



# caring & sharing news

*Helping rebuild lives following the death of a child*

Volume 13, No. 3



## Annual Butterfly Release

Sunday, August 14, 2016

5:30 p.m.

Memorial Garden at Linton Hall Monastery

9535 Linton Hall Road

Bristow, VA



*Please RSVP by July 31<sup>st</sup> to ensure your butterfly.*

*One butterfly per child remembered will be provided by the chapter.*

*If you would like more than the one provided, a \$5 donation per butterfly is greatly appreciated.*

*Please indicate number of butterflies when you RSVP.*

*To RSVP or for more information please contact:*

*Bev Ruane at 540-628-4758 or [ruane.beverly@yahoo.com](mailto:ruane.beverly@yahoo.com)*

## Annual Picnic, Memory Walk, & Balloon Release Rescheduled

**Sunday, September 18, 2016**

**2:00 p.m.**

**Locust Shade Park**

**Marigold Pavilion**

**Triangle, VA**



**Picnic is pot luck – bring a dish to share!**





# We Remember Our Children

Who have birthdays and death dates  
in July, August, and September

<b>Jason Duane Alexander</b>	<b>7/02/74 ~ 7/24/13</b>	<b>Jacob Glenn Lewis</b>	<b>8/06/92 ~ 11/12/13</b>
<b>Emily Andrews</b>	<b>8/02/97 ~ 3/14/16</b>	<b>Robert Loiseau</b>	<b>8/22/72 ~ 5/27/93</b>
<b>Liam Bailey-Edmundson</b>	<b>9/22/15 ~ 9/22/15</b>	<b>Sara Lott</b>	<b>11/01/95 ~ 7/23/08</b>
<b>Scott R. Barley</b>	<b>12/07/81 ~ 9/29/11</b>	<b>Kyle Ludeman</b>	<b>4/12/93 ~ 8/27/13</b>
<b>James “Jimmy” Barnette</b>	<b>7/11/98 ~ 6/03/06</b>	<b>Kevin McGuinn</b>	<b>2/8/88 ~ 8/26/08</b>
<b>Kimberly Ann Barrett</b>	<b>9/08/86 ~ 5/04/02</b>	<b>Emily “Tabor” McMullen</b>	<b>1/26/84 ~ 8/31/12</b>
<b>Jayden Lee Beale</b>	<b>9/29/08 ~ 9/29/08</b>	<b>John Earl Medley</b>	<b>2/21/59 ~ 9/09/08</b>
<b>Jennifer Lynn Becker</b>	<b>12/30/67 ~ 7/26/70</b>	<b>Derek Meffert</b>	<b>4/21/95 ~ 8/15/10</b>
<b>Trevor Austin Blake</b>	<b>10/30/01 ~ 8/11/13</b>	<b>Ella Miller</b>	<b>4/27/02 ~ 7/23/10</b>
<b>Parker Evan Boyd</b>	<b>9/15/98 ~ 6/04/08</b>	<b>Michael Joseph Moore</b>	<b>7/13/71 ~ 1/09/09</b>
<b>Baron “Deuce” Braswell II</b>	<b>9/29/89 ~ 1/20/06</b>	<b>Christina Morgan</b>	<b>7/30/80 ~ 3/13/02</b>
<b>Kenny Brooks Jr</b>	<b>8/13/82 ~ 1/14/06</b>	<b>Johnny Ray Mullins</b>	<b>7/11/61 ~ 1/22/02</b>
<b>Brandon Bundy</b>	<b>5/19/84 ~ 8/24/08</b>	<b>Michael Sean O’Berry</b>	<b>9/13/94 ~ 12/15/97</b>
<b>Lisa Marie Champlin</b>	<b>10/16 ~ 9/02</b>	<b>Zane J Pitzvada</b>	<b>8/22/92 ~ 9/14/11</b>
<b>Christopher Chapman</b>	<b>8/01/88 ~ 1/13/07</b>	<b>Linda Thompson Plewes</b>	<b>7/16/51 ~ 3/21/02</b>
<b>Eduardo P “Eddy” Chavez</b>	<b>2/07/06 ~ 9/20/10</b>	<b>Kylene Marie Privett</b>	<b>12/14/83 ~ 8/13/07</b>
<b>Jason A. Clover</b>	<b>7/30/84 ~ 9/28/03</b>	<b>Ronald Douglas Ralph, Jr.</b>	<b>7/27/66 ~ 11/04/02</b>
<b>Todd Coder</b>	<b>7/23/84 ~ 9/24/10</b>	<b>Matthew Allan Ruane</b>	<b>9/07/83 ~ 4/29/02</b>
<b>Sarah Beth Cole</b>	<b>8/06/80 ~ 4/23/11</b>	<b>Vernon Santmyer, Jr.</b>	<b>8/24/79 ~ 5/17/11</b>
<b>Corey Martin Dill</b>	<b>7/25/90 ~ 5/03/07</b>	<b>Gene “Tony” Sergent</b>	<b>8/10/87 ~ 9/14/07</b>
<b>Robert Alan Finch</b>	<b>7/27/70 ~ 1/02/01</b>	<b>Brandon Simms</b>	<b>10/10/80 ~ 7/14/95</b>
<b>Rhonda Lynn Flannery</b>	<b>7/31/63 ~ 11/10/01</b>	<b>Adelacia Smalley</b>	<b>08/06/94 ~ 10/19/02</b>
<b>Bruce Lee Foxworthy</b>	<b>8/29/75 ~ 2/11/12</b>	<b>Tyler Smith</b>	<b>9/20/92 ~ 8/01/06</b>
<b>Erin Gaston</b>	<b>9/27/80 ~ 10/31/08</b>	<b>Michael “Ryan” Stevens</b>	<b>7/07/87 ~ 5/30/07</b>
<b>John Gregory</b>	<b>9/21/73 ~ 6/03/13</b>	<b>Graham Thomson Stevenson</b>	<b>3/30/85 ~ 9/22/07</b>
<b>Desmend Holmes</b>	<b>6/16/06 ~ 7/21/15</b>	<b>Jerry Damon Taybron</b>	<b>11/21/75 ~ 8/18/07</b>
<b>Quincy Holmes</b>	<b>5/18/05 ~ 7/20/15</b>	<b>Austin Trenum</b>	<b>3/26/93 ~ 9/27/10</b>
<b>Olivia Jean Howard</b>	<b>12/31/91 ~ 9/03/09</b>	<b>Dana Thrall</b>	<b>8/02/75 ~ 1/02/01</b>
<b>Rasheem Kuwan Jenkins</b>	<b>5/04/82 ~ 9/09/09</b>	<b>Melinda "Mindy" Weakley</b>	<b>12/20/83 ~ 9/02/09</b>
<b>Cody Darrin Johnson</b>	<b>9/11/02 ~ 3/06/09</b>	<b>Josh Weaver</b>	<b>6/17/82 ~ 9/09/09</b>
<b>Kwadwo Amoako Kusi</b>	<b>3/20/06 ~ 7/26/08</b>	<b>Kevin Woods</b>	<b>12/08/93 ~ 8/06/14</b>

