

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

T★A★P★S[®]

Comfort and Support Since 1994

MAGAZINE

FOR THE LOVED ONES OF THOSE WHO SERVED & DIED



VOLUME 16 • ISSUE 2

TAPS Magazine is dedicated to the brave men and women who died while serving in the Armed Forces, and to their survivors. The magazine is written by surviving family members, friends, and care-giving professionals. We hope you will find comfort, support, information, inspiration, and a sense of connection within its pages.

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★ **About TAPS Magazine** ★

Tragedy Assistance Program for Survivors (TAPS) is a national nonprofit 501 (c) 3 Veterans Service Organization which publishes TAPS Magazine in furtherance of its mission to provide support services to the survivors of servicemembers who have died while serving.

TAPS Magazine is published quarterly and sent free of charge to survivors, their friends and family, servicemembers, and professionals who work with U.S. military survivors.



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Comfort and Support Since 1994

TAPS offers immediate and long-term emotional help, hope, and healing to anyone grieving the death of a loved one in military service to America, regardless of their relationship to the deceased or the circumstances of the death.

**TAPS is here for you
24 hours a day
7 days a week**

**Call us at 800-959-TAPS
Or visit us at www.taps.org**



SUPPORTS the bereaved survivor through a network of Peer Mentors, volunteers who have also lost a loved one in the Armed Forces and are now standing by to reach out to others.

PROVIDES a national toll-free help and information line 24 hours a day, 7 days a week at 800-959-TAPS (8277). Support is available from leading experts in the field of grief and trauma.

HOSTS the TAPS Online Community of survivors, providing secure chat rooms, message boards, peer group discussion sites, and an extensive website at www.taps.org.

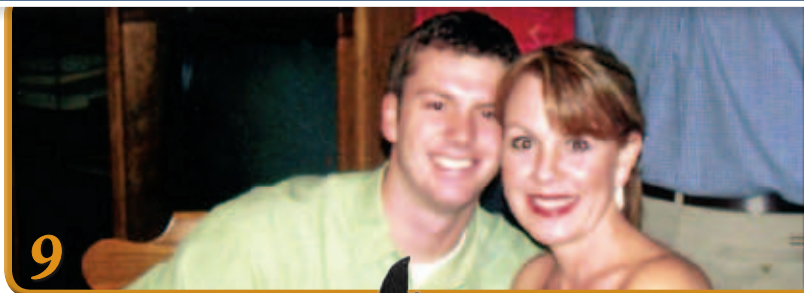
SPONSORS Military Survivor Seminars for adults and Good Grief Camps for young survivors in locations across America, giving survivors the opportunity to share, grow, and help each other heal.

CONNECTS families to resources in their local communities and provides grief and trauma resources and information.



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COVER PHOTO BY
Steve Maloney

America Twiggs enjoys a snow cone at TAPS seminar



Letters To T★A★P★S

We want to know your thoughts, perspectives, and opinions on TAPS programs and publications. Tell us what you think, send ideas for future topics, or submit an article. Submission Guidelines can be found online at www.taps.org. Your TAPS family is waiting to hear from you. ★



Regional Seminar Response

We just got back from the TAPS seminar at Fort Riley. It was an amazing two days. I would suggest to anyone who has NOT gone to one of these, try to attend one as soon as you can. It was such an emotional yet fun time. I thought I knew all there was to death...but was I wrong. Bravo to TAPS for such a great weekend.

Debbie Murchison-Perri, Kansas
Surviving mom of
Specialist Matthew Murchison

Comfort for Kids

I want to go [to National Good Grief Camp] so I can see all the people I have met thru TAPS and make things about my dad. I went to a Good Grief Camp in Fort Campbell and had so much fun, on our way home I wouldn't stop talking, I was telling my mom about it. TAPS makes me smile when I think about it.

Tristen Buzzard, Kentucky
Surviving son of
Sergeant Jason Buzzard

Local Connections

What an amazing group [TAPS]!!! Not only does the seminar give you help/tools/compassion with your grieving, it is also a wonderful way to get connected with others in your area!

Ann Mock, Kansas
Surviving mom of
Sergeant Willsun Mock

Sibling Support

I just received the Volume 16 Issue 1 copy of TAPS and was very excited to read the Book Shelf article. It was written by another grieving sibling recommending a book to read. I want to thank TAPS for putting several articles in the magazine over the past few years about sibling loss. Most people overlook [us] yet TAPS has taken time to educate siblings on how to find information that can help. Again, thanks for all that you are doing for siblings.

Morgan Moore, Tennessee
Surviving sister of
Lance Corporal William Koprince, Jr.

Marvelous Mentors

The mentors that Alana and Gabriel Hansen had [at the National Good Grief Camp] were the greatest! They were able to bring out so much in my children. I haven't seen them this happy in quite a long time. It's as if there was a weight lifted off their shoulders and they can breathe again! Now that we are back home Alana is laughing and talking and playing with her brother again! Gabriel, my baby boy, dances again! THANK YOU, TAPS, AND EVERYONE THAT MAKES THIS POSSIBLE! It truly does help!

Jessica Rivera, Texas
Surviving former wife of
Staff Sergeant Dennis Hansen

National Seminar

I want to thank the entire TAPS organization for creating and coordinating the TAPS National Seminar. I am so impressed and humbled by your commitment to our military families who are grieving so many losses. It was truly an honor and a privilege to share my work.

Carla Blowey
NMSS Workshop Presenter

Kudos from Overseas

The entire weekend was like a warm blanket wrapped around all our heartache. While there was no part which wasn't extraordinarily helpful, my favorite consolation was simply knowing that I was among people who knew what I was going through. To be among a band of brothers and sisters was more than worth the effort to have flown from England to participate.

Kay Taylor, England
Surviving mom of
Major David Taylor



editor@taps.org





Walk With Me

By Carol Lane

*Walk along with me gently
Hold my hand when I am lonely
Let me have my space when I need time
Support is sometimes not saying a word
Just being there is enough*

*Help me to see that the stars still shine
And the earth still travels the same path
Accept me for what I am today
And don't try to make me somebody I am not*

*Feelings change with the moment
I need to know you are there
Just being there is enough
Walk along with me gently*

About the Author

Carol Lane is the surviving mom of Marine Sergeant Bryon Lane, who died in an aviation accident in 2001.

What Does *Recover* Mean?

Redefining Our Expectations

By Darcie D. Sims, PhD, CHT, CT, GMS

It's hot and already I am beginning to pray for the return of winter. The days of summer have grown old and tired and I'm weary of hurting. Grief has followed me forever, or so it seems. When can I release the pain in search of the promise? How long must I hurt? Is grief measured in days, weeks, months, years, or lifetimes? I'm thirsty and I need a drink of hope.

Grief has been a tornado, a volcano, a blizzard, and a holocaust in my life. It came, unbidden, and has never left. How many decades does grief take to find its own place within the scheme of our lives? How many heartaches must be survived? How many hurts must be endured before we learn how to regulate the flow of pain that always threatens to engulf us? Can we ever reach recovery?

It is so hard to let go of the hurt and anger and bitterness. It is so hard to let go of the known (even if it hurts us terribly). It is hard to search into the unknown, especially if we don't even know what we are looking for! Sometimes, when all we think we have left of our love is our sadness, we don't want to give up our grief for fear of giving up our loved one.

Sometimes we get caught in viewing the world in terms of what we no longer have. We keep mental lists of the things we will never know or experience. We keep track of all we have lost. Grief doesn't seem to fit in the summer cycle of life, but it is here, as always, searing my soul and robbing my heart of its joy.

Where is the shade? Where is the relief for my burnt memories? Where are the answers to my countless prayers? Where is the hope in a world gone dark with despair? Will I perish here in the desert of my grief?

Yet, just as the grass turns yellow with the heat, I have discovered my grief is beginning to fade. It is fading into a feeling of complete nothingness. But nothingness is not acceptable either! I fear losing everything when I cannot recall anything. When I can no longer bring his face to my mind or the sweet scent of him to my being, then I am afraid. When the tears are few and far between and I can recall the events of his death without racking sobs or even a heavy sigh, then I grow afraid of the emptiness.

