



Bereaved Parents of the USA Anne Arundel County Chapter

JANUARY 2015

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HAPPY ★ NEW ★ YEAR

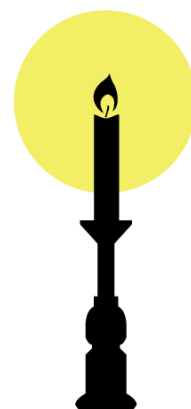
Let There Be Light?

By Sascha Wagner

The new year comes
when all the world is ready
for changes, resolutions –
great beginnings.

For us, to whom
that stroke of midnight means
a missing child remembered,
for us the new year comes
more like another darkness.

But let us not forget
that this may be the year
when love and hope and cour-
age
find each other somewhere
in the darkness
to lift their voice and speak:
let there be light.



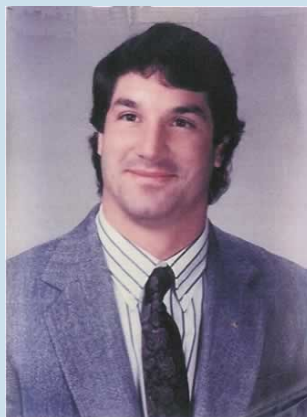
Sponsorship of this newsletter has been made by the following families:

Rose Marie Carnes
In memory of her son
Walter H. Maynard IV
January 2, 1965 - April 14, 2006



Grief fills the room of my
absent child
Lies in his bed, walks up
and down with me,
Puts on his pretty looks,
repeats his words,
Remembers me of all his
gracious parts,
Stuffs out his vacant gar-
ments with his form;
Then have I reason to be
fond of grief?
~ King John, 3.3

Juliet and Leonard Rotham
In memory of their son
Daniel Maurice Rotham
January 20, 1971 - September 17, 1992



Our son Daniel wanted to
dedicate his life to heal-
ing those who were
struggling in pain. We
dedicate this newsletter
in his memory, that it may
bring solace and healing
to us all. He would have
liked that.

Chapter Leader Message

New Year's Resolutions...or NOT

By Carol Tomaszewski,
BP/USA Anne Arundel County Chapter, Maryland

For years, I have tried to make New Year's Resolutions, such as exercise more, lose weight, follow a budget, etc. But I never seemed to be able to stick to those resolutions. And now I believe that by making these resolutions, I was really setting myself up for failure because when you resolve to do something it is either done...or NOT. And I have never completed any of my resolutions.

So now I am going to set goals for myself. In my eyes, one can work toward a goal. And every step you take along the way that gets you closer to the goal is a successful achievement.

This year I am going to work on the following goals:

- Support my family by creating more "family" time together
- Take better care of myself, both physically and emotionally
- Focus on memories of love and happy times as I continue to grieve
- As Chapter Leader, do the best I can to provide positive support to all of you

The hardest goals for me to achieve will be the last two. There are times throughout the year when it is almost impossible to focus on memories of love and happy times because my heart and soul are permanently scarred by the loss of my son, Dave. But I hope to find the strength and willpower to continue to take small steps toward reaching my goal. I know that coming to the monthly meetings, talking with others and participating in Chapter activities will support me in my efforts.

In order to reach my goal as Chapter Leader to provide positive support to all of you, I will need your help. Several things I am thinking about ---

- I would like to provide more focused support for the newly bereaved...and
- I would like to provide opportunities for you to take steps to move forward along your life journey while dealing with your grief.

So I am asking for your help. First, tell me what you have found helpful at our monthly meetings, and what else we might do to support the newly bereaved. Send your thoughts to my email: chapterleaderaacountymd@gmail.com.

Over the years, I have found that reaching out to support others has been very helpful to me. I wanted to try to "pay forward" for all the support I got when I first came to our Chapter meetings. I started attending Core Group meetings, then volunteering for jobs that didn't require a major commitment--like helping with the newsletter publication, coordinating refreshments, doing an

occasional meeting opening. I thought I was only helping others, but I was actually helping myself learn to live with my grief.

So I ask you to consider volunteering to support our Chapter activities. I believe you will find positive healing for yourself in addition to helping others.

I hope you are able to set some goals for yourself this year.

