



**SURVIVORS OF SUICIDE**  
**King/ Pierce/ Thurston County Support Groups**  
**SEPTEMBER/OCTOBER, 2011**  
**NEWSLETTER**



Website: [www.auburnsos.com](http://www.auburnsos.com)

e-mail: [support@auburnsos.com](mailto:support@auburnsos.com)

**WHAT IS S.O.S.?**

S.O.S. stands for Survivors of Suicide. S.O.S. groups provide support for anyone who has lost a loved one to suicide. Based on guidelines established by the American Association of Suicidology, the groups are self-help and peer-led. The goal is to help deal with the loss and trauma and grief associated with that loss. Auburn S.O.S. is a 501(c)3 non-profit organization as defined by the IRS.

**LOVE GIFTS:**

If you would like to remember your Loved One who has completed suicide in the form of a Love Gift it will be mentioned in the newsletter if we have your permission. There are no dues or fees at S.O.S. Donations are always welcome to help defray such costs as printing, postage, and the purchase of new tapes and books for our lending libraries and other costs associated with the community awareness programs we are involved in.

Donations may be mailed to the address below or made at any meeting. Please make your checks payable to Auburn, Olympia or Tacoma SOS.

Auburn Survivors of Suicide  
 28824 21<sup>st</sup> Ave. S.  
 Federal Way, WA 98003

**Contact information for each group and its facilitator is on page three.**

To all of you who left something in the donation boxes, thank you!  
 Many thanks to Bachan Longworth for a love gift in memory of Jim Longworth.  
 Many thanks to George & Sandy Payne for a love gift in memory of their son 'G' (George).  
 Many thanks to Klara Lukacs for a love gift in memory of her husband Stephen Morgan.  
 Many thanks to Gary Woempner for a love gift in memory of his son Asa.  
 Please remember us as you are able. Your generous donations are what keep us working for you.

*My apologies for not acknowledging some of these gifts earlier. Due to deaths of those close to me and other challenges, I haven't kept up as well as usual. If you have missed issues of the newsletter we keep the last six issues on our website. Thank you!* *Catherine*

**IF YOU NEED TO TALK TO SOMEONE:**

Please do not hesitate to pick up your phone and call another survivor from the S.O.S. group if you are having a hard time. We've all been there!

Ron Callahan	253-226-3689	Lost son	Kathy Melsness	253-446-6500	Lost daughter
Andee Nydegger	253-820-1911	Lost brother	Joan Tabrum	253-838-8947	Lost husband
Kathy Crowley	253-471-9412	Lost son	Kathy Sterling	206-244-8729	Lost grandson
Janis Fesenmaier	360-866-2509	Lost brother	Susan Johnson	253-838-8721	Lost daughter
José Martin	206-228-7413	Lost son			

Call José if you would like to speak to another survivor in Spanish.  
 Me gustaria ayudar a la gente que necesite hablar espanol