*It is so hard to let go of the hurt and anger and bitterness.
It is so hard to let go of the known even if it hurts us terribly.
It is hard to search into the unknown, especially if
we don't even know what we are looking for!*

It no longer hurts to look at the scrapbooks. My arms no longer ache when I hold someone else's baby, and my breath stays even when I hear his name. I no longer search waiting lines looking for his face, and I no longer pick up the phone to call her with the latest news of our lives. I no longer have his shoes on display, and the necklace sometimes does not get worn. What is happening to me?

Has the summer sun melted my grief or burned it away? Has enough time passed so that I might be "getting over it" as so many have wished for me? What is happening when the sun sets upon the pain of grief and the coolness of night descends upon the withered heart of grief? Is this emptiness? Is this recovery? If being empty is what recovery is all about, I'm not sure I want to be recovered. Sometimes I think I fear the emptiness of no memory more than the pain that memories bring.

We have been told that we must allow our grief to fade but I am not sure I know what that means. We have been told to reinvest our emotional energies into new interests, people, places, things. We are pushed to reconstruct our lives, transforming the relationship we had with our loved one into a less painful reminder of the past. We have been encouraged to release, reconnect, reconcile, reunite, and reform. I don't want to "re" anything! The only "re" I want is to remember.

I want to remember without the pain. I want to remember without the hurt and the sadness and the grief. I want the magic wand to wave my loved one back to me so I can re-embrace him with all of my being. Reconnect? Yes, but how about rewind the tape and let me play once more in the summer sun with him, storing away more memories that now must sustain me in my sorrow?

Grief has been with me a long time now and I thought it might never change. I thought it would never leave, but now, in the warmth of the end of summer, I can see the changes

*Grief has been with me a long time now
and I thought it might never change.
I thought it would never leave, but now,
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I can see the changes my journey
has led me through.*

my journey has led me through. I no longer weep at the sound of the ice cream truck's bell. I no longer ache when I hear the rush of laughter or catch a familiar tune on the wind. I can fly a kite with complete joy and once I even caught a fish, without his help with the worm. It was a triumph and a despair all at the same time.

I have learned to let go, move on, release, and recover. Again and again, as the seasons changed, so did I and so did my grief. Some months, some seasons, some

years were easier than others. Some still defy explanation. The sun has warmed even the coldest places in my heart and surely I must be recovered now.

Maybe it is the word "recover" that is out of place in the summertime sun and in the world of grief. Recovery is a medical word, used to describe the absence of previous symptoms, distress, and pain. Recovery is a word we can use when describing the passing of the signs and symptoms of the chicken pox or when we get the cast removed from an arm that had been broken. Once form and function have been restored, we can speak of being recovered in the medical sense of the word. We are no longer bothered by the symptoms of whatever ailment we fell victim to. And the influence of whatever medical difficulty we experienced is minimal, if any.

But grief is something other than a collection of signs and symptoms.

In the medical sense, pain may be one of the first signs that something is wrong. In the emotional and psychological realm, pain is a sign that something IS. For many bereaved, pain is one of the first signs of returning emotions. As we begin to defrost from the initial numbness of grief, we begin to hurt. The return of emotions can be regarded as progress, not a sign that something is wrong, but rather a sign that something is alive again.

We cannot get over grief. We cannot recover from the pain of a loved one's death.

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We can, however, get through grief. I like to think in terms of healing, an ongoing process of learning to live with what we've got instead of what we wanted. We can choose how we wish grief to influence us. We can carry bitterness and anger or we can choose to remember the light and the love. Each day we have the choice again and again. So healing seems to be a more honest word, a word of realistic expectations and of hope.

Some say the path to healing begins when we learn to say good-bye. Good-bye? Good-bye to what? To whom? Good-bye to our loved one? I think not! I can say good-bye to the life we lived together, but never, ever to the memories and the moments of the life we shared! I can pick and choose how those memories affect me, and just knowing I have choices is the beginning of the healing process.

Darkness cannot and does not last forever. I just thought it did. Live your grief with all the passion you once lived your life. Even the shadows have something to teach us. Even the pain tells us something. Experience the hurt, acknowledge the pain, let the tears flow. If we can allow ourselves to experience and express the painful and deep emotions of grief, then we may gradually become aware that the well of hurt is not quite so full.

The intensity and the duration of the pain have changed as we have lived it. When once we hurt continuously, perhaps now you are discovering a few moments of respite from the searing heat. Perhaps now you may even discover

an entire day without a painful memory. Perhaps smiles come more easily when the memories flood in. Perhaps you have learned to cry and laugh at the same time.

So in these moments of searing sun and faded memories, search for new ways to remember the life, not just the death. Insist upon remembering the joys of your loved one's life. You do have memories of love and laughter, of hopes and dreams.

I have come to know that in letting go of the hurt, I have gained all the wonderfulness that was my loved one's life. When we completely understand that we did not lose our loved ones, healing is possible. They died, but the love we share between us can never be destroyed. Let the joy of your loved one's life seep up through the layers of hurt to emerge into a single moment of light.

Grief isn't a seasonal song. It's a lifetime song, but it doesn't have to be a sad song forever. Don't be so afraid you will forget that you hold on too tightly to the pain. Just as you still remember the summer times of your youth, rest assured you will never forget the melody of the love you shared. The heart always remembers. *



About the Author



Darcie Sims is a bereaved parent and child, long time friend and keynote speaker for TAPS, author, thanatologist, pastoral bereavement specialist, licensed psychotherapist, and president and co-founder of GRIEF, Inc.

*For more information visit:
www.griefinc.com*

Mother and Son, A Life & Legacy Together

REFLECTIONS OF A 26 YEAR JOURNEY

By Lisa Hudson, Will Hudson, and Ellen Andrews

In October 1983, Navy Lieutenant John Hudson was packing to return from a deployment to Beirut, Lebanon, where he was serving as a medical officer and surgeon to 1,800 Marines. Waiting at home was Lisa, his wife of three years, and their 8-month-old son Will.

Lisa adored John and felt she was living in a fairy tale. John, a graduate of the Medical College of Georgia School of Medicine, was fun, loving, light-hearted, and a proud father. When Will was born, John walked out of the delivery room to tell the family about his son: "He's perfect." John deployed when his son was just three

months old, and Lisa wrote every day to keep him abreast of every detail of Will's rapid development, including his first word: dada.

On October 23, 1983, Lisa's greatest fear and worst nightmare was realized. On that day, more than 200 service members, including Lieutenant John Hudson, died in the terrorist bombing of the U.S. Marine barracks in Beirut. Now a single parent with a small child, Lisa had to completely redefine who she was and who she would become. Without John, Lisa's life felt like a black hole.

Twenty-six years later, Lisa looks back on her journey and offers her experience and encouragement to others. She reflects on the challenges, the choices, the bond that was formed, and the mutual strength and inspiration she and Will gained from each other along their unexpected path.

Will was eight months old when his father died. Now approaching his 27th birthday, Will looks back and shares his thoughts on the path he has traveled. He offers words about his relationship with his mother to other children who have to experience, as he did, growing up without the presence of his father.

"We have had many tears over the years, but the closeness we share is priceless. It is almost like a sacred secret we share, because we are really the only two who traveled down this road together. Our journey is the glue that binds our love stronger than steel and propels us to love and take care of each other forever. John would have wanted that," Lisa says.

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Lisa Hudson

I felt John's loss on so many levels, as a husband, provider, companion, father, and friend. Will would never know his dad. That pained me most. I tried to instill his father's values by always speaking of him and telling Will stories about his ways, his mind, his heart, his spirit, and his goals in life. I told the funny stories and sad ones too—I didn't leave out anything. I built a composite over many years of a man he never knew, and I think he will know him on the day he finally meets him.

Will was my reason to go on living when I no longer wanted to live after John died. He gave me purpose and direction because he needed me. I would not be here if he had not been depending on me every day to be there for him. He may think it was I who built character in him, but it was probably the other way around—it was he who built the character in me.

You can only live one minute at a time, so that is how you do it, one moment, one situation, one question, one event, one day at a time. Do what is required for that day.

What would I say to parents who have lost their spouse?

★ **Make your children a priority.**

They only have one parent, so be the best one you can be. But remember you cannot be both father and mother. I never tried to take John's place. Only he could have that place, and I could in no way fill that role.