And please ---

Set a goal to ---

Help me...To help you....To help others.

Thank you.



Love is stronger than death
even though it can't stop
death from happening,
but no matter how hard death
tries it can't separate people
from love. It can't take away
our memories either.
In the end, life is stronger
than death.

Anonymous

www.TheSilverPen.com

January Warmth

Like a tree in winter which has lost its
leaves,

We look ahead to spring for new
growth

and the warmth of the sun
to heal the pain in our hearts.

Let us make January a time we reach
out to

each other,

We will all show new growth

~Pat Dodge, TCF,
Sacramento Valley, CA~

Love isn't just about grieving and being sad,
It's also about still loving and fighting and keep-
ing their memory alive.

~ Anonymous ~



Next Meeting: Thursday, January 8th, 2015 at 7:30 p.m.

NOTE DATE CHANGE DUE TO HOLIDAY

Our new Chapter Leader, Carol Tomaszewski will speak on her journey through the years since her son David's death.

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

Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. **Meetings are held on the first Thursday of every month beginning at 7:30 p.m. 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. Doors open at 7:15 p.m.**

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 February newsletter are due to the Newsletter Team by January 10.
Send an email to: newsletter@aacounty-md-bereavedparents.org.



Chapter Leader: Carol Tomaszewski, chapter-leaderaacountymd@gmail.com
Newsletter Team:
June Erickson, Linda Khadem, Katie Redmiles
Treasurer: Fran Palmer
Correspondence & Hospitality: Tawny Stitely
Librarian: Bob and Sandi Burash
Programs: Mary Redmiles
mary.redmiles@gmail.com

Do You Use Amazon.com?

If you enter Amazon through our Chapter's website (www.aacounty-md-bereavedparents.org), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site through the Chapter's website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

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 Mary Redmiles (mary.redmiles@gmail.com) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

REPRINT POLICY: Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

Memorial Service Donations

Mary Louise deSarran in memory of Elizabeth deSarran
Betty & John Hodges in memory of their son Charles "Chip" Marshall Hodges
Steven & Beverly Ambrozewicz in memory of their son Jordan Edward Ambrozenwicz
Donald & Norma Melcher in memory of their son Brian Richard Melcher
Cora Boyce in memory of her daughter Linda Lou Boyce
Noel & Ann Castiglia in memory of their daughter Tria Marie Castiglia
Dennis & Joan Rohrback in memory of their son Dennis Richard Rohrback
Larry and Linda Brannon in memory of their son Sean S. Brannon
Kathleen & Don McGlew in memory of their daughter Jennifer L. Hamilton
John and Glenda Skuletich in memory of their daughter Abigail Helen Skuletich
Bonita Boone-Adamecz in memory of her daughter Traci Lynn Boone
Gordon & Margaret Haines in memory of their son Matthew Gordon Haines
Alli & Holly Enders in memory of their daughter Christine Kelly Enders
Benjamin & Sharon Skarzynski in memory of their son Jason Edward Skarzynski
Rhonda & Norman French in memory of their son Brandon French
Phyllis & Robert Sinex in memory of their son Owen Robert Sinex
Robert & Linda Rasmussen in memory of their son Steven Craig Rasmussen
Joseph & Irene Belcher in memory of their son Joey Edward Belcher
Carol & Rick Tomaszewski in memory of their son David Tomaszewski
Don & Karen Coulson in memory of their son Craig Steven Nelson
Tawny & Kevin Stitely in memory of their daughter Tori Stitely
Leroy & Jeanne Jones in memory of their sons Brain & Jeremy, brother Roger
Cathleen L. Campbell in memory of her daughters Hannah Lindley & Faith Campbell
Vanya Torres in memory of her daughter Solymar Rodriguez-Torres
Cathleen Savage in memory of her son Robert M. White
Kathleen D. Franklin in memory of her son Tanager Ru Ricci
Peggy & Lewis Strader in memory of their son Christopher Lewis Strader
Bobbi Remines in memory of her son Joseph William Remines & sister Romana Alice Hale
Mary Redmiles in memory of her son Tommy Redmiles
Sharon Poe in memory of her son John Christoper Poe
Aurelia Ferraro in memory of her daughter Dora & son Jeff Baldwin
Linda Snead in memory of her son Scott A. Katsikas
Barry & Elizabeth Aikin in memory of their grandsons James William & John Russell Aikin
Barbara Bessling in memory of her son Richard Allen Bessling
Marie Dyke in memory of her daughter Michelle Marie Dyke
Lydia & William Sanders in memory of their son Andre Marc Sanders
Carol Fritz in memory of her daughter Katie Fritz
Susan & Joseph Errichiello in memory of their son Joseph Frederick Errichiello
Mary Ellen Young in memory of her son Zachary Daniel Robertson
Judy & Louie Bolly in memory of their daughter Wendy Jean Bolly
Gene & Marlen Maier in memory of their son Eric Maier
Fran Palmer in memory of her son Scott Thomas Palmer & cousin Steven O. Cooper
Rachel Hand in memory of her son Adrian Bernard Andrew Ortega
Thomas & Joyce Schall in memory of their son Thomas Jeffrey Schall
Wayne & Wanda Bessling in memory of their nephew Richard Allen Bessling