We apologize if there are any mistakes in the “We Remember Our Children” section. If we spelled any names incorrectly, have any dates wrong, or your child’s name is not listed and have a birthday or death date during the months July, August or September please provide us with your child’s information so they can be included correctly in future newsletters.



**bereaved parents usa**  
**national gathering**  
august 4-6, 2017 | washington, dc  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

Our Chapter is Hosting the  
2017 National Gathering at  
HILTON WASHINGTON DULLES AIRPORT  
August 4-6, 2017

If you are interested in being on the planning committee for this event of hope and healing, please let Jodi know by sending an email to: [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com) or call 703-656-6999.

The logo was designed by our very own, Valerie Larson! Thank you Valerie for the awesome logo!

### ~ATTENTION~

If you are receiving this newsletter in the mail please fill out the form in this newsletter and include your email address. In order to save money we would like to send the newsletter electronically.

### Pregnancy & Infant Loss Support Group

If you have experienced the loss of a baby during pregnancy, at time of birth or as an infant, please contact Mary Mozingo at [mhmozingo@gmail.com](mailto:mhmozingo@gmail.com).



### Check Out Our Website

<http://www.bpusanova.com>

I need everyone's help in updating our website. I would like to have a bio of all the children of our chapter with a photo to include in the "Our Children Remembered" Section. It can be a single photo or a collage of pictures, and information about your child.

Also, there is an opportunity to sponsor the Monthly Tribute – possibly the month of your child's birth or death date – we will feature your child for the full month! Please provide a photo and a short quote that reminds you of your child.

Please send submissions to Jodi at [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com).

## Caring and Sharing Support

### Meetings:

4th Sunday @ 3 p.m.