★ **Don't give up.** Do it another day. Find your own private time for grieving and don't burden your children with too much of your own pain. Don't hide it from them, but don't let them become responsible for your heartache. They have enough of their own.

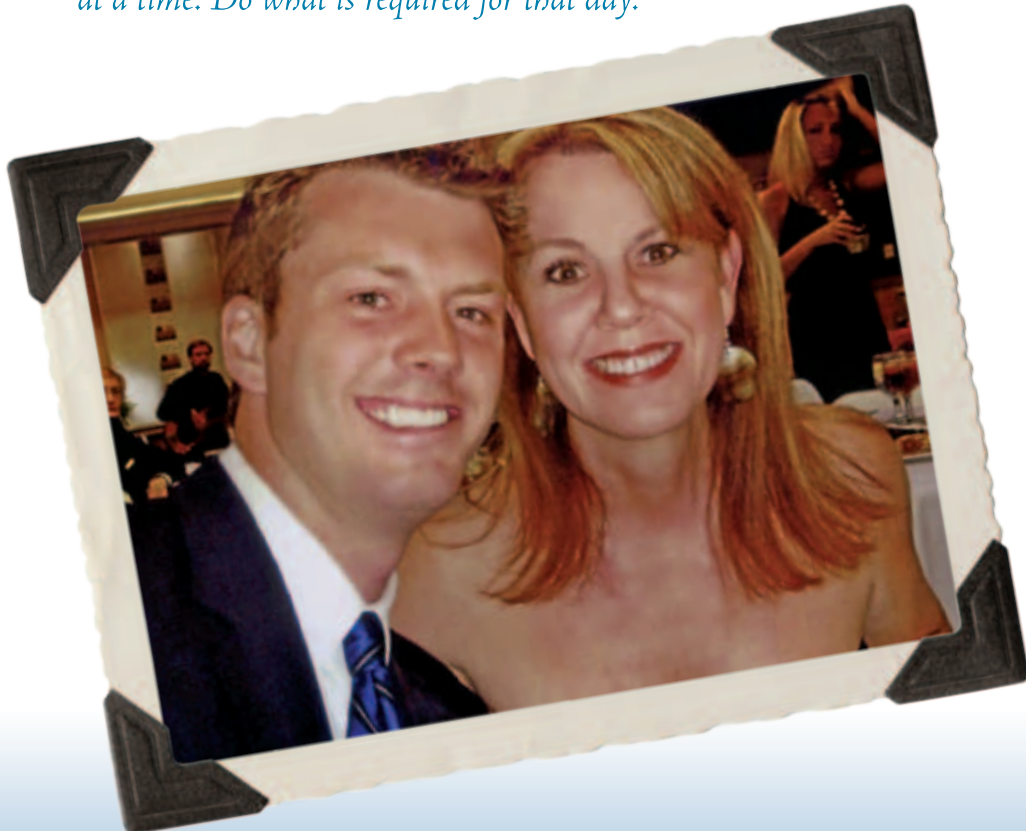
★ **Be honest.** Share tears, but let them see that you can find strength and courage even when you don't think you have either to give. You are their shoulder to lean on, and those shoulders have to be strong.

You just simply have to find tenacity: a way to keep plodding along as you slowly but surely develop the muscles necessary to withstand the load.

★ **Find support.** Find mentors and other people to help you fill in the gaps. I wasn't good at playing ball in the backyard, but Will had coaches who could be the role models he needed that I could not be. I could not teach him how to be a father, but as his mother I tried to teach him how to love, treat, and respect a woman.

★ **Take one moment at a time.** Then minutes, then hours, then days and then the years. You can only take one bite of this at a time, so don't try to chew and swallow it all at once, or you'll choke. You can only live one minute at a time, so that is how you do it, one moment, one situation, one question, one event, one day at a time. Do what is required for that day.

★ **Build new traditions.** But keep traditions alive that mean something to you, even the ones that meant something to your spouse. Love, laugh, and make memories with your children, despite the ones you thought you would be building, which now have been taken away. I will never forget putting up a Christmas tree the year after John died. Will was about to turn two and I wanted him to know a normal Christmas. I took him to pick out a tree and then struggled mightily with that stupid tree... I stayed up into the wee hours of the morning and cried the whole time. But when Christmas morning came, his eyes lit up with joy at what Santa had left, and his joy dried the tears in mine.



Will Hudson

I have no idea who I would be today without my mom, but I can assure you that without her absolute devotion and nurture, without her undying love, without her steadfast and resilient determination, without her selflessness to me, I would absolutely not be the person I am today.

Parents who immerse themselves in caring for their children are true heroes. I have learned more from my mom's life than a million books about the greatest leaders in the world could teach me. From firsthand experience, I see that it is critical for a parent to be focused and devoted to their children after the death of the other parent. The basic nature of a child is dependence even into their young adulthood. A surviving parent is the outlet by which a child can learn to grieve and also to focus on triumph—and can later thank for their life.

What I would say to a child who has lost a parent?

★ **It is okay to grieve.** The mentality of being tough completely misses the point. Losing a parent is horrible, miserable, destructive, painful, and quite possibly the worst event in someone's life. Losing a parent when you are young has even more serious repercussions, because children do not have the tools or maturity to successfully process the trauma. They are dependent upon their surviving parent to carry them through the initial stages of the process and to instill in them the tools for later in their lives. If they do not learn to grieve, it will have long-lasting consequences that may never be fixed. It is ok to cry. It is okay to be sad. It is okay to feel angry. It is okay to "feel" in general.

★ **Your life is worthwhile.** You may feel "different" because you do not have the perfect two-parent household that you wanted and that you see in your friends' lives, but you are no different intrinsically than others. You are just as talented and capable. While you have lost a parent you have gained an experience that others will never understand. It took me a long time to

realize I had an emotional and experiential advantage over all my friends, but as my life has played on, this has been invaluable.

★ **You are not alone.** There are others just like you. I have lost a parent. I am a survivor. While it may hurt and it may change your life forever, it does not take away from your talents. It does not take away from your mind, and it should not take away from your ambition. On the contrary, it presents you with the opportunity (at some point in your life) to draw upon your experience, harness your talents, and drive your ambition. You can realize your potential. You can accomplish anything. Your life and your experiences are important.

★ **Honor the void.** The void never goes away and you should never try to fill it with something else. The death of a mother or father leaves a hole that nothing can occupy. Allow that hole to drive you. I will never have a father and that will never change. There is no one and nothing that can be my father because he is no longer here. However,

I can make a difference in this world and make my father proud. I can honor that void by maximizing my potential. I can be a light to others with a similar experience. Only then will I feel like that void, that once felt so destructive, is something that has made me the man I am today. I want children to realize we all have that potential if we learn to grieve and also learn to dream. *



Photos courtesy of Lisa Hudson

What Cody Taught Me

By Michael Lewis, surviving uncle of Army Specialist Cody Grater

Every day, when I get to work and flip the switch on my computer, I come face to face with the image of Private First Class Cody Grater, posing under the famous Hands of Victory crossed swords monument in Baghdad. He's replete in full army gear, holding his rifle, finger poised on the trigger. Cody died on July 29, 2007 when his guard position was struck by a rocket-propelled grenade. But in the image that greets me every morning, Cody is very much alive, looking at me as I start my work day, almost challenging me as he stands beneath the huge archway that Saddam Hussein had fabricated to commemorate his army's victory over Iran.

It's been nearly three years now, and those with good intentions have said it's time to move on with our lives. "Isn't it time you changed the background on your computer?" someone passing my desk might say. But the wounds won't ever go away and Cody is hard to let go of. I want to continue to honor him, even in this small way. I'm trying to find some meaning in this tragic loss. For someone like me who

I WANT TO CONTINUE TO HONOR HIM, EVEN IN THIS SMALL WAY.

I'M TRYING TO FIND SOME MEANING IN THIS TRAGIC LOSS.

believes there are no coincidences, that everything happens for a reason, it's hard for me to understand why my nephew was taken from us, with all his songs still in him, with so much still to offer the world.