Our Children Remembered

William P. Anthony Jr.
Son of Bill and Linda Anthony
June 1, 1965 - January 2, 1999

Melanie Suzanne Berkow
Daughter of Sandra Winans
January 2, 1956 - March 23, 2012

Emily Ann Blazejewski
Daughter of Lee Ann and Doug
Blazejewski
January 27, 1997 - January 2,
2004

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

Emily Christina Davidson
Daughter of Fran Smith
July 24, 1972 - January 13, 2011

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

Melissa Fernanda Garcia
Daughter of Claudia Hnatiw
January 25, 1993 - July 30, 1994

Theresa Karen Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

Jennifer Lynn Hamilton
Daughter of Kathleen and Donald
McGlew
May 2, 1980 - January 7, 1999

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

Sarah Anne McMahon
Daughter of Deborah and Daniel
McMahon
January 24, 1995 - July 13, 2012

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1994

Robert Adam "Robby" Ostrowski
Son of Denise Crouse
January 30, 1995 - September
11, 2010

Nicholas Grant Poe
Son of Karen and Michael Willey
November 9, 1982 - January 23,
2002

India Teddi Pruett
Daughter of Bernadette Pruett
January 31, 1980 - January 22,
2013

Joseph William Remines
Son of Bobbi Remines
November 16, 1980 - January 3,
1994

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

Thomas Jeffrey Schall
Son of Tom and Joyce Schall
January 16, 1963 - January 7,
2002

Emily Ann Schindler
Daughter of Charles and Jane
Schindler
July 27, 1985 - January 27, 2004

Kelly Ann Schultz
Daughter of Jim and Pat
Schultz
July 19, 1964 - January 1,
1996

Gregory Robert Sears
Son of Rob and Marilyn
Sears
December 11, 1975 -
January 6, 2012

Derrick Antonio Stevens
Son of Lillian and Ernest
Stevens
January 16, 1982 - July 21,
2004

Michael Shane Wheeler
Son of Lita L. Ciaccio
June 22, 1976 - January
11, 1997

Daniel Alfred Whitby
Son of Rita and Albert
Whitby Sr.
Brother of Susan Lovett
January 10, 1959 - August
15, 1974

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

This is for all the caterpillars that never became butterflies. All the butterflies that never caught the wind in their wings. And all the hearts that had hopes and dreams of a wondrous flight together.

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

Kenneth Smith in memory of his niece Tracy Fotino

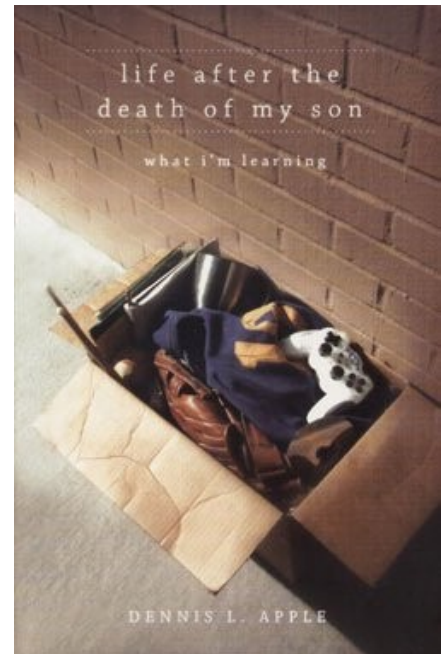
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Book Review