First United Presbyterian Church

14391 Minnieville Road

Woodbridge, VA 22193

(NOTE: NEW LOCATION)

Use main church entrance - we meet  
in room next to the kitchen

### AMORe:

(All Murdered Offspring Remembered)

3rd Wednesday @ 6 p.m.

3182 Golansky Blvd, Suite 101

Woodbridge, VA 22192

540-628-4758 (h) or 703-395-9546

(c) [bruane01@verizon.net](mailto:bruane01@verizon.net)

For more information contact:

Jodi Norman, Chapter Leader

540-755-2552 (h) 703-656-6999 (c)

[bleachermom2000@aol.com](mailto:bleachermom2000@aol.com)

## Support Group for Parents with No Surviving Children

### Reston Chapter

Meets 2<sup>nd</sup> Saturday of each month  
at 2:00 pm

**This group is only for Parents with no  
surviving children.**

North County Government Bldg

Reston Police Station Bldg.

12000 Bowman Towne Drive

Reston, VA

For more info contact:

Nancy Vollmer - (703) 860-8587

## Garden News

Hello Everyone!

The summer is definitely upon us! The garden is growing and so are the weeds! The weeds have been cleared (temporarily) and new mulch spread. Things are looking good – beautiful flowers blooming and plants thriving.

We have been fortunate to have rain to help water garden but we have had some high temperatures which dries up the ground fast. There is water available to water the garden – water provided from the well at the monastery and from the rain barrels. We need volunteers to help water the garden so things do not dry up and die.

Also, with the rain and the watering to maintain the garden beauty; the weeds want to be recognized, too. As everyone knows, weeds grow fast and can take over the garden and walkway very quickly. We need volunteers, also, to help pull weeds. If you are not sure what a weed in the garden area is, I will be happy to show you. The weeds in the stone walkway need no explanation.

I really appreciate all those that came in the spring to pull weeds and spread mulch. I don't want to leave anyone out but you know who you are. I couldn't have done it without you.

I have been to the garden several times since pulling weeds and finishing the mulch. It's difficult for me living in Stafford now. It takes almost an hour to get there. Jodi lives farther than I do now so it's even more difficult for her to travel to the garden. It would be very helpful for those that live closer – Dale City, Manassas or closer – if you could go to the garden and pull weeds and water; even if only for a short period of time. Of course, always safety. If it's high heat and sun do not work out midday, only work in the morning or late afternoon or evening; and drink plenty of water. If you are visiting the garden, just reach down and pull a few weeds. If everyone that visited the garden did that it wouldn't take hours to keep the garden beautiful.

August 14<sup>th</sup>, Sunday, we are having our butterfly release. With help, the garden can be as beautiful as always for everyone to enjoy. Please contact me if you would like to help or have any questions. Home number (540) 628-4758 or email -- [ruane.beverly@yahoo.com](mailto:ruane.beverly@yahoo.com)

## Yankee Candle Fundraiser

BP/USA NOVA Chapter is partnering with Yankee Candle Fundraising. They are the world's #1 candle brand and they offer a wide range of premium candles, fragrances, and décor items at a very wide range of prices. The most important thing to know is that **40% of every sale goes to BP/USA NOVA Chapter!** The prices on the candles and other items are the same prices that you would pay at any retail store.



There are a lot of beautiful Fall and Christmas Items available in the **2016 Fall/Winter Catalog.**

**Online Shopping:** Visit [www.yankeecandlefundraising.com](http://www.yankeecandlefundraising.com) and enter **Group Number:**

**990078671** in the "Start Shopping" box. Then shop for catalog items and online exclusives to help raise money for the chapter. To invite friends and family to participate, fill out the "Signup to be a seller" form and use the group number to register. Simple instructions allow you to send informational e-mails to friends and family. Items they order will ship directly to them. The online shopping is currently available and will run July through December 2016.

Yankee Candle's new mobile app makes contacting family and friends to support your fundraiser easy, automated and very fast. The App lets you load all your contacts from your organization and send out one common message to all of them to shop your fundraiser online. Contact friends, relatives, co-workers, Facebook friends, Twitter followers, Pinterest Partners . . .with one quick message! Download Yankee Fundraiser at Apple App Store or Google Play.

Please support Bereaved Parents of the USA NOVA Chapter in providing needed funds to operate the Chapter, provide outreach, print newsletters, host special events and projects such as the Candle Lighting, Butterfly Release, Memorial Garden, Picnic and Balloon Release. Thank you to those that shopped during the Spring and Summer Campaign – it was so nice to get a check from Yankee Candles! Thank you for your support!