We who have lost a loved one can take some solace in songs like Jo Dee Messina's "Heaven Was Needing a Hero," knowing that our heroes are at peace. The song "Arlington" by Trace Adkins always makes me well up. Yes, we can find some comfort in music, in friends, and in God. And we may even question: If you're such a loving God, why would you take Cody from us? It's human nature that we should have so many questions when something so tragic happens to us.

God gives us a lot, and one thing he gives us is free will and the opportunity to make choices. He gave Cody free will, as he gave it to the person who took his life. Cody used his free will to make something of himself; he wanted to help and make a difference. He was on a clear path to success. I'm proud to say that he passed away doing what he wanted to do. Cody put himself in that situation. Rather than

question God about his death, I prefer to ask: How many lives were saved because Cody fought valiantly and lost his?

A wise man once said, "All of us are busy doing only two things in this life. We're either teaching or we're learning." As I try to find some meaning in the loss my family feels, I want to reflect on what I learned from Cody. Maybe these words can help others.

Cody's decision to join the military taught me that we can choose to take control of our lives and make something of ourselves. I remember when we first got Cody's official military photo. I felt pride. I also remember saying to myself— he sure seems grown up. I didn't know he had it in him. It didn't even seem like it was him— he looked so serious. That's not the goofy Cody I knew! I felt a sense of pride, being the uncle of a real soldier. Other vivid images flooded my mind: Cody's mom, my sister Anita, holding baby Cody on the front lawn; Cody as a toddler, sitting on the couch as one of the "3 Amigos" with his older cousins Eddie and Kevin; Cody as a little guy, with a somewhat unruly mop of curly hair and a perplexed look. The images continue to swirl through my mind. Like anyone who dies far too young, their faces remain etched forever in our consciousness, frozen in time.



From Cody's army career, I learned that we should pursue our dreams and strive to be our best. Cody was only 20 years old in July, 2007. By all reports, he was a good soldier. He was a bronze star-winning paratrooper in the 82nd Airborne Division of the U.S. Army. He made a lasting impression on the guys in his platoon. Although Cody was somewhat rudderless as a teenager, his future in the Army looked bright. He was learning a trade while fighting for his country and its ideals and beliefs. And I was happy to hear that he also found God in his last few weeks.

Being away from Cody taught me the importance of letting those we love know how we feel about them. From the emails Cody and I exchanged while he was in Iraq—which I have saved—I know that Cody knew how I felt. The common theme of my messages was that I loved him, we were proud of him and his accomplishments, and that I could see his growing maturity and the promise of a bright future... and that we would pray for him everyday. Now he has set a place for us in heaven, and he's praying for us.

I'll never forget the call on Sunday, July 29, 2007. It's like a nightmare playing over and over. I picked up my vibrating cell phone and my brother-in-law, fighting tears, said, "Cody's gone." I didn't know what that meant—where did he go? Did he go AWOL? But Jim explained what he knew about the circumstances as I heard my sister, Cody's Aunt Janet, crying inconsolably in the background. Like everyone, I was in shock, with thoughts ranging from denial to anger to sadness. I felt so nauseous and I hardly slept that night. The next day I was in a fog all day. I wanted to think it was all a dream that never happened. And I still wish that were the case, that I'll wake



Photos courtesy of Michael Lewis

up and Cody will be here—his goofy self smiling and laughing at us all.

Cody's death taught me that when someone dies, a piece of us dies, too. We need to hold tight to the happy memories. The death of someone we love comes to us like a punch in head, an unexpected and unwanted reminder of our own mortality. We have a finite time on this planet and we are here to help and to leave a lasting impression on people who cross our paths. We need to make a positive impact on the world in the short time we're here.

We'll never forget Cody, and it is my hope that my family's struggle to cope with Cody's death might provide lessons for your family, too. We learned a lot from Cody and from his passing: that time is fleeting so you should go for it, take a chance, and live life without regret. None of us knows how much time we have together. Perhaps someone reading this will take a long overdue step to bring their fractured family a little bit closer together, make a phone call they've been putting off, mend a fence, hold a hug a little longer than expected. I hope that one less child gets reprimanded today for some silly little infraction that in the grand scheme of things really doesn't mean a lot.

Cody taught me to live each day to the fullest, smile freely and openly, be there for your friends and family, make something good happen each day, believe in something and work at it daily. When I look into Cody's eyes in that image that faces me every day on my computer, I'm reminded to seize the day and make the most of all that comes my way.

Cody gave up two lives: the one he lived and the one he might have lived. A lot of tears have been shed since he died. None of those tears will bring him back. That's because Cody is still with us—he never left us. He lives on in our hearts, in a child's laugh, in a warm smile shared with a friend, in a hug for a loved one. Tears won't bring Cody back because he is still here with us. As your loved one is with you. *

**"TO LIVE IN THE
HEARTS OF THOSE YOU
LEAVE BEHIND
IS NEVER TO DIE."**

~ ROBERT ORR



Bonds with the Deceased Don't Have to End

By Gloria C. Horsley, PhD, MFT, RN, and
Heidi Horsley, PsyD, MSW, MS

"Scott is dead!"

These are the dreaded words that no parent or sibling should ever have to hear, words that irrevocably changed our lives forever. We heard these words in 1983, when Scott Horsley, our beloved son and brother, died in a fiery collision when the car in which he was a passenger hydroplaned and slammed into a bridge abutment. In an instant, Scott's life was snuffed out. Our lives suddenly turned upside down, plunging us into the dark depths of grief.

As our journey of grief began, we looked to others further along in the grief process for guidance and strength. The journey was bumpy; we had no road-map. Grief came in choppy, unpredictable waves, not neat, organized stages. Well-meaning people told us we would eventually move on with our lives, get over it, and find closure. These concepts were not comforting and did not make sense to us. We didn't want to "get over" Scott. To "get over" him felt somehow like we were erasing him from our lives. Scott is the only son and brother we will ever have, and we don't want to eliminate our relationships with him. To deny them would be to deny an important part of ourselves. Yes, the pain has substantially decreased over the years, but in the years that have passed, our connections to Scott have continued.

Our memories bring us comfort and emotionally sustain us. We would like to share with you what we have done over the last 25 years to honor Scott's memory, incorporate him into our lives, and keep him forever in our hearts. We will also share with you what others have done to honor and remember their deceased

loved ones. It is our hope that through these ideas you will be encouraged to create your own lasting and continued bonds with those who are gone but not forgotten.

In the past, bereaved families have been told that moving on, cutting ties, and disengaging from deceased loved ones would help them get on with their lives. In fact, many mental health professionals saw this as an important part of the grief process. Up until recently, the majority of grief books talked about progressing through the five Kubler-Ross stages (denial, anger, bargaining, depression, and acceptance). Acceptance was seen as the final stage and the goal to recovery. However, these stages were originally developed for terminally ill patients and were not meant to be used with bereaved individuals. After all, how does one accept that children die before their time? How could we accept the fact that Scott's parents and even his grandparents outlived him? How could a happy, healthy 17-year-old boy suddenly die? This was not the natural order of things. In addition, there was nothing in the bereavement literature that gave us permission to continue having a relationship with Scott. The bereavement models simply did not work for us.

Thankfully, since that time there has been a major shift in bereavement literature. Research shows what bereaved families have always known: maintaining a connection with the deceased is actually adaptive, and emotionally sustains people. In other words, rather than cutting ties, we are now given permission and even encouraged to maintain emotional bonds by incorporating the deceased into our lives, while simultaneously investing

in new relationships and moving on in productive ways.

At this point you may be asking, "How do I incorporate my deceased loved one into my life and move on to new relationships?" It does take time and patience, especially with yourself. If you are in the early stages of grief or under stress, we suggest you start by first taking care of your personal welfare. Find opportunities to tell your story and talk about your deceased loved one. Grief groups provide a great forum for this. Talking about your loved one allows you to begin developing those lasting memories that will sustain you and become part of the tapestry of your life. It is our experience that as time goes on, your journey will become less painful, and you will naturally begin to recognize and cherish memories or little moments that will bring you comfort and joy. In other words, the continuing bonds will become bonds of light that will help ease the fear that you will forget your loved one.

You may be beginning to think of some of the things that you have been doing to maintain your connection to your loved one.