'Life After the Death of My Son: What I'm Learning'

by Dennis L. Apple. 192 p. Beacon Hill Press of Kansas City.
\$10.08

This memoir is excellent for bereaved parents. It is raw, yet gentle and relatable. Apple uses his journals to take us back to the sudden loss of his 18-year-old son. Rather than giving advice, Apple's approach is to share the hard-earned personal insight he gleaned while fighting to maintain his marriage, his faith, and his will to live. View on Amazon.com at http://www.amazon.com/Life-After-Death-My-Son/dp/0834123657/ref=as_at?tag=thedailybeast-autotag-20&linkCode=as2&



For Siblings

The Unique Nature of Sibling Loss By Tabitha Jaynes (2011)

I can still remember the call that told me my younger brother was dead. It was from my grandmother. Funnily enough, I'd been contemplating that my grandparents were getting old and that I needed to prepare myself for their deaths. I never expected that I would receive a call from them to tell me that my brother had crashed his car into a lamp post on the way home from a concert and was killed immediately. He was 17; I was 22.

The death of a sibling is strange. Everyone asks how your parents are, but everyone seems to forget about you. It's as if you are not important. Your role is there to provide support to everyone else. Somehow it didn't surprise me when I went looking for information on the internet and found that siblings were known as the "forgotten mourners."

The relationship between siblings is unique. There is no one else in the world that you have such a love-hate relationship with. I know that I would curse my brother harshly but if anyone else did, then I would attack them for it. Siblings have a right that no one else has. It means that you can show your worst to them and know that they will still forgive you afterwards and speak to you like nothing was wrong.

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Some people attribute this gift to parents too. Yet it is different. As a sibling, you are allowed to know hidden activities, beliefs, attitudes and dreams that are never shared with parents. As your sibling grows older this perspective can be transferred to partners but siblings seem to share the most information.

When you lose a sibling, you also lose your identity. Your sibling has always been part of your life. They have helped define who you are and your role within the family. It leads you to question who you are and what your life purpose is.

If you are young like myself, you also lose the chance to develop a relationship based on friendship with someone who has known you your whole life. I know that my relationship with my brother was changing as he died. Although he was my younger brother, his wisdom at times made him appear to be my older brother. I was grateful for someone who was looking out for me. And I was so angry that this had been taken away from me. I was also angry that I would never see him get married, have children or grow old so I could tease him about how ugly he was getting.

Your sibling is also your peer, so it leads you to question your own mortality. It also leads you to question why them and not me. In my attempt to make sense of this question, I moved into the realm of helping others affected by loss transform grief, find peace and feel more positive about the future. It was my way of justifying my brother's death.

It's now been over 8 years since my brother died, and I am at peace with it. It's ok that I'll never fight with him again or hug and make up. It's ok that I'll never know what man he would have grown into. I still think about him every day and I talk to him a lot. I've created a new relationship with him that continues on after death. After all, he is my brother and always will be. Not even death can take that away from me.

Neil Armstrong: The Inspiring Legacy of 'Muffy'

By Ben Evans, AmericanSpace.org



Much has been written over the years about the effect of his daughter's death upon his future career as an astronaut. Photo Credits: NASA

Three generations of human beings (and countless more yet to be born) have been and will be inspired by the accomplishments of Neil Armstrong, including many readers of this site and the entire AmericaSpace team of writers. Yet the great man himself drew his own inspiration from various boyhood and lifetime heroes: from his parents, Steve and Viola, who instilled a work ethic from a young age, to Charles Lindbergh, the first man to fly solo across the Atlantic, and Chuck Yeager, the first man to burst

through the sound barrier...to Armstrong's own infant daughter, Karen. And it is the tragically inspiring tale of Karen – whom Armstrong and his first wife, Janet, nicknamed 'Muffy' – which is amongst the most heart-rending and touching of his entire life.