**FLOWER POWER®**  
FUNDRAISING



**Bereaved Parents of the USA  
has partnered with  
Flower Power Fundraising  
for this season's fundraiser.**

Flower Power offers **top-quality flower bulbs** for our friends and family members to purchase. All orders ship directly\* to our customers' homes and come with a **100% money-back guarantee**. And the best part, we get to keep 50% of every dollar sold! Start now by sharing the link below!

Automatically invite friends and family members to buy from our fundraiser.

Go to [www.flowerpowerfundraising.com](http://www.flowerpowerfundraising.com).

**On the top right side you can search for Bereaved Parents of the USA under Find A Group,** you will also be able to share it on Facebook with your friends and family.

## BP/USA SIBLING SUPPORT SURVEY

Greetings members of BP/USA,



*We want to support bereaved siblings and we need your input!*

My name is Sarah Kravits and I am the Sibling Coordinator of the Bereaved Parents of the USA, working with the Board of Directors to expand support and programming for bereaved siblings. I am an adult bereaved sibling myself, and based on that experience I am leading a sibling bereavement chapter in my area, building resources for other adult bereaved siblings, and working to expand sibling programming at each year's national Gathering. I am excited about the direction in which we are moving and hope that more and more adult bereaved siblings will join us both at Gatherings and in local sibling-specific groups.

However, not only adults lose siblings. So many of you have surviving children at home who have lost a brother or sister – and younger surviving siblings often do not have a chance to share their experience with others who “get it.” **We want to provide an opportunity at our National Gatherings for kids of all ages to share and process their grief in groups, with supportive adult presence, in ways that are interesting and appropriate for them.**

We are working closely with Vicki Scalzitti, an expert in grief support for children and teens who manages Good Mourning, the longest-running and most comprehensive bereavement support program for children and their families in the Chicago area. With Vicki we will develop programming that may include elements such as social opportunities to get to know one another, targeted workshops, special events, and a sibling-specific hospitality area where kids can connect in an unstructured atmosphere.

This program must be designed with your needs and wants in mind. With input from you we will be able to provide responsive and relevant services to you and your children.

**If you have surviving children age 25 or younger, please take a few minutes to complete the survey found at this Survey Monkey link below.**

<https://www.surveymonkey.com/r/5ZK6QKQ>

Many thanks. With your help, we will be able to offer sibling programming at future Gatherings that reflects the needs of our BP/USA families.

Best regards,

**Sarah Kravits, Sibling Coordinator**

**slymank2@gmail.com**

Amazon Smile is a simple and automatic way for you to support BP/USA NOVA Chapter every time you shop, **at no cost to you!**



To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

On your first visit to [smile.amazon.com](https://smile.amazon.com), you need to select BP/USA NOVA Chapter to receive donations from eligible purchases before you begin shopping. It will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a 0.5% donation to our chapter.



*How to help: 4 things to say to bereaved parents...  
and one thing NEVER to say*

*by A. Pawlowski*

What do you say to a mom or dad who has suffered the ultimate heartbreak? July is Bereaved Parents Awareness Month, a project started by Peter and Deb Kulkkula in honor of families trying to cope after the death of a child. The Massachusetts couple struggled through the deaths of their two adult sons.

As a mental health professional and twice-bereaved parent, Dr. Gordon Livingston knows the issue all too well. The Columbia, Maryland, psychiatrist lost his 23-year-old son Andrew to suicide in the early '90s. Just over a year later, his 6-year-old son Lucas died from leukemia. Livingston watched as friends and acquaintances struggled to address him. When faced with such deep sorrow, people will often blurt out well-meaning but awkward, insensitive phrases like "He's in a better place," "Everything happens for a reason," or "You're lucky to have other children," he said. "No one knows how to react. There's nothing they can do so they come up with these meaningless platitudes. . . that are either dishonest or carry with them no consolation whatever," Livingston told TODAY Parents. "People are extremely uncomfortable and you find people avoiding you in grocery stores. It's as if the bereaved parents were carrying with them some contagious disease." Livingston and Deb Kulkkula suggested these four things to say or do for a grieving parent: **1. "Do you want to talk?"** Don't shy away and don't keep your distance. "What works is your presence. There's no set of words that will work each time, but being there for someone in a supportive way is what provides the most consolation," Livingston said. Bereaved parents need to be able to talk, so look for ways to open up the conversation and give the mom or dad a chance to speak, Kulkkula said. Check on them regularly so that if they want to talk, they can. **2. "I remember the time when..."** Don't avoid mentioning the child who has passed away, Livingston said. In fact, the silence of people not mentioning her late son's name can be "deafening," a St. Louis mom wrote in a powerful essay for Bereaved Parents of the USA. Like many parents who have lost a child, she craved hearing his name and stories about him. Kulkkula and her husband loved it when people shared anecdotes about their late son. "With most people, it's their own discomfort that stops them from talking about it with the family. So unless a parent tells you, 'I can't talk about him or her now,' please talk about their children," she said. **3. "I gave to his memorial fund"** Bereaved parents are often afraid their children will be forgotten, Livingston said. One of his friends set up a memorial fund for Lucas and each year on the anniversary of the boy's death, there's a contribution. "That sense of continuing and remembrance goes a long way," he noted. Kulkkula found it comforting when her church started a scholarship fund in memory of her late son. **4. "I mowed the lawn"** An open-ended offer — such as "I'll do anything, just let me know" — likely won't work because the bereaved person won't want to ask for help, Kulkkula said, or might not even know what they need. Rather, make it more specific, such as "I'm bringing you a meal tonight, I'll be there at 6 o'clock." Livingston is still appreciative that after his youngest son died, somebody just showed up and mowed his lawn.

**And the one phrase never to say: "I know how you feel"**

This is the No. 1 phrase to avoid when consoling a grieving mom or dad. "It's not permitted to say that to a bereaved parent unless you are a bereaved parent," Livingston said. "It betrays such a lack of understanding of what the bereaved parent is going through." People are sometimes tempted to list their own periods of grief — the death of their grandmother or a beloved family pet — as a way to sympathize, but those are not equivalent losses, he noted. "To try to explain to people that this is the kind of loss that transforms you into a different person, that you will never be the same person you were before this happened, is almost impossible."

### **Bereaved Parents of the USA Credo**

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

*We are the Bereaved Parents of the USA.  
We welcome you.*

Chapter Contact Information  
Jodi Norman, Leader  
P.O. Box 7675  
Woodbridge, VA 22195  
Phone: 703-656-6999  
[Bleachermom2000@aol.com](mailto:Bleachermom2000@aol.com)



Bereaved Parents of the USA  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

### **Attention:**

If you do not wish to continue to receive this newsletter or be on our mailing list, please let us know by mailing back the address label from this newsletter, by e-mailing [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com) or calling Jodi at 703-910-6277. Thank you!



Bereaved Parents of the USA  
Northern Virginia Chapter  
P.O. Box 7675  
Woodbridge, VA 22195

# Bereaved Parents of the USA Northern Virginia Chapter Information Form

It is time to update our records, so please fill out this form and return it to the address below as soon as possible. Even if you have been in the Chapter for a long time, please update your information.

If you are receiving our newsletter for the first time everyone within the Northern Virginia Chapter of the Bereaved Parents of the USA wants to say that we are sorry you have the need for this newsletter but we hope our newsletter will be helpful on your journey. Please complete and return this form so that your child may be remembered in our newsletters.

**If you DO NOT wish to continue to receive our newsletter and be on our mailing list, please let me know by mailing back the address label from this newsletter, or e-mail me at: [bleachermom2000@aol.com](mailto:bleachermom2000@aol.com). Thank you.**

**Please print, filling in all applicable blanks. *This is for internal use only.***

Your Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail: \_\_\_\_\_

Would you like to receive the newsletter in the mail \_\_\_\_\_ or electronically \_\_\_\_\_ or both \_\_\_\_\_

Child's Full Name: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Child's Birth Date: \_\_\_\_\_ Child's Death Date: \_\_\_\_\_

Cause of Child's Death: \_\_\_\_\_

Child's relationship to you (e.g. son, daughter, brother, sister, grandchild) \_\_\_\_\_

**Note: The information you have given above will be confidential (*used for internal purposes only*) unless you answer "yes" to the following questions and then only for the stated purpose.**

1. Do you want your child's name to appear in the newsletter's "***We Remember You***" section with birth and death dates? Yes \_\_\_\_\_ No \_\_\_\_\_

2. May we include the above information in the BP/USA Northern Virginia Chapter directory?  
Yes \_\_\_\_\_ No \_\_\_\_\_

**Please return to:** The Bereaved Parents of the USA, Northern Virginia Chapter, P.O. Box 7675, Woodbridge, VA 22195