One of the projects we have undertaken in memory of Scott is to collaborate on a book, *Healing the Grieving Heart: A Message of Hope for Grieving Teens*. Also, as a mother-daughter team, we host a weekly radio show called *Healing the Grieving Heart* and dedicate each show to Scott. On the show, guests discuss their journey through grief and share wonderful and creative ideas about continuing bonds with loved ones. Our guests, listeners, and friends have found many creative ways to keep the connection with their loved ones:

Chet got an extraordinary gift from his daughter, Patti: her heart. Thanks to Patti's heart, Chet is still going strong after 11 years. He honors his daughter's name by advocating organ donation.

Dan, whose son died by suicide five years ago, is a golfer. He and his son played together often. Dan now carries his son's hat and favorite club cover with him whenever he plays the game.

Ronda's daughter loved sunflowers. It has been two years since her daughter died of a brain tumor. This year, Ronda planted sunflower seeds in little pots and gave them to her daughter's friends for graduation. Ronda also has a garden filled with sunflowers.

Henry and Patricia's son and Lauren and Kerri's brother was a firefighter who died in the September 11th World Trade Center attacks. The family has created a picture book that they distribute to honor his memory.

Heidi, Rebecca, & Heather, whose brother died in an automobile accident, each wear a gold heart on a chain with an engraving of their brother's name.

Joyce, whose daughter died by suicide ten years ago, wears her daughter's army boots

every year on her birthday.

Lisa and her sister loved to listen to music. When her sister died of cancer, Lisa made a tape of their favorite songs. She and her best friend listen often and have a good cry as well as a laugh.

*Karl and Sue, with the help of their hospice nurse, Eileen, created an online memorial through *The Library of Life* for their son, who died of thyroid cancer.*

Mitch saved his twin sister's purse after she died in an automobile accident. He gave it to his sister's daughter on her sixteenth birthday.

As you can see, there are as many creative ideas as there are people. Many of these ideas take some effort, but something as simple as thinking about your loved one provides a connection. They will always be in your hearts, especially during life transitions such as graduations, birthdays, weddings, and births. Harriet Schiff, author of *The Bereaved Parent* (1977), put it well when she said: "I don't think it's reasonable to say, well a year is up, time to go forward. Our emotions don't work that way. We love our children and they're going to be with us forever and it doesn't just all go away in a matter of 12 months when you've had so much love."

The reality is that we don't forget, move on, and have closure, but rather we honor, remember, and incorporate our deceased children and siblings into our lives in a new way. In fact, keeping memories of your loved one alive in your mind and heart is an important part of your healing journey.

Although they are no longer living on this earth, we will always be their parents or siblings. Those relationships never end. Thankfully, our deceased loved ones are a continuing presence in our lives and always will be. Remember, you don't have to walk this path alone. If you've experienced a loss,

there are many groups and organizations that can help you. Some of them offer education and information, and some offer guidance, friendship, support, a listening ear, and a caring heart. We wish you peace, joy, and love on your healing journey, and may your ongoing connections with those you have loved and lost sustain you during your darkest hours. *

About the Authors



Dr. Gloria and Dr. Heidi are founders of the Open to Hope Foundation, which operates the website, www.opentohope.com. They also are hosts of the syndicated internet radio show, *Healing the Grieving Heart*, heard weekly and archived on www.thegriefblog.com. They are co-authors of *Teen Grief Relief: Parenting with Understanding Support and Guidance*, Rainbow Books, 2007.

The Twenty-Four Toughest Notes

Honoring our loved ones with “Taps”

By Roger Meyer, surviving father of Army Private Michael Meyer

Rifle shots ring through the cemetery. The leader of the Military Funeral Honors team gives the command: PRESENT ARMS! You hear the first few notes of Taps and a chill runs down your spine. The bugler continues sounding Taps and you start to get teary-eyed. As the bugler completes the 24 notes, your throat tightens. Within a minute the bugler has completed the sounding, and the mournful sound drifts away on the air. You sit there, drained, remembering your fallen hero. You thought that you had yourself under control, and then Taps was sounded... the final send-off for an honored veteran.

It matters not whether a veteran died on the field of battle, or living comfortably at home in old age, or even if they died stateside while on active duty as my 19-year-old son, Army Private Michael R. Meyer, did. They all deserve a proper send-off including, if possible, a live sounding of Taps. Like my son Mike, all veterans, at some point in their lives, made the decision to fight for our rights, to fight so that others could live their lives in freedom.

Mike had dreamed of being in the Army since he was in the fifth grade. He enlisted while finishing up his senior year of high school and became a Combat Engineer with the 10th Mountain Division. Mike had aspirations of becoming a Sapper, of going Airborne or possibly even Air Assault. But he never got the chance to do any of that. He died in a traffic accident in upstate New York, just two weeks short of deploying to Afghanistan.

Many people, while dealing with their grief, take up new opportunities to give back to their communities in a variety of ways. After Mike died, I decided that I needed to do something to honor his willingness to put his life on the line. If he was willing to make the ultimate sacrifice, then the least I could do was put one of my talents to work to benefit others.

A year after Mike died, I learned about Bugles Across America (BAA), a nonprofit organization that provides live buglers for veterans' funerals in recognition of the service these veterans have provided their country. BAA was sponsoring an event they called Echo Taps in Elmira, New York. After some reflection I decided that I needed to make the long trip up from Oklahoma. I have never regretted having done so.



Photos courtesy of Roger Meyer

There were 674 of us who participated, including civilians and military personnel, elementary school children, and WWII veterans. We spread out along 42 miles of highway between two national cemeteries. People came out of their homes to listen as Taps rolled from one player to the next. The Echo Taps was followed by all of the horn players sounding Taps at the same time on the grounds of a VA hospital.

After seeing how such an event could impact so many people, I knew that I had made the right decision. If it meant giving up some free time or making trips to different places, then so be it. My son was worth it and so were all of the other veterans. Making that decision was tough; following up on it was tougher. It was hard to convince myself that I was good enough to provide a proper send-off. With the support of my family, I made the decision to become a bugler.

To accomplish my goal I had to learn a new instrument. At the time of the Elmira Echo Taps I had played a baritone horn (which sounds like a trombone) for more than 35 years. That was fine for things like



the Echo Taps event, but it would never do for funerals or formal memorial settings. I had to take up the trumpet. After a year of adjusting to playing a smaller mouth piece and building up the courage to sound Taps in front of people mourning the loss of a loved one, I finally joined BAA.

Playing Taps is easy. Sounding Taps is tough. When you play it in your home, with no audience and no ceremony occurring, there is nothing to it. However, once you are standing graveside, waiting for the rifle volley, your throat starts to constrict and your heart starts to race. Even if you did not know the fallen hero, you get caught up in the emotions, knowing that here was someone willing to lay their life on the line for their fellow Americans and even for non-Americans around the world. You start to worry about messing up and ruining the final send-off of a military veteran. Tough? You bet!

Taps, in most buglers' view, is the 24 toughest notes there are. Now, I know that the musicians out there may be thinking, "What is so hard about Taps? It is a simple tune with just a few select notes. You don't even have to change which valves are depressed as you progress through it. Any fifth grade brass player can play it." I agree that this is all true. But I did not say the hardest notes; I said the toughest.

In addition to having to get it right the first time when sounding Taps, there is the added issue of having to get through those notes with the proper amount of honor and dignity. Having the support of other people who had made the same decision to sound Taps for our veterans

was very helpful in learning the right way to do things.

The volunteers at Bugles Across America are committed to making themselves available any time a family asks for a live sounding of Taps. BAA buglers charge nothing for their services, often driving more than 80 miles to do our duty to the veteran. We will spend hours waiting to spend 60 seconds sounding Taps. I have sounded Taps in 100 degree heat and in blowing snow storms. I have sounded Taps in broad daylight and in the dark. I have sounded Taps inside and outside.

While I may have played a rough note or two along the way, I truly believe that is preferable to having an electronic device play Taps. At least I, a living and breathing human, can add feeling to my sounding, and my batteries will not run out in the middle of Taps. There are thousands of us who willingly take on that honorable task on a volunteer basis.