Karen entered the world on 13 April 1959 and departed it in the most appalling of circumstances, less than three years later. According to James Hansen, in his acclaimed biography *First Man*, Armstrong



chose the nickname 'Muffy' or 'Muffie' as "an endearing form of Muffin". One day, not long after her second birthday, the little girl suffered a fall in the park which produced a nasty bump to the head. She returned home with a nose-bleed and concussion, but by that evening things took a distinctly uglier turn: for Muffy's eyes seemed not to be functioning correctly. Several visits to doctors and ophthalmologists seemed unable to cure the problem: the girl tripped frequently, her eyes were crossed and she was unable to speak coherently.

Subsequent medical investigation revealed that Muffy had a glioma of the pons – a malignant tumour in the base of her brain stem – and although relatively rare in children, the prognosis for recovery (even today) remains poor. X-ray treatments to reduce the size of the tumour hit the little girl particularly hard, rendering her unable to walk, stand – but, according to Janet, quoted by Hansen, "she never, ever complained". Armstrong was at the time a test pilot

at Edwards Air Force Base in California, and his flight logs reveal that he took time off in June and July 1961 to be with Muffy at the hospital. Slowly, she learned to crawl again, her eyes straightened and she returned home to the Armstrongs' Juniper Hills cabin. Despite her apparent positive response to the radiation therapy, and the eternal hope and optimism, Armstrong's brother-in-law, the physician Jack Hoffmann, was convinced that Muffy would not survive more than six months.

By the end of 1961, the symptoms returned and the only option was cobalt treatment. This was relatively new at the time and although it could destroy the cancerous cells, it also irreparably harmed healthy ones, too, and little Muffy could not take it. At length, the doctors sat down with the Armstrongs and recommended that she would be happier at home. "She made it through Christmas," Janet told Hansen, but admitted that "she couldn't walk by this time – she could crawl – but she was still able to enjoy Christmas. It seems like the day Christmas was over, she just went downhill. It just overcame her."

Muffy died on 28 January 1962. It was the Armstrongs' sixth wedding anniversary.

The Flight Research Center at Edwards Air Force Base grounded all of its aircraft on the day of her funeral, as a mark of respect. Despite his grief, Armstrong returned stoically to work on his various projects, including the F5D Skylancer, the X-20 Dyna-Soar and the X-15. In April 1962, he flew to an altitude of 207,500 feet in the X-15, but held the aircraft's nose up for too long during descent, causing the vehicle to 'bounce' off the atmosphere, back up to 140,000 feet, and Armstrong overshot his landing site by more than 40 miles. He turned back towards the landing area and managed to touch down safely, narrowly missing a patch of Joshua trees at the south end of the runway.

Much has been written over the years that it was Muffy's death which inspired Armstrong to enter the hallowed ranks of NASA and its astronaut corps. This is not entirely accurate, for he had already been selected in 1958 for the Air Force's Man in Space Soonest (MISS) project and for Boeing's Dyna-Soar. (In fact, on 15 March 1962, only weeks after his daughter's death, Armstrong was named as one of six pilots to fly Dyna-Soar. Unfortunately, the project was later cancelled.) Meanwhile, his application to join NASA's second astronaut class arrived a week after the 1 June 1962 deadline, but Dick Day, assistant head of Flight Crew Operations, had previously worked with Armstrong at Edwards and quietly slipped it into the pack before anyone noticed. "He was so far and away the best qualified... [that] we wanted him in."

In James Hansen's biography of Armstrong, it is difficult to discern a link between the tragedy of Muffy's passing and his own application to enter the rank of the NASA astronauts. "The death of his little girl," remembered his sister, June, "caused him to invest those energies into something very

Continued on next page

positive and that's when he started into the space programme." By his own admission, Armstrong was excited by the X-15 – it was *real* and even the Dyna-Soar was a realistic possibility – but President John Kennedy's lunar goal "was just so overpoweringly exciting that I decided to give us these other opportunities to pursue it". Years later, Armstrong credited Dick Day (who died in 2004) with having enabled him to make the decision to transfer from Edwards to Houston.

Certainly, by the midsummer of 1962, several newspapers, including the *Washington Evening Star* on 18 July, were predicting the selection of Armstrong as NASA's first civilian astronaut. The *Star* even made a quirkily prophetic comment: "Conceivably," the newspaper told its readers, "he could command America's first attempt to land men on the Moon." Even future Apollo 11 crewmate Mike Collins, who also applied for selection in 1962, but was ultimately picked as an astronaut a year later, wrote to his father of his conviction that Armstrong would probably be on NASA's list of selectees, "unless his physical discloses some major problem". According to Collins, Armstrong "has by far the best background of...the civilians under consideration".

On 13 September, Armstrong received the telephone call from Deke Slayton, asking him to join the NASA corps. Two days later, he checked into Houston's Rice Hotel, under the assumed name of 'Max Peck', to meet the eight other new astronauts – Frank Borman, Pete Conrad, Jim Lovell, Jim McDivitt, Elliot See, Tom Stafford, Ed White and John Young – and their managers and be formally introduced to the world's press. Years later, *this* astronaut class, which came to be nicknamed 'The New Nine', would be recognized by many as one of the finest all-round groups ever selected by NASA...and Armstrong stood out among them. Although he was not the *only* civilian (for Elliot See was a civilian pilot for General Electric, albeit with a naval background), Armstrong was alone in the class for having flown a rocket-propelled aircraft and had just recently won the coveted Octave Chanute Award for the pilot who had contributed most to the aerospace sciences that year.

In February 1965, Armstrong received his first space mission assignment, albeit in a backup capacity, to shadow Gordon Cooper as command pilot of Gemini V. Working with his own pilot, Elliot See, and the prime pilot, Pete Conrad, the foursome immersed themselves in the minutiae of an extremely challenging mission which would attempt to seize from the Soviet Union the record for the longest manned flight. In fact, the impromptu motto for Gemini V was 'Eight Days or Bust'. A few weeks after Cooper and Conrad returned from space, and Armstrong was thus freed from his own mission duties, he was named as command pilot of the Gemini VIII prime crew, teamed with pilot Dave Scott. The trials and tribulations of this flight were discussed in yesterday's article and the sheer volume of scheduled tasks and their inherent complexity – performing the first rendezvous *and* docking in space with an unmanned target vehicle, followed by co-ordinated maneuvers, a tricky EVA and a precision splashdown in the Atlantic Ocean – suggests the confidence in which Armstrong and his abilities were held by NASA brass.

The question of whether Muffy's death thus inspired Neil Armstrong to turn from his career as a civilian test pilot, flying the X-15 and pointed towards Dyna-Soar, and enter the astronaut corps in Houston, remains unanswered. Certainly, many of his colleagues at Edwards were surprised in the summer of 1962 when they learned of his selection, for Armstrong had given no hint of making any such move. In their own admissions to James Hansen, Armstrong's family members revealed that the future First Man on the Moon suffered greatly in the wake of Muffy's death, but chose to display a face of stoicism and used his work as a coping mechanism. However, it would be a comforting thought to suppose that perhaps a combination of Armstrong's own genius and the memory of his little daughter served to guide his steps further than any human had ever travelled before.

(**Note:** Armstrong died in Cincinnati, Ohio, on August 25, 2012, at the age of 82, He was buried at sea.)

Chapter Notes: Upcoming Meetings & Announcements

Annual Service of Remembrance - We want to once again thank Ann Castiglia for another beautiful memorial service for our children. Some members of the Core Group thought it was appropriate to give Ann a gift for her 30 years of support to our Chapter. She sent all of us this note below:

My dear dear friends,

What a privilege and honor it has been for me to be involved with our Memorial Service these past 30 years. I was truly humbled with your honoring me at this my final year as chair of the memorial service programs. My heart was beating so fast I did not know what was happening at first, then....I guess it wasn't until the next day when this all settled in.

I am so grateful to our Core Group and all who contribute to my beautiful angel and gift card. I want you all to know that our Tria would love this angel. Thank you for honoring me but please know I could not do this without a great deal of help. I have noticed over the past few years that I am beginning to forget things. I know it is a fact that I have grown older, but I had a hard time this past year putting this all together. I never ever want to leave a child's name (or spell their name wrong) out of the program. There is a deadline that must be followed by the program designer and printers. I always have a lot of anxiety because I want the program to be perfect.

It truly has been a privilege to have been so involved all these years. June Erickson has now taken on this role and I know she will do a great job. She also designed the boxes your bulbs were in this year. She is very talented and a lovely person with a heart to serve.

Thank you to all those who have come and been such an important part of my life. I hope to see everyone at next years service and in the meantime I will be at the monthly meetings.

*Love and Blessings to each of you.
Ann (Castiglia)*



Chapter Notes: Upcoming Meetings & Announcements

Angel Gown Project – The next sewing group will meet at 5 p.m. right before the regular February 5th Chapter Meeting at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD

Newsletter Submissions – If anyone has a story to tell, a poem to share, a bereavement book they read, an upcoming grief conference, a photo they took of an event, or an article they thought was particularly helpful in their grief journey, please pass them on to others through our Newsletter. These personal submissions will make the newsletter more interesting for everyone. NOTE: All submissions should be made by the 10th of each month for the next month's newsletter. That includes those sponsoring the newsletter in memory of their child that coming month. Sponsorship submissions should include a photo, poem/saying, parents' name, child's full name, birthday and angel date. Please email all of these directly to JuneErickson@aol.com.

Chapter Meeting - Thursday, January 8, 2015*

Note*: Date Changed due to New Years Holiday.) 7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

Our new Chapter Leader, Carol Tomaszewski will speak on her journey through the years since her son David's death.

February Chapter Meeting – Thursday, February 5, 2015

7:30 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis MD

The Angel Gown group will meet at 5 p.m., prior to the main meeting. Speaker for this meeting will be announced at a later date.

Core Group Meeting – Tuesday, February 10, 2015

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

Enter through the front of the church and find room number on electronic board.

The Compassionate Friends National Conference – July 10 - 12, 2015

The 38th TCF National Conference, "Hope Shines Bright ... Deep in the Heart", is the theme of next year's event. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas.

Visit their website at ---> http://www.compassionatefriends.org/News/Events/Conferences/National_Conferences.aspx

Bereaved Parents of the USA National Gathering - July 24 - 26, 2015

Hartford, Connecticut

Visit their website at ---> <http://www.bereavedparentsusa.org/Gathering.html>



Bereaved Parents of the USA
2015 NATIONAL GATHERING
HARTFORD, CT • JULY 24 - 26

TCF Regional Conference - October 2-4, 2015**Rochester, MN***"Hope and Healing for Our Broken Hearts"*

Kahler Grand Hotel, Rochester, MN

Speakers Mitch Carmody, speaker, author and bereaved dad and sibling; Executive Director of TCF and bereaved dad, Alan Pedersen; Dr. Heidi Horsley, TCF National Board Member and Executive Director of "Open to Hope" and bereaved sibling; and Glen Lord; vice president of the TCF Board of Directors and The Grief Toolbox, and bereaved dad. Special Friday Night program with Carla Blowey of "Dreaming Kevin" and Mitch Carmody of "Letters to My Son" on signs from our children and dream work. If you would like to further information, would like to volunteer or donate to our conference in some way, please call Cathy at 651.459.9341 or email at peachy3536@comcast.net or Mary and Darwyn at 651-923-4922 or Tri at dntri@sleepyeyetel.net

TCF Regional Conference - October 9 - 11, 2015*"From a Broken Heart....Emerges Hope and Healing"*

Radisson Hotel Valley Forge, King of Prussia, PA

Please contact Bobbi Milne at mcfly423@aol.com or Ann Walsh at tcfeastrc@yahoo.com if you would like to volunteer, be a sponsor or send a donation. More details to come later.

**Connect With Us on Facebook**

We are on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at JuneErickson@aol.com.



Resources

Hospice of the Chesapeake Life Center

90 Richie Highway

Pasadena, MD 21122

410-987-2129

Toll Free: 888-501-7077

Website: <http://chesapeakelifecenter.org/programs-and-services/groups>

1) Child Loss Group

Monthly support group for parents experiencing the loss of a son or daughter of any age.

2) Suicide Grievers

Monthly Support Group with a professional facilitator for those 18 years and over who are grieving the death of a loved one by suicide. Please call 410-987-2129 for further information.

3) Support Group for those Grieving a Loss Due to Substance Abuse

This monthly drop-in/open support group is designed for those who have lost a loved one due to substance abuse and will address issues common to this particular type of loss.