*Thinking of You Especially:*

September	1	Nora Bush	<i>Lost partner Greg</i>
September	1	Brad Knowles	<i>Lost brother Greg</i>
September	3	Danette Therkildsen	<i>Lost daughter Arabella</i>
September	3	Lia & Jesse Good	<i>Lost son Mike</i>
September	4	Mickie Kasalek	<i>Lost son James Otto,</i>
September	4	Susan Peek	<i>Lost brother James</i>
September	4	Sally Herigstad	<i>Lost father Chester</i>
September	4	Joan Tabrum	<i>Lost husband Jerry</i>
September	4	Ernestine Mauerman	<i>Lost daughter Susan</i>
September	5	Jean Winburn	<i>Lost daughter Katie</i>
September	10	Shelia & Ira Benton, Sr.	<i>Lost son Ira</i>
September	10	Tina Tomy	<i>Lost brother Ira</i>
September	13	Jane Hughes	<i>Lost daughter Danielle</i>
September	13	Gay Wood	<i>Lost son Aaron</i>
September	14	Lynn & Ken Weatherill & family	<i>Lost son Scott</i>
September	16	Amanda Ruston	<i>Lost sister Jenifer</i>
September	18	Darlene and Duane Aalbers	<i>Lost son Dennis</i>
September	21	Ron Bingham	<i>Lost father Duane</i>
September	21	Sharie Olson	<i>Lost mother Carollyne</i>
September	22	Angela Kores	<i>Lost husband Ricky</i>
September	22	Joyce Kirk	<i>Lost husband Loyd</i>
September	22	Kathy Freeman	<i>Lost son James Freeman,</i>
September	22	Lorenzo Freeman	<i>Lost brother James</i>
September	22	Joseph Boice, Brian Mayfield	<i>Lost nephew James</i>
September	24	Elaine & Rocky Ruvalcaba	<i>Lost Anil, son of dear friends</i>
September	24	Yuli Yz-Harrison	<i>Lost husband Ron</i>
September	25	Joel Courreges	<i>Lost mother and friend Candace</i>
September	25	Virginia Bender	<i>Lost daughter Barbara</i>
September	27	Hope Slayton	<i>Lost husband Jonathan</i>
September	28	Doug West	<i>Lost partner Steven Hunt</i>
September	28	Diane DeGooyer-Harmon	<i>Lost daughter Marnie</i>
September	28	Diane Hardwick-Smith	<i>Lost son Kurt</i>
September	28	Tracey Stephenson	<i>Lost wife Catherine</i>
September	28	Darlene Stephenson	<i>Lost daughter-in-law Catherine</i>
September	28	Patty Bickley	<i>Lost son David</i>

*We also remember our loved ones whose birthdays are in September:*

Jack, Kevin, Betty, Dick W., Richard, Matthew, Brien W., Mike, Josh, David, Marielle, Craig D., Joe, Kalani W., Alex, Scott, Katie, Jeremy B., Catherine M., Mike, Aaron, Trevor and Robert.

October	3	Janine Harris	<i>Lost husband Michael</i>
October	6	Dede Henley Norris	<i>Lost daughter Carly</i>
October	6	Carol Zizzo	<i>Lost friend Carly</i>
October	7	Celia Gail Jackson, Vicki McQuade	<i>Lost husband Jeff , lost son Jeff</i>
October	7	Michelle Brathoud and Tom Jackson	<i>Lost brother Jeff</i>
October	9	Mary Moore	<i>Lost son Ian</i>
October	12	Bachan Longworth	<i>Lost husband Jim</i>
October	15	Catherine Petrich	<i>Lost sister Susan</i>
October	15	John & Loretia Cornette	<i>Lost son Justin</i>
October	15	Sherry Duncan	<i>Lost brother Terry</i>
October	16	Lena Boyovich	<i>Lost son Issac</i>
October	17	José & Amalia Martin	<i>Lost son Cesar</i>
October	19	Deborah Binion	<i>Lost son Jordan</i>
October	19	Linda Lindemann	<i>Lost brother Tom</i>
October	21	Ken Nordstrom	<i>Lost son Jascha</i>
October	27	Cindi Squance, Sylvia Sizer	<i>Lost son Ryan, lost friend Ryan</i>
October	28	Susan Tusa	<i>Lost brother John William</i>
October	28	Helen Arnold, Lisa Bailey, Tracy McCray	<i>Lost mother Marie</i>
October	28	Ron & Pam Puckett	<i>Lost son Stephen</i>
October	30	Mary Stokes, Sandy Stokes	<i>Lost son Greg, lost brother Greg</i>

***We also remember our loved ones whose birthdays are in October:***

Stephen M., Matt, Jeff J., Robin, Jeff, Rick, Jon A., Jenna K., Jason B., Tim, James O., Doug, Jordan, Dennis, A., Issac, Johnny, Karen, Mike C., Ricky W., Jillian N., James, Rachel, Gabriel R., James J., Jonah L and Lonny C..

We strive for accuracy. If we are missing the name of your loved one or if the information is incorrect please let us know so we can correct it!

Send an e-mail to [newsletter@auburnsos.com](mailto:newsletter@auburnsos.com) Thank you!

**MEETINGS FOR SEPTEMBER AND OCTOBER:**

The Auburn Group meets on the second and fourth Tuesdays of every month. Meetings are held at the Auburn Fire Station located at 1101 D Street in Auburn from 7:00 p.m. to 9:00 p.m. If you have any questions or need directions please call Andee at 253-820-1911.