The next time you hear Taps, stop and think about the bugler. Imagine how tough it is to be feeling those same emotions that those attending the funeral are experiencing, while still having to do your best to give a proper sounding of Taps. With a constricted throat the bugler gets less air flow, making it harder to hit the notes properly and sustain them for the right length of time. Once the funeral is over, the bugler walks quietly away, generally unnoticed, often ignored, but never forgotten; and that is fine. It was his intent to render final honors for the veteran, not to gain recognition. Many of us look on our service as sounding the approach of the veteran to the Pearly Gates.

I have participated in local events, national events, and even worldwide events. I have sounded Taps for specific individuals and also for all veterans. Every time I sound Taps, the memory of my son is there, helping me through it. *

**For more information visit
www.buglesacrossamerica.org**

If you are a brass player, you might consider joining us in our mission to bring live Taps to all veterans. We are always looking for more members so that we can honor more veterans. BAA has more than 5,000 buglers available across the nation. There are even members in Germany, Australia, and other countries—all sounding Taps for our American veterans around the world.

About the Author



Roger Meyer is the father of deceased Army Combat Engineer Michael R. Meyer (1984 – 2003). In addition to sounding Taps, as part of his ministry to people who have lost a loved one, Roger has written a book entitled *Fighting Grief with F-Cubed - Faith, Family, and Friends* (Tate Publishing 2007). In his book he provides many ways to help defeat grief, based on his own battle following the loss of his son.

*Playing Taps is easy. Sounding Taps is tough.
When you play it in your home, with no audience and no ceremony occurring, there is nothing to it. However, once you are standing graveside, waiting for the rifle volley, your throat starts to constrict and your heart starts to race.*





16th Annual T★A★P★S National Good Grief Camp

Bonds of love and caring and honoring are what draw our TAPS children to Good Grief Camp year after year. Although they are never far from the sadness that spills over into all aspects of growing up grieving, our TAPS camp participants soon discover that we are not alone and that other survivors (and specially trained Military Mentors) are available to help us process the pain. Field trips, fun times, and a chance to connect to others as well as learn new coping skills are the hallmarks of the TAPS Good Grief Camp held during the Memorial Day Weekend each year. *



Thank you so much for a great weekend and for continuing to help all the kids find their way on such a hard journey.
~ Jen Henderson ~



I had an amazing weekend as a TAPS Mentor. This program is wonderful and I am so thankful these children and families have something like this for support.
~ Kym Sardinas ~



We were so loved and welcomed by our TAPS family. I am so glad I took my sons there.
~ Charlene Westbrook ~



May God bless all of you. Ya'll are wonderful and helping my Grandchildren! They love your programs! THANK YOU!!!
~ R. Jones ~



You all had a profound impact upon Andrew in those three short days and I really enjoyed seeing all the children so joyful! We'll be back next year, no doubt!

~ Shannon Faley ~



Thank you to all for an outstanding Good Grief Camp for almost 400 children this year. It was an honor to work with every one of you and see all the care and love you all gave to every child and mentor over the Memorial Weekend. I salute each and every one of you.
~ Brad Gallup ~



TAPS photo by Allie Brown



TAPS photo by Will O'Brien



TAPS photo by Will O'Brien

TAPS photo by Anita Letkemann

TAPS photo by Jackie Ross



TAPS photo by Anita Letkemann



TAPS photo by Jackie Ross



TAPS photo by Anita Letkemann



TAPS photo by Will O'Brien



16th Annual T★A★P★S National Military Survivor Seminar



TAPS photo by Jackie Ross

From as far away as Hawaii, we gathered for the 16th Annual TAPS National Military Survivor Seminar in Washington DC from May 28 to May 31, 2010. We are the parents, siblings, spouses, children, fiancées, friends, and loved ones of those who died in military service. Together we spent the most hallowed of America's holidays in the Marriott Crystal Gateway Hotel. Amid special events, field trips, workshops, and Sharing & Caring Support Groups, 1500 of us cried together, laughed together, learned together, talked together, and honored our loved ones, forging new friendships and learning new coping strategies. ★



Thank you TAPS. We had a great time with friends and it makes us feel better knowing we are not alone on this journey!!!

~ Maricela Wahl ~



Returning home to "reality" is sometimes really hard after all the love and support. Thanks for being there every day, 24/7, TAPS so our families are truly never alone!

~ Lynda Davis ~



Thank you TAPS for yet another AMAZING weekend! I'm even more excited for next year when Julia will be old enough for camp and mentors.

~ Ally Echols ~



Thank You TAPS for all you do for us and our children.

~ Cindy Buck ~



TAPS photo by Bob Derga



TAPS photo by Anita Letkemann



TAPS photo by Jackie Ross





TAPS photo by Jackie Ross



TAPS photo by Jackie Ross



TAPS photo by Anita Letkemann



TAPS photo by Anita Letkemann

TAPS photo by John Michael Kupik

TAPS photo by Anita Letkemann



TAPS photo by Anita Letkemann



T★A★P★S Honor Guard Gala

Inspires & Raises Support to Help Families of Our Fallen Military

Tragedy Assistance Program for Survivors saluted survivors at the annual fundraising TAPS Honor Guard Gala on April 13, 2010 at the Andrew Mellon Auditorium in Washington, DC. While our nation's capital city hosts an abundance of fundraising events, none are as poignant as the TAPS Honor Guard Gala, where widows, children, parents and other survivors of our fallen military sit next to leading actors, CEOs, military leaders, and supporters to talk about how TAPS has helped their families. More than 300 people, including 30 military survivors, attended the event.

Congressman Ike Skelton, chairman of the House Armed Services Committee, was choked with emotion as he accepted the TAPS Congressional Award, presented by Patti, Hope, Lauren and Justin Stubenhofer. The Stubenhofers are the family of Army Captain Mark Stubenhofer, who was killed in action in Iraq in December 2004 only a few months after the birth of his third child, Hope. She is named for the hope he wanted to give to the people of Iraq and is now five years old.

Actors Jeremy Renner and Brian Geraghty, who star in the Oscar-winning Best Picture *The Hurt Locker*, were on hand to share time with surviving families and introduce



Congressman Ike Skelton receiving award ☆ Photo by: Sun Vega

Admiral Mike Mullen, Chairman of the Joint Chiefs of Staff. As a long-time supporter for TAPS, Admiral Mullen addressed military survivors in the audience.

"You inspire us and you should know that we are dedicated passionately to your well being, to meeting your needs," he said, "and to making sure that those sacrifices are both understood and recognized."

On behalf of the senior military leaders at the Gala, Mullen issued a solemn promise: "We promise those who are surviving family members, we will never forget your loss, your sacrifice, and we will never forget you."

Keynote speaker General David Petraeus, head of US Central Command, offered his thanks to the families of troops who have died.

"Whatever the geography or circumstances of your loved ones' deaths, they gave a precious gift to all of us in their willingness to live a life of service, and they simply would not have been able to accomplish all they did for our nation without your love and your support," Petraeus said.

"You have soldiered on as they would have wanted you to soldier on: in quiet dignity through circumstances that many of us



Keynote speaker General Petraeus

Photo by: Jackie Ross



Gala Chairman Buzz Hefti, Emcee Kyra Phillips of CNN ☆ Photo by: William Pratt



TAPS survivors Marie Campbell, MAJ Michelle Jefferson, and Marissa Alexander

★ Photo by: Jackie Ross



Kyra Phillips with Gala Sponsors

Photo by: William Pratt

would have felt we could not bear," Petraeus said. "Your resolve and your strength of purpose in picking up the pieces of your lives have been extraordinary."

Of TAPS, Petraeus said, "There is arguably no organization more deserving of our thanks than TAPS, which does so much to help the families of our fallen comrades. From counseling resources to peer networks, from grief camps for kids to survivor seminars for adults, TAPS provides an impressive array of vital support for our families. So... thanks for all that TAPS does for our military families when they most need assistance."

Marine Corps General James Cartwright, Vice Chairman of the Joint Chiefs of Staff, and General James Conway, Commandant

of the Marine Corps, also attended. TAPS recently signed a memorandum of agreement with the Marine Corps to provide comprehensive support for bereaved Marine Corps families.

One of the highlights of the evening was the unveiling of the 2010 Hard Core Chopper, Special Edition "TAPS," built as a sweepstakes fundraiser for TAPS.

The evening event was emceed by CNN anchor Kyra Phillips. The program concluded with a group of TAPS children saying goodnight to the attendees.