4) Perinatal Scrap-N-Share Group

This group is designed for individuals or couples coping with a difficult pregnancy diagnosis or infant loss. Participants can make a scrapbook, collage, or shadow box or just come for support with others who have experienced a similar loss. Group meets bi-monthly in the evening.

5) Career-Aged Widow and Widowers Support Group

Groups for career-aged adults who are grieving the death of a spouse or a life partner.

Grief Counseling

Website: <http://www.chesapeakelifecenter.org/programs-and-services/ind-counseling>

Complementary Therapies

Website: <http://www.chesapeakelifecenter.org/programs-and-services/complementary-therapies>

Maryland Crime Victims' Resource Center

Website: <http://www.mdcrimevictims.org> or call 410-234-9885

Suicide Support Group

Meets the first Tuesday of each month in Severna Park, MD. Call 410-647-2550

MIS Support Group

(miscarriage, infant death or stillbirth)

Meets the first Monday of each month in Edgewater, MD. Call 443-481-6114

Grief Recovery After a Substance Passing (GRASP)

Website: www.grasphelp.com or call 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

The Compassionate Friends, Reston Satellite Group

(for parents with no surviving children)

North County Government Center, Reston District Police Station, 12000 Bowman Towne Drive, Reston, VA. Meetings on the second Saturday of each month from 2 p.m. to 4 p.m.

Resources



Gilchrist Grief Services

Registration is required for all services - Online at gilchristhospice.org/grief_registration
 For Hunt Valley, Gilchrist Center, Forest Hill and Dundalk events call 443-849-8251 or email GHC_bereavement@gilchristhospice.org
 For Howard County events call 443-539-4086 or email GHC_bereavement@gilchristhospice.org

Hunt Valley:

11311 McCormick Road, Suite 350
 Hunt Valley, MD 21031

Support Groups:

Widowed Persons/Life Partner Support Group (all Ages) evening

Tuesdays - TBA

Widowed Persons/Life Partner Support Group (all Ages) daytime

Adults with Parental Loss

Widowed Persons/Life Partner Support Group (ages 50 & under)

Workshops:

Craft Night: 6:30-8pm, Monthly

A social time of friendship, fun and creativity

Select Thursdays

In Forest Hill:

Hooper House
 2007 Klein Plaza Drive
 Forest Hill, MD 21050

Workshops:

Understanding Grief

TBA

In Towson:

Gilchrist Center - 555 W. Towsontown Blvd.
 Towson, MD 21204

Support Groups:

Mother's Grief: 3-4:30pm, Monthly

For mothers who have lost adult children

In Columbia:

5537 Twin Knolls Road, Suite 434
 Columbia, MD 21045

Support Groups:

Men's Support Group: Monthly

For men who have lost a spouse/significant other

Widowed Persons/Life Partner Support Group (all ages) morning

Thursdays, TBA

Adults with Parental Loss Widowed Persons/Life Partner Support Group (all ages) evening Workshops:

Understanding Grief

Tuesday, TBA

Finding Hope as the Journey Continues

Thursday, TBA

Coping with the Holidays

Tuesday, Dec. 9 from 6:30-8pm

In Dundalk:

Mosaic Community Services in the Dundalk Professional Building, near the intersection of Dundalk Avenue and Center Place.

40 S. Dundalk Ave, Dundalk, MD 21222

Resources:

Mental Health Crisis Hotline Numbers

Maryland Hotline – Call 800-422-0009

Anne Arundel County Suicide Hotline – Call 911 (emergency) or 410-768-5522

Baltimore City – Call 410-931-2214

Baltimore County – Call 410-752-7272

Calvert County – Call 800-422-0009

Charles County – Call 800-422-0009

Frederick County – Call 301-662-2252

Howard County – Call 410-531-6677

Montgomery County – Call 240-777-4000

Prince Georges County Suicide Hotline – Call 911 (emergency) or 301-864-7130 / 301-429-2185

St. Mary's County – Call 800-422-0009

Veterans Hotline – Call 800-273-8255

www.aacounty-md-bereavedparents.org



*May this new year bring many sweet memories and peaceful times.
Wishing all a prosperous and hopeful year.*



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BPUSA/AA County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280