The Olympia Group meets on the third Tuesday of every month. Meetings are held at the Westwood Baptist Church in room E-10, located at 333 Kaiser Road in Olympia from 7:30 p.m. to 9:00 p.m. For more information or directions please call Janis at 360-866-2509.

The Tacoma Group meets on the first and third Monday of each month. Meetings are held at the Life Center at 1717 S. Union St. from 7:00 p.m. to 9:00 p.m. Call Kathy at 253-446-6500 for directions or information.

The Burien Group meets on the second Tuesday of every month. Meetings are held in the St. Francis School at the St. Francis of Assisi Church, 15226 21<sup>st</sup> Ave. S. in Burien from 7:00 p.m. – 9:00 p.m.. Please park in the lower parking lot and call Kathy S. at 206-244-8729 for directions or more information.

**PLEASE NOTE:** This is a change – the group now meets in the school instead of the Parish Hall.

There is no fee to attend any of these groups. For more information send an e-mail to [support@auburnsos.com](mailto:support@auburnsos.com)



**LIBRARY:** A lending library is available to survivors. Information pertaining to suicide and grief may be checked out for a period of 30 days. Please return any books or publications you have checked out so that others may use them. Thank you! Is there a book that you have found particularly helpful? Let us know and we will pass that on to others!

Please – return the books when you are done so others may read them!

**Compassionate Friends**  
*Grief Support*

A support group for those who have experienced the loss of a loved one.

Cost: None.

Schedule: 1st and 3rd Wednesday each month, 2:00 - 3:30 p.m.

Location: Burien Highline Campus, 5 Cedar Conference Room.  
For more information call 206-431-5249 or 206-439-9095.

**Widowed Information & Consultation Service, Inc. *Healing From Loss***

An 8-week group for people who have lost a loved one to death. New groups begin quarterly.

Cost: None.

Schedule: Please call for schedule.

Location: Specialty Center, Home Care Services Building Conference Room  
Call 206-439-9095 for information or registration.

What: **BRIDGES: A Center for Grieving Children** is a family-based support program where families with children ages 4-18 who have experienced the death of a parent or a sibling come together to heal. We offer support groups just for children as well as groups for adults.

When: 1st and 3rd Mondays of every month 6:00-8:30 p.m.

Where: Christ Church, 310 North K St, Tacoma, WA 98403

Who: Surviving families of suicide who have children between the ages of 4-18

Contact: Darren Wenz ([Darren.wenz@multicare.org](mailto:Darren.wenz@multicare.org)) or Michelle Schuyleman ([michelle.schuyleman@multicare.org](mailto:michelle.schuyleman@multicare.org)) at 253.272.8266

**Bruce Springsteen, 'You're Missing'**

Shirts in the closet, shoes in the hall  
Mama's in the kitchen, baby and all  
Everything is everything  
Everything is everything  
But you're missing

Coffee cups on the counter, jackets on the chair  
Papers on the doorstep, you're not there  
Everything is everything  
Everything is everything  
But you're missing

Pictures on the nightstand, TV's on in the den  
Your house is waiting, your house is waiting  
For you to walk in, for you to walk in  
But you're missing, you're missing  
You're missing when I shut out the lights  
You're missing when I close my eyes

You're missing when I see the sun rise  
You're missing

Children are asking if it's alright  
Will you be in our arms tonight?

Morning is morning, the evening falls I have  
Too much room in my bed, too many phone calls  
How's everything, everything?  
Everything, everything  
You're missing, you're missing

God's drifting in heaven, devil's in the mailbox  
I got dust on my shoes, nothing but teardrops  
You're missing, you're missing

Though Bruce Springsteen wrote this song after 9-11 the lyrics seem fitting for suicide survivors too.

## **WALK TO SAVE LIVES...**

In the United States, a person dies by suicide every 16 minutes, claiming more than 33,000 lives each year. It is estimated that an attempt is made every minute; with close to one million people attempting suicide annually. With your participation, you will not just be walking, and your donors will not just be writing a check - you will be helping to save lives.

By walking in the *Out of the Darkness* Community Walks to benefit the American Foundation for Suicide Prevention (AFSP), you will be walking with thousands of people nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, advocate for mental health issues, and assist survivors of suicide loss.

There are 2 walks in our area this year:

**Olympia** - Marathon Park, September 18  
(pictured here!)

For more information contact Jo McNeal at  
[jmcneal@afsp.org](mailto:jmcneal@afsp.org)

The Olympia Community walk was a huge success! The attendance more than tripled last years and the fund-raising matched. There was often a fine mist but overall good weather was enjoyed by all who attended. Olympia SOS had a table there.



Sonny's mom Rosie showing off the quilt square she made for her son. She is surrounded by 'Team Sonny'.

**Seattle** - Green Lake Park, October 1, the walk starts at 9a.m., check in is 8:00 – 9:00 a.m.

Look for our table there and stop and say hello to Andee!



Janis Fesenmaier, facilitator of the Olympia Group, helps with registration

## **Coming up in San Francisco – June 9-10, 2010, an Overnight Walk!**

The Out of the Darkness Overnight is a walk like no other. It's an 18-mile journey through the night, from dusk until dawn where a courageous community of men and women like you will break the silence and bring the issues of depression and suicide into the light. We will walk together to turn heartbreak into hope for tomorrow.

# Our Second Quilt



Kathy Sterling, facilitator of the Burien Group and seamstress extraordinaire has completed our second quilt, Putting a Face on Suicide. She left blank spots for the next square. Will it be yours?

All you need is a 12 x 12 inch piece of muslin or white cotton sheeting material, a pillowcase or sheet works great! You must make your picture or message no larger than 11x11, leaving a seam allowance of ½ inch on all four sides. You can write on your square with permanent markers or pen. Use messages, poems, etc., but be sure and include your loved ones picture, name or relationship and age or birth/death dates. The quilts give a face to this terrible tragedy and help put an end to the “deadly silence”. A picture can be put on your cloth square at various print/copy shops, such as Kinkos or a mall t-shirt transfer stores.

On the quilt so far are the following people:

Derek B. Telford

June 13, 1967 – December 2, 1999

Michael Shane Sterling

December 3, 1985 – November 16, 2003

Sonny Petra

April 24, 1987 – July 27, 2008

James Dewey Hicks

May 21, 1983 – June 15, 2007

Alan M. McTighe

May 15, 1969 – July 28, 2008

Jack William Dollar

March 23, 1971 – June 25, 1993

James Johnson

October 29, 1988 – December 2, 2003

Louis A. Baker

July 27, 1942 – February 24, 1989

Don Sodorff

December 11, 1921 – July 18, 1994



Barb at the Overnight Training, 5th from left

Barbara Ann McFadzen, 65, of Shelton, WA died on Thursday, July 14, 2011 in Shelton after a battle with ovarian cancer. Barb was born on March 14, 1946 in Spokane, WA. She attended school in Seattle and graduated from the University of Washington with a master's degree in social service. Barbara worked as a social worker for the Department of Social and Health Services for the state of Washington and then at Virginia Mason Hospital. Hiking and camping were two of Barbara's favorite hobbies. She was also a wonderful cook, an avid reader and never met a dog she didn't like. She loved spending time with family and friends. Survivors include her mother, Frances McFadzen, and brother Bill McFadzen, both of Shelton and a multitude of friends.

Barb volunteered with all three Puget Sound Suicide Awareness events put on by Auburn SOS and was a consistent force doing things in the background that needed doing such as helping with the newsletter.

***Coming up 13th Annual International Survivors of Suicide Day***

Day of Healing for Bereavement After Suicide

in English, Spanish & French SATURDAY, NOVEMBER 19, 2011

See [www.afsp.org](http://www.afsp.org) for more information. Survivors Day is held the Saturday before Thanksgiving.



**YOUR DONATIONS ARE ALWAYS NEEDED, APPRECIATED AND ARE TAX-DEDUCTIBLE.**

Please mail your donations to:

28824 21<sup>st</sup> Ave. S., Federal Way, WA. 98003

In memory of: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Auburn SOS  
28824 21<sup>st</sup> Ave. S.  
Federal Way, WA 98003

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[newsletter@auburnsos.com](mailto:newsletter@auburnsos.com)

*Though my heart's desire  
Is to lift you over  
Life's hard times*

*In reality  
I know  
That I can only  
Try to love you  
Through them.*

Sheila Lance