The evening event raised \$1,000,000 in funds for TAPS programs and services. The 2010 TAPS Honor Guard Gala presenting sponsors were TriWest

Healthcare Alliance, BAE Systems, SAIC, and Oshkosh Corporation. The Honor Guard sponsor was Health Net Federal Services. Eagle sponsors included EOD Technology Inc., Hardcore Choppers, Health Integrated, Highmark, Humana Military Healthcare Services Inc., Lockheed Martin Corporation, Marine Group Boat Works, Maybank Industries LLC, Textron Inc., the Travis Manion Foundation, and UnitedHealth Military & Veterans Services. ★

★ Presenting Sponsors ★

- TriWest Healthcare Alliance**
- BAE Systems**
- SAIC**
- Oshkosh Corporation**



Kyra Phillips with TAPS surviving children ★ Photo by: Sun Vega



Jeremy Renner and Brian Geraghty with Bonnie Carroll and TAPS survivors ★ Photo by: Jackie Ross



Healing Your Traumatized Heart

Seeking Safety, Understanding, and Peace, Part Two

By Alan D. Wolfelt, Ph.D.

In the last issue, I introduced the concept of traumatic grief and its natural overlap with the condition known as PTSD, or post-traumatic stress disorder. While you may not be suffering from full-blown PTSD, the nature of your loss is still traumatic and you are deserving of special care and attention, from yourself as well as others.

I also said that if you are able to muster the courage to actively mourn, you will eventually integrate this profound loss into your life, all the time realizing you have been forever transformed and changed by it. And honoring your need to mourn will eventually allow you to love and live again.

This article presents several self-care suggestions for the early weeks and months of your grief. In later articles I will share additional mourning tips and self-care principles.

• Seek Safety and Comfort •

After a traumatic experience, it's natural to feel vulnerable, unsafe, and anxious. Your nervous system is telling your brain that the world isn't a safe place right now. Something violent has happened, and you naturally think it could happen again.

To overcome your trauma, you must locate yourself among people and in places that make you feel safe. If this means moving in with a friend or relative temporarily, that's okay. If this means avoiding certain places or people, that's okay, too.

What calms and comforts you? Taking a walk? Cuddling with someone you love? Hugging your pet? Relaxing in the tub? Yoga or meditation or prayer? Identify activities that soothe you and turn to them when your anxiety is high.



You will not be able to mourn if you feel unsafe or overly anxious. Seek safety and comfort first; then you can begin to slowly embrace your grief.

• Allow for Numbness •

Feelings of shock, numbness, and disbelief are nature's way of temporarily protecting us from the full reality of a sudden, violent death. They help us survive our early grief. We often think, "I will wake up and this will not have happened." Mourning can feel like being in a dream. Your emotions simply need time to catch up with what your mind has been told.

Trauma loss often goes beyond what we consider "normal" shock. In fact, you may experience what is called "psychic numbing"—the deadening or shutting off of emotions. Your sense that "this isn't happening to me" may persist for months, sometimes even years. Don't set rigid expectations for yourself and your ability to function "normally" in the world around you.

Think of shock and numbness as a bandage that your psyche has placed over your wound. The bandage protects the wound until it has become less open and raw. Only after healing has begun and a scab forms is the bandage removed and the wound openly exposed to the world.

• Consider yourself in emotional intensive care •

Something catastrophic has happened in your life. Something assaulting the very core of your being. Something excruciatingly painful. Your spirit has been deeply injured. Just as your body cannot be expected to recover immediately from a brutal attack, neither can your psyche.

Imagine that you've suffered a severe physical injury and are in your hospital's intensive

care unit. Your friends and family surround you with their presence and love. The medical staff attends to you constantly. Your body rests and recovers.

This is the kind of care you need and deserve right now. The blow you have suffered is no less devastating than this imagined physical injury. Allow others to take care of you. Ask for their help. Give yourself as much resting time as possible. Take time off work. Let household chores slide. In the early weeks and months after the death, don't expect—indeed, don't try—to carry on with your normal routine.

*Care for yourself
“with passion” and
seek out others who
will help care for you
and listen to you
without judgment.*

• Be aware that your grief affects your body, heart, mind, social self, and spirit •

Grief is physically demanding. This is especially true with traumatic grief. Your body responds to the stress of the encounter and the immune system can weaken. You may be more susceptible to illness and physical discomforts. You may also feel lethargic, weak, or highly fatigued. You may not be sleeping well and you may have no appetite. Your stomach may hurt. Your chest may ache.

The emotional toll of grief is complex and painful. You may feel many different feelings, and those feelings can shift and blur over time.

Your abilities to think, reason, and remember will likely be affected by your traumatic grief, as well, especially in the early weeks and months.

Bereavement also naturally results in social discomfort. Friends and family may withdraw from you, leaving you isolated and unsupported.

You may ask yourself, “Why go on living?” “Will my life have meaning now?” “Where is God in this?” Spiritual questions such as these are natural and necessary but also draining.

Basically, your grief may affect every aspect of your life. Nothing may feel normal right now. If this is true for you, don't be alarmed. Just trust that in time, you will find peace and comfort again.

Until next time, remember above all to practice self-compassion. Care for yourself “with passion” and seek out others who will help care for you and listen to you without judgment. ✨

About the Author



Alan D. Wolfelt, Ph.D., C.T. is an internationally noted author, educator, and grief counselor. He serves as Director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine. Recipient of the Association of Death Education and Counseling's Death Educator Award, Alan is committed to helping people mourn well so they can live well and love well. Among his many books on healing is *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*. For more information on Dr. Wolfelt and his books and seminars, visit:

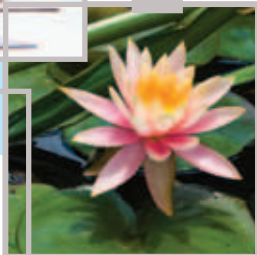
www.centerforloss.com





Yoga: A Healing Habit for a Wounded Soul

By Ami Neiberger-Miller, APR



When we are profoundly grieving, our emotions can manifest themselves in our bodies. Our facial expressions, a bent posture tilted forward, tense muscles, digestive upsets, insomnia, physical exhaustion, tightness or heaviness in the throat or chest, and even the gait in our steps can reveal a saddened heart. One tool to help people cope with the intense emotions and physical impacts of bereavement is yoga.

Yoga can be very helpful for those who are bereaved, says Lorna Bell, a hospice nurse and yoga practitioner who has taught yoga to children who are bereaved, used yoga after the death of her own sister, and written an e-book called *Yoga for the Grieving Heart*.

The most common form of yoga found in the United States is hatha yoga. "Ha" means sun and "tha" means moon, so hatha literally means sun-moon yoga. This type of yoga involves breathing, meditation, and placing your body into a series of poses. The poses

seeks to balance opposing parts of the body, the front and back, the left and right, the top and the bottom.

Breathing techniques are a big part of yoga. Relaxation from yoga can assist in fewer stress related problems such as tension headaches or digestive disorders. It can also encourage better quality sleep. "Most yoga classes offer nurturing a positive mindset, visualization, affirmations, and meditative healing, which offer tools for coping with the myriad of issues accompanying the lonely path grief takes us down," says Bell.

After her sister died, Bell noted that yoga seemed particularly helpful to her as she coped with the loss. "The physical poses, themselves, seemed to right my spirit and made me feel less broken," said Bell. While relief from the pain of her grief was not permanent, Bell says yoga gave her a "brief grief relief." Yoga offered a respite from her immediate pain.

For Karen Veater Walker, who lost her younger brother, Dennis Veater, to combat in Iraq in 2007, yoga has made her journey through grief more bearable. As a busy mom caring for young children, the only time Walker could cry or let her bottled up emotions spill out, was when she was driving alone in her car. She worried that she was about to combust from her grief. But something changed when Walker started taking yoga classes. "Yoga has helped me to channel my emotions and work to turn my pain into something a little more healing," said Walker.

One day she went to yoga class feeling the weight of the world on her shoulders.

Walker was worried about another family member who was crying daily over Dennis's death, and another young Marine had recently died. All of the emotions from the days immediately following Dennis's death seemed to surge to the forefront.

"But when I sat on my mat listening to the calming music, I heard Becky instruct us to take a deep breath and think about what brought us there that day, what was weighing heavy on our shoulders, and release the pain/negativity out to the world," said Walker. "Focus on what it is that we want, ground ourselves into the earth, and grab hold of the positive energy. I felt comforted and like a big weight had been lifted by the end of the class."

Walker's pent-up emotions from her brother's death have also emerged occasionally during yoga class. "I have found myself almost brought to tears during the beginning and end of my yoga class, not bawling, but teary-eyed," said Walker. "If you pay attention to the instructor and more importantly, yourself, you will be able, for a short while, to release some of your pain and refocus on getting yourself grounded."

Her reaction is normal, says Bell. "Because the physical body holds our traumatic losses, it is very common to have these pent-up emotions ebb up at the relaxation phase toward the end of yoga class."

This is not something to be afraid of, says Bell, who adds that instructors are familiar with this effect and should express compassionate understanding if it happens. "Most of us have experienced this and witnessed it in others. It's a sign that the pain is surfacing, which is so much healthier



than holding it in. Spiritual and physical relief come in tandem.”

Walker has also been able to include her children in her yoga practice. “When I am feeling especially stressed or overwhelmed, I like to sit in the middle of the floor and set my intentions. Then, of course, the kids join me so we do a few yoga moves, like downward dog or tree pose or table, and I get a good chuckle out of the whole experience.”

Yoga is one of those programs that you can “do” anywhere, anytime. But if you don’t know where to start, how do you get involved? Call your local yoga studio, gym, health club, or community fitness center. Find out what types of classes are available. Many locations offer “gentle” yoga classes for those who need additional support – emotionally or physically.

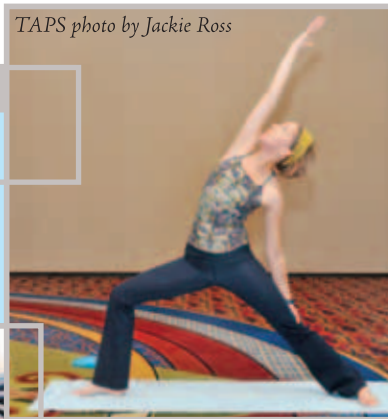
It’s normal to feel a little bit afraid about starting something new, especially if you have never tried yoga before and don’t think you are particularly flexible. Walker admits she had some of the same fears when she started yoga. “Not everyone can put their legs behind their heads, and you aren’t expected to,” she said.

Yoga teachers are very aware of the fear factor and try to make classes friendly for beginners. “Typically, the instructor will show you several different versions of the same move, a beginner, intermediate and advanced variation,” said Walker. “Start at the beginner, and if you can’t get it, don’t worry. It took me quite a while to get the moves down.”

For Walker, yoga has helped her improve her physical and emotional health. She didn’t start yoga until more than two years after Dennis’s death. She began going twice a week for a one-hour session. “It felt good to have the time to look inward, alone, so I began to expand by doing 20 minutes on the treadmill before class, and then I started taking other classes at the Y, like Pilates, spin, Zumba and muscle madness.”

Even though Walker has added to her exercise regimen, she still goes twice a week to yoga. Walker said, “I like taking the time in the beginning and end of the class to reflect on my life, with slow breathing and stretching, focusing on where I am now, and where I am going.” ★

TAPS photo by Jackie Ross



UNDERSTANDING YOGA TERMINOLOGY

If you’ve never tried yoga before, you may not be familiar with its vocabulary. These tips can help you understand what a yoga studio offers. Don’t be afraid to ask what a term means or the skill level for a class. Remember – yoga is about you!

ASANA))) poses used in yoga, such as forward bends, the reclining hero, the downward-facing dog, etc.

BIKRAM YOGA))) (“hot” yoga) yoga poses done in a room heated to 95-100 degrees

HATHA YOGA))) this type of yoga involves breathing, meditation, and placing your body into a combination of poses. The poses seeks to balance opposing parts of the body, the front and back, the left and right, the top and the bottom

PRANAYAMA))) breathing techniques used in yoga

VINYASA))) (flow yoga) practitioners move through a series of yoga poses in a continuous motion while doing breathing exercises linked with each pose

About the Author



Ami Neiberger-Miller is the surviving sister of Army Specialist Chris Neiberger, who died in Iraq in August 2007. She currently serves as the TAPS Public Affairs Officer. As an active member of the TAPS Sibling Support Network, Ami finds strength in connecting with others who have experienced the similar loss of a loved one serving in the military.



T★A★P★S Bulletin

NEWS BRIEFS & UPDATES

Getting Help to Hurting Families Sooner

Officials from the Marine Corps Casualty Assistance program formalized its long-standing relationship with TAPS this year by signing a Memorandum of Agreement. The agreement allows closer coordination between the two groups to provide assistance to families who lost a Marine.

The ceremony was attended by Marine Corps families who have lost service personnel, and senior spouses of Marine Corps leadership including Annette Conway, wife of Marine Corps Commandant General James Conway.

"The Marine Corps has seen the amazing job TAPS has done so far," said Mrs. Conway. "This document allows us to get families connected with TAPS right away so they can get help."

Surviving Marine family members who were present for signing feel that TAPS has helped them in a way no one else could. "These [TAPS] volunteers have all lost someone," said Pam Zembiec, the widow of fallen Captain Doug Zembiec. "They know what that pain is like. So many people come up to me and say 'I don't know how to help you. I don't know what to say.' TAPS knew exactly what to say."

2010 Special Edition TAPS Hardcore Chopper Sweepstakes

Between now and September 30, 2010, you can help fund TAPS programs and enter the TAPS 2010 Chopper Sweepstakes for a chance to win the grand prize custom-built TAPS Special Edition Hardcore Chopper! Valued at \$100,000, the chopper was designed specifically to represent TAPS. The red, white, and blue motif is augmented by patriotic themed wheels, TAPS logos, American flags, and more than 75 red, white, and blue LEDs with wireless remote control. You have to see it to believe it!

Unveiled at the 2010 Honor Guard Gala, the bike was a focal point for adults and kids alike. It also drew admiring glances and comments from those who attended the 16th Annual TAPS National Military Survivor Seminar where it was displayed in the Exhibit Hall.

For photos, specs, and sweepstakes rules, visit www.taps.org and click on the 2010 TAPS Chopper Sweepstakes icon. To enter the sweepstakes click on the Donate button. You will be automatically entered when you make a donation to TAPS. Each donation of twenty dollars equals one entry. Don't miss out on this chance to ride in style!



Sesame Workshop Offers Help "When Families Grieve"

Since 2006, Sesame Workshop's Talk, Listen, Connect initiative has helped members of the US Armed Forces cope with the unique challenges of deployments, homecomings, and changes. Now in continued support of military families, Sesame Workshop addresses the difficult subject of the death of a parent. With help from TAPS staff and families, Sesame Workshop tackled the issue of grief. The Talk, Listen, Connect: *When Families Grieve* resource made its debut on April 14, 2010. In a televised special hosted by Katie Couric, families shared their stories of coping with the death of a parent.

"We were honored to partner with the Sesame Workshop alongside other experts in the production of this television special," said Bonnie Carroll, founder and chairman of TAPS. Carroll and Vanessa Gabrielson, TAPS Good Grief Camp facilitator, served on an advisory panel that guided the project.

One of the families that shared their experience after the death of a parent was the Ruocco family. "Now other families dealing with the death of a parent will have this resource," said Kimberly Ruocco who supports bereaved families at TAPS and is a licensed social worker.

When Families Grieve is available at no charge to military families with children. Go to www.militaryonesource.com to request this bilingual (English and Spanish) resource kit. ★



Photo, TAPS archives

2010 TAPS CUSTOM HARDCORE CHOPPER



T★A★P★S Run & Remember Team

Marathon and 10K Runners Honor Fallen Heroes

Throughout the year, TAPS fields teams of runners who have a special reason to run: fundraising for TAPS while honoring a loved one who served and died. Amid the thousands of runners all over America who tackle marathons, half marathons, 10 Miler, and 10K races, our unique group wears their TAPS signature singlets in memory of fallen service members.

While personal connections to a fallen hero motivate many on the TAPS Run and Remember Team, some runners have no direct connection with a surviving family or the military. They simply want