onion is tender. Stir in catsup, Worcestershire sauce, sugar, salt, paprika, mustard, cayenne and 1 ½ cups water. Cover; simmer 2 to 2 ½ hours. Blend flour and ¼ cup water; stir gradually into meat mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve over noodles.

Hungarian Goulash was one of Dave's favorite recipes. Whenever we had it, the table would be set with plates, but Dave would go to the cupboard and get a serving bowl to use for himself. Today we often laugh about his favorite bowl, and still use it on special occasions....and always when we have goulash.

Submitted by Rick & Carol Tomaszewski, in memory of David W Tomaszewski, 1974 - 2001



Send YOUR submissions no later than August 1, and sooner is better. Expected publication date is October 1, 2011, and the cost will be \$10 each. If you wish, you can use the form that follows to submit your cookbook entry:

MY MEMORY COOKBOOK SUBMISSION

Please provide the following information. Include a picture if you want. Mail to: Memory Cookbook, c/o BP/USA AA County Chapter, P.O. Box 6280, Annapolis, MD 21401-0280, or email: memorycookbook@gmail.com

YOUR NAME: _____

CONTACT INFORMATION: _____
(How we can get in touch with you if we have questions)

IN MEMORY OF: _____

RECIPE TITLE: _____

INGREDIENTS:

RECIPE DIRECTIONS:

MEMORIES, STORY, whatever you would like to add:

This project is being organized by Carol Tomaszewski, 410-519-8448, Kathy Ireland, 410-745-2361, and Sandi Burash, 410-551-5774.

We hope you will participate – this is going to be a very special cookbook!!!



Bereaved Parents of the USA -- National Gathering Monumental Journey of the Heart

July 29-31, 2011
Sheraton Reston Hotel
Reston, VA

Confirmed speakers include Darcie Sims, Rosemary Smith, Mitch Carmody, Drs. Gloria and Heidi Horsley, Ron Villano, Dave Roberts, and Becky Greer

There will also be a Thursday night "Kick Off" Program and a Sibling Program; meal packages are \$149 for seven meals.

www.bereavedparentsusa.org

Bereaved Parents of the USA Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

www.aacounty-md-bereavedparents.org

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NEXT MEETING May 5, 2011



Time sensitive
Must be delivered by MAY 1, 2011

UPCOMING MEETINGS & EVENTS:

A Mother's Grief

Thursday, May 5, 2011

A panel of bereaved mothers will talk about the special challenges they face and the way they have learned to cope since their children died.

A Father's Grief

Thursday, June 2, 2011

A panel of bereaved fathers will talk about the special challenges they face and the way they have learned to cope since their children died.

National Conference of The Compassionate Friends

July 15-17, 2011

Minneapolis, MN

National Gathering – Bereaved Parents of the USA

July 29-31, 2011

Sheraton Reston Hotel

Reston, VA

RESOURCES:

Bereaved Parents of the USA

www.bereavedparentsusa.org or 708-748-7866

Hospice of the Chesapeake

www.hospicechesapeake.org or 410-987-2003

Maryland Crime Victims' Resource Center

www.mdcrimevictims.org or 410-234-9885

Suicide Support Group

410-647-2550; meets the first Tuesday of each month in Severna Park, MD

MIS Support Group (miscarriage, infant death or stillbirth)

443-481-6114; meets the first Monday of each month in Edgewater, MD

Grief Recovery After a Substance Passing (GRASP)

www.grasphelp.com or 843-705-2217

The Compassionate Friends of Prince George's County

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchellville Road, Bowie, MD

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact our Program coordinator: Paul Balasic at pjbspmd@gmail.com or **443.566.0193**.