



Bereaved Parents of the USA Anne Arundel County Chapter

April 2009

www.aacounty-md-bereavedparents.org

In the Springtime of Your Grief

Spring has fragile beginnings; a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakens with the morning sun. Sometimes spring comes so quietly we almost miss it, but once it begins, it is impossible to ignore the daily growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Hope emerges for the beginning of a new season; change is in the air.

What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us; it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process moves gently to remind us that we will survive. Life is changing and growth emerges through the changes. The song of our hearts that seemed off key begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of a new life. In the springtime of our grief, there can be a new song for us to sing. It will be a song we composed through the heartache of loss.

Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun. Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold. We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing.

We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force; it is something that unfolds when the time is right. The springtime of grief arrives with no dramatic entrance, no flashing lights. The stillness of the beauty unfolds and captures our attention. It is happening around us, but it is also happening in us.

If spring has already crossed the path of your personal journey of grief, rejoice! But, if the chill of winter remains in your heart, be encouraged; spring is on its way. Look for it, expect it and it will be yours to experience around you and in you!

— Judi Fischer
Cleveland, Ohio
Bereavement Magazine

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The printing and mailing of this newsletter has been donated
by Judy and Louie Bolly
in memory of their daughter Wendy Jean Bolly

**Anne Arundel County Chapter
Bereaved Parents of the USA**

P.O. Box 6280

Annapolis, Maryland 21401-0280

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**Submissions for May newsletter
due to Newsletter Team by April 1**
newsletter@aacounty-md-bereavedparents.org

We are a self-help support organization that is dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We also aim to provide information and education to extended family, friends and coworkers desirous of being supportive to our Chapter members. We gather to listen, to care, and to understand the process of grieving as we start our recovery process and attempt to heal. 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.



Telephone Friends: Sometimes we may have the need to talk to someone who can understand our pain. If you feel the need to talk, have questions

to ask, or just had a difficult day, these people will welcome your call and are willing to listen to you.

Bob Bramhall 410.867.4956 Daughter (19), drunk driver; men's grief.

Marie Dyke Daughter (17), single parent, only child; car accident.

Sandy Platts 410.721.6457 Infant death.

Tia Stinnett 410.360.1341 Miscarriages and infant death.

Janet Tyler 410.969.7597 Daughter (5) and brother (33); car accident.

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Next Meeting: April 2, 2009

**Doors open at 7:15 P.M.
Meeting begins at 7:30 P.M.**

Calvary United Methodist Church*
301 Rowe Boulevard
Annapolis, MD 21401

***Please park in lower lot behind church**



Meetings are held on the **first Thursday of every month**. We meet on the lower level of the building in the fellowship room which is accessible from the rear entrance. There is no cost to attend our monthly meetings.

Refreshments at our monthly meetings are donated by Chapter members. To make a contribution, please see the sign-up sheet on the refreshment table (drinks, ice, and paper products are provided). For information please contact Carol Tomaszewski at 410.519.8448.



**PLEASE! PLEASE! PLEASE
HELP US SAVE ON PRINTING AND POSTAGE**



If you **move**, please let us know your new address. If you **don't want** to receive our newsletter any more, please let us know. If you would rather read the newsletter on our website, please let us know, and send us your email address, and we will send you a reminder each month when the newsletter is put on the website.

(The newsletter is loaded on the website as soon as it has been produced — about 10 days before it is delivered in the mail.)

You can contact us by mail at our address at PO Box 6280, Annapolis, MD 21401-0280 or by sending us an email at

newsletter@aacounty-md-bereavedparents.org

We're All in the Same Boat – What People Can Do for One Another

Doctors and therapists do sometimes help but so may others. Our chapter meetings offer a mixture of support along with teachable and learnable moments. We don't discourage medical treatment in this difficult time. We are also aware that the comfort of your peers helps.

Our chapter meets in a setting that is consistent and well-organized and our groups are held on a monthly basis with a routine day and time. Our group atmosphere offers all the chance to meet and come together to talk about the hard stuff that goes with the death and loss of our children. Our group is where it's okay to cry and to receive comfort from someone who has also suffered. We're here joined in a caring spirit and the gathering seeks to normalize what is unknowable. Our space provides an inner sanctum where what is shared is private and protected. Together we face and tolerate some very strong feelings that arise out of the recognition that we must admit that the clock doesn't turn back. Our loved one is gone.

Grieving for people that you care about, facing your own fears, handling pain, all of this requires a focused attention. The chapter meetings allow that focus and opportunity to share with others what they are feeling inside. It allows us to return that comfort and support for others. These meetings go beyond what many would expect of a typical support group. While some attend only once, others will participate for years. Levels of involvement will vary. All of our work is channeled to the spirit of moving ourselves towards a balance. One motivation for all who attend is that we know how desperate we are to survive the death of our child and we need reassurance that we are here for a reason. Keeping this in focus is what's important.



— Clare Haig-Blaine
In Memory of Galen Harig-Blaine
November 14, 1989 – April 22, 20

Life is what happens to you
while you're busy making other plans.

— John Lennon

Extraordinary people survive under the
most terrible circumstances and they
become more extraordinary because of it.

— Robertson Davies

Permission to Grieve

Give yourself permission to hurt and ask others to understand. It will be much better for all of you, if you keep from being too brave, too polite. That makes others feel more helpless, more distant from you, perhaps even a bit rejected.

If you can, talk very briefly to your immediate family, especially to your partner, and ask for patience, promising yours in return. Because we all react differently to great emotional strain, this can be a time of temporary estrangements in your family – this is also the time to remember all the reasons why you loved each other in the first place. Don't worry about feeling 'nothing': your mind has been dealt a terrible blow, and your old feelings will need time to return.

Do let others give you evidence of their devotion, concern, warmth, attention, empathy – after all, these are the finest gifts we can give to each other. And believe me: honesty in sharing your feelings is a gift from you to them, showing your friends and your helpers that you trust them, that they are important and that they are appreciated.

— Alexandra Sascha Wagner
For you From Sascha

Grief Never Comes to Me Properly

Grief comes to me at times when I most expect it to, at the most obvious times. The first anniversary of her passing. Or at night, when I try to silence all the noise from the day, all the noise that resonates in my head.

I don't expect it to come to me, but it does when a stranger says her name. But who expects that? A stranger. It came to me when I received mail from her brokerage firm, addressed to "Custodian of..." I thought it strange that it came to me when I realized my vintage, beaded, Carmen Marc Valvo gown was stolen. I cried for both losses, unequal as they were.

But grief never comes to me properly. Not fully. Just in little annoying spurts. I wish it would stop sneaking up on me to tap me on the shoulder, only to disappear when I turn around. Then I'm left with this nagging feeling, it's there, just within arm's reach. And it's going to hit me hard and I can't brace myself, suck in my gut, or prepare in any way for a hit.

I'm going out, to be with friends. I'll hear it again, I'm sure of it, "You seem happy." Usually, I detect a mix of surprise and relief. Don't worry, I'm not going to fall apart in front of you. Because grief just doesn't come to me properly anymore.

— 5th and Spring
A blog by Celia
September 14, 2006

Where I Am

No breaking heart is here, no sad and chilling pain;
no wasted cheeks where the frequent tear rolls down and leaves it stain.

Dear Friends of mortal years, the trusted and the true,
you are watching still in the valley of tears, but I wait to welcome you.

I won't forget, O no! For memory's golden chain
shall bind my heart to the hearts below till we meet to touch again.

Each link is strong and bright, and love's eternal flame,
flows freely down, like a river of light, to the world from where I came.

— Author Unknown

Remember that grief is not something that you get over; it is something you walk through. My shoes are worn and my feet hurt from this walk.

— Author Unknown

*When the darkness of the evening
crowds away the sun's last rays,
and you lift your eyes to Heaven,
you may see a brand new blaze.
It's brilliant and it's lovely,
and it's shining just for you,
it's a brand new star in Heaven,
lit to welcome someone new.
Though your days may seem much longer
since he had to cross that line,
if you lift your eyes to Heaven,
you will see that he still shines.
It's just a soft reminder*

*that although he is gone,
as long as you let love grow,
his light shines on.
And though you want him in your arms,
he's safe as can be,
for he is in the arms of angels
and perfect company.
And even in the morning,
stars are not lost in the light of day,
your loved one is shining,
and not so far away.*

— Author Unknown

SIBLING PAGE

Denial

I live life in denial
It's the only way to go
If I had to live it honestly
My feelings I must show.

In denial you're away from home
On some secluded land
Vacationing along the beach
Enjoying sun and sand
You are out on an adventure
You are learning a career
And until you've learned your lessons
I continue to wait here

In denial you have taken work
And now live out of state
And though I'm desperate to see you
I can only sit and wait
You're preparing for your future
For your journey to begin
But without communication
I don't know where I fit in

In denial you are busy
There are many plans to make
You'll come on holidays
Or when you get a break
But the months just keep on passing
And the holidays come round
And although I do expect you
You are nowhere to be found
Anniversaries to deal with
The Beginning - when it ended
No cards can come your way
For I have nowhere to send them

There are times when I see your picture
And I forget that you are gone
I have to stop and make it real
You've been gone for so long
When reality comes crashing in
There's none of the above
Just me still here just waiting
Without you to share my love

My denial is not permanent
I've been there and I find
It's a useful place to visit
To protect my heart and mind

*In memory of my brother, John F. Campbell
on the 2nd anniversary of his farewell
John, remember I am keeping my love for you
in a special place until we meet again.*

*Your loving sister,
Laura Williams
(1995)*



My Best Friend

The fishing season's coming,
But no more fishing for me,
Because my best friend's not here,
To share his hooks with me.

We went fishing nearly every day.
Never hooked a thing.
But, oh, what fun we had,
Talking about the one that got away.

The garage holds all the fishing gear,
But I've no desire to fish.
It's not the same without him here.
Oh! If I could have one wish.



My wish would be
To bring my brother back to me,
So we could fish along the shore.
We'd have fun together,
And laugh once more.

All that's left are memories,
For me to think about.
I won't say goodbye;
I'll see you again.
But I will miss you forever,
MY BEST FRIEND.

*— Ryan Auch for his brother Ronny
BP/USA Augusta, GA*

Our Children Remembered

Jalen H. Alleyne
Son of Jewel and Derrick Alleyne
April 21, 2007 - May 21, 2007

Bethany Anne Balasic
Daughter of Paul and Claudia Balasic
February 13, 1981 - April 5, 1996

Jeff Baldwin
Son of Aurelia Ferraro
April 27, 1967 - April 26, 1991

Hope Barber
Daughter of Douglass and Vonda Barber
March 11, 2003 - April 25, 2003

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

Travis Brandon Beyerle
Son of Maren O. Sheidy
April 17, 1981 - June 23, 1995

Alexandra Elizabeth Bolander
Daughter of Tom and Susan Bolander
April 1, 1996 - April 1, 1996

Wendy Jean Bolly
Daughter of Judith and Louie Bolly
April 6, 1977 - October 11, 2002

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

Faith Campbell
Daughter of John and Cathi Campbell
April 5, 1994 - April 5, 1994

John Christopher Campbell
Son of Kathy and Jeff Campbell
April 18, 1981 - October 9, 2002

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

John Scott Droege
Son of Teri Droege
April 30, 1984 - April 5, 2002

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

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

Joseph A. Esterling Jr.
Son of Joe and Michelle Esterling
June 7, 1967 - April 27, 1990

Sherri Leigh Fant
Daughter of Vern Pierce
January 24, 1958 - April 1, 2003

Andrea Faith Fiscus
Daughter of Debby and Kenny Fiscus
April 27, 1982 - October 9, 1993

Donald Richard Forbes III
Son of Janet Lynn Hall
Brother of Carrie Forbes-Reitzel
August 3, 1975 - April 12, 2002

Zachary Jay Forman
Son of Marge Forman
February 11, 1977 - April 10, 2005

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

Christopher George Gilmour
Son of Carole and Paul Gilmour
October 17, 1997 - April 2, 2003

Christopher David Gipson
Son of Cynthia Gipson
April 3, 1987 - July 3, 2008

Andrew Thomas Gwaltney
Son of Hope Dorman
October 1, 1987 - April 6, 2004

Galen Andrew Harig-Blaine
Son of Clare and Stephen Blaine
November 14, 1989 - April 22, 2007

Mallory Heffernan
Daughter of Dianne and Edmund Heffernan
December 19, 1985 - April 18, 2003

Paul Alan Hillier
Son of Judy Clark
April 14, 1969 - November 26, 2008

Alison Marie Hylan
Daughter of Jan and Leo Hylan
April 24, 1986 - January 9, 2005

Chrystal Lynn Isaacs
Daughter of Tish and Darrel Isaacs
April 12, 1984 - February 1, 2003

Lilith "Lily" Sappho Kelm
Daughter of Kathy Kelm
April 4, 1973 - April 6, 1973

Our Children Remembered

Steven J. Landis
Son of Edwin and Susan Landis
April 4, 1968 - October 10, 1991

Aaron Corban Lawson
Son of Loretta Lawson-Munsey and Matthew Munsey
July 8, 1978 - April 21, 2007

Zachary Laurence Luceti
Son of Linda East
April 20, 1978 - July 4, 2003

Walter H. Maynard IV
Son of Rose Marie Carnes and Walter Maynard III
January 2, 1965 - April 14, 2006

Ryan Andrew Mcanulty
Son of Bernadette Galvin
April 12, 2007 - April 12, 2007

Matthew David Miles
Son of David and Donna Miles
March 24, 2000 - April 7, 2000

Robert Antonio Morgan Jr.
Son of Paul and Kathy Waters
April 23, 1984 - June 21, 2003

Melanie Carol Murphy
Daughter of Fred and Phyl Murphy
April 21, 1966 - October 17, 1985

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1995

Jonathan Michael Noon
Son of John Noon
February 3, 1982 - April 18, 2004

Glynn Allen Owens
Son of Michael Owens
October 21, 1973 - April 2, 2003

Lee Ann Platts
Daughter of Sandy and Jeff Platts
April 21, 1999 - April 21, 1999

Solymar Rodriguez Torres
Daughter of José Rodriguez and Vanya Torres
August 27, 1993 - April 13, 2007

Dennis Richard Rohrbach
Son of Dennis and Joan Rohrbach
April 8, 1964 - July 3, 1988

Anthony John Schaefer
Son of LuAnn Schaefer
July 13, 1979 - April 7, 2003

David Michael Schell Jr.
Son of Betty and Joseph Jones
April 7, 1981 - March 20, 2005

Sharon Lyn Smith
Daughter of Carolyn Smith
May 29, 1969 - April 26, 2005

Matthew Jason Temple
Son of Jim and Karen Temple
October 6, 1987 - April 23, 1995

Heather Brooke Tepper
Daughter of Michelle Tepper
Granddaughter of LaVern Gipprih
June 11, 1986 - April 3, 2005

Gregory Adam Thorowgood
Son of Margie Strong and Kenneth W. Wenk
July 24, 1975 - April 7, 2004

Albert Wallace "Wally" Whitby Jr.
Son of Rita and Albert Whitby Sr.
April 25, 1951 - June 2, 1981

Alisa Joy Withers
Daughter of Jan Withers
July 7, 1976 - April 16, 1992

Austin Wolfe
Son of Bonnie and James Wolfe
April 3, 1999 - April 6, 1999

Samuel Kingsley Wood
Son of Melanie Loughry
April 14, 2003 - July 26, 2005

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

Finding a New Normal for Yourself

In the early days, weeks, and even months after our child dies, most family members, friends, and colleagues are very supportive of the ways we mourn the death of our child. They understand and encourage us as we weep, talk about our child, express our devastation. They understand that we are deeply sad, even depressed, have no joy in our lives, and can hardly function.

But at some point, many of these same friends, family, and colleagues begin to wonder – and some will even ask – when we are going to get back to *normal* again. They want the old happy, productive, focused, fun person to return.

What they don't understand is that we *are* now normal. And if we weren't behaving and feeling as we are, we would not be normal – in fact we would be *abnormal*.

When we lose a bet or a job or wreck our car or suffer a financial setback, etc., the loss can hit us pretty hard. However, we don't say, "Oh well, that's life," and just *move on* and forget about what happened. The loss lingers with us. Fortunately, we find ways to deal with these kinds of losses fairly quickly.

When we have a serious disease or lose our sight or an arm or leg, it hits us harder. And we certainly don't say, "Oh well, that's life," and just *move on* and forget what we've lost. These losses are usually life-changing. We try to find ways to deal with them, but it can take a long time – and many times our life is drastically different than it was before. We arrive at a new normal, which may even involve a wheelchair, nursing care, etc. We usually don't advise people who have lost a limb or their sight to "Just get over it and get on with life" or "to get back to normal."

Yes, it is terrible to be infirm, and it is terrible to lose a limb. But the death of our child is like moving to a whole new planet. And most of those who have not been on that "planet" don't understand this. There is *nothing* we can do to have our old life – from before the death of our child – back. Yes, we do move forward. And yes, we do find ways to deal with this loss and to absorb it into our new life. But mourning the death of our child takes a long time – perhaps the rest of our life.

In the beginning, that shock, numbness, weeping, questioning, sense of hopelessness, loss of joy, etc. *are* normal. And at that time we are *normal*. Not the normal we were before our child died, but today's *normal*.

And over time, as the shock and numbness wear off but the reality and the pain flood in, our sense of hopelessness and loss of joy, our inability to function as we used to in work, home and life, our crying, deep sadness or depression continue and may even deepen. This *is* normal.

As time goes on, we find ways to cope with our new life, ways that are helpful to us in our mourning, ways to deal with the world. Our pain and sadness remain, but we find ways to make these deep feelings part of our life rather than the forces we have to battle. And we may begin to have some hope and to find some meaning and joy in life – not like we had before, but some. That is our new *normal* at this time.

And eventually, while the pain has not lessened and our sadness at the death of our child has not lessened or gone away, we have grown and strengthened to the point where we know we can live with that pain and sadness and that we can live a full life. This life will always be different than it was before the death of our child. What is meaningful to us now, what brings us joy now, what is important now, is vastly different than it was. This is our new *normal*.

— Dave Alexander

In loving memory of James William Henry Alexander
October 12, 1970 – October 26, 1998

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says...I'll try again tomorrow.

— Mary Anne Radmacher

We gratefully acknowledge the following donations:

Judy and Louie Bolly in memory of their daughter Wendy Jean Bolly
Rhonda and Norman French in memory of their son Brandon Robert French
Ken Smith in memory of his niece Tracy Ann Fotino



Donations are gratefully accepted to offset the costs of our local Chapter's events and communications.

ANNE ARUNDEL CHAPTER
BEREAVED PARENTS OF THE USA
10th Annual Conference of Hope and Healing
Saturday, May 16, 2009, 7:30 a.m. - 5:00 p.m.

Would You Like to Help? There is a wide range of roles and tasks — both large and small — that go into organizing and producing the Conference, including finding workshop presenters, setting up the workshop rooms, stuffing envelopes and mailing out the announcements, assembling conference folders, helping with registration, and, of course, helping clean up after the conference.

If you would be interested in helping, please contact Debi Wilson-Smith.
410.757.8280 — debiws@verizon.net



Bereaved Parents of the USA
2009 National Gathering

Light My Way
New York City

Friday through Sunday, July 10 - 12, 2009

To register for the Gathering go to www.bereavedparentsusa.org

Crowne Plaza Laguardia Airport Hotel
104-04 Ditmars Blvd., East Elmhurst, NY
Reservations BP/USA

Discounted room rate (Double/Single) \$115.00 w/taxes \$133.88
Call toll free 1-888-233-9527 or go to www.cplaguardia.com

The Annual BP/USA Gathering this year will be in New York City — easily reachable by car or train. If you haven't attended a Gathering, we encourage you to make this one your first. Make your hotel reservation now to assure getting a room in the Gathering hotel. Also register for the Gathering as soon as possible — there is an early registration discount. Prior to June 1 registration is \$25.00 per person (up to \$75.00 per family); after June 1 the fee is \$35.00 per person (up to \$85.00 per family).

OTHER RESOURCES

Bereaved Parents of the USA (National headquarters)
www.bereavedparentsusa.org 708.748.7866

Maryland Crime Victims' Resource Center, Inc.
(formerly known as The Stephanie Roper Committee for Victims of Violent Crime) www.mdcrimevictims.org
410.234.9885. 14750 Main Street, Suite 1B, Upper Marlboro, MD 20772.

Hospice of the Chesapeake, Maryland
Serving A.A. and P.G. counties. Help for adults, teenagers, children grieving the loss of a loved one. Counseling; support group sessions; weekend camps for children, teens and adults.
www.hospicechesapeake.org or 410.987.2003.

Suicide Support Group

Meets 1st Tuesday of each month 7:30-9:00 pm in Rm 401, Woods Memorial Presbyterian Church, 611 B&A Blvd, Severna Park, MD 21146. For information call Nancy Lincoln Reynolds 410.647.2550.

MIS Support Group

For those who have experienced loss through miscarriage, infant death or stillbirth. Meets 1st Monday each month from 7:00 to 8:30 pm, St. Andrew's United Methodist Church, 4 Wallace Manor Road, Edgewater, MD. 443.481.6114

G.R.A.S.P. (Grief Recovery After A Substance Passing)

Provides help, compassion and understanding for families or individuals who have had a loved one die as a result of drugs.
www.grasphelp.com; mom@jennysjourney.org
Call Pat or Russ Wittberger at 843.705.2217.

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NEXT MEETING April 2, 2009



RETURN SERVICE REQUESTED
DATED MATERIAL



UPCOMING MEETINGS & EVENTS:

Where Was God When My Child Died?!

Thursday, April 2, 7:30 P.M

For some grieving parents, their faith helps them through the grief process. Others experience great anger with their god or religion. Rabbi Steve Weisman will explore these issues with us.

Thursday, May 7, 7:30 P.M

Program to be announced

We appreciate feedback on our Chapter meetings. If you have suggestions for future topics of discussion, please contact one of our Program coordinators:

Paul Balasic at pjbspmd@gmail.com or 443.566.0193, or
Jane Schindler at cwschind@cablespeed.com.



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. We occasionally schedule a 30 minute presentation at the beginning of our meeting to address a topic that we hope is of interest and value to many of our Chapter members. When the speaker or panel has concluded the presentation, you will be invited to introduce yourself and, if you wish, to say your child's name. We then take a short break before dividing into sharing groups.

These 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 - do not necessarily have to focus on the evening's topic, unless it is relevant to the group.

Please see page 2 of this newsletter for more details including our meeting location and other helpful information. If you have questions please contact our Chapter leader Terre Belt (410.721.1359) or tbelt@nahbrc.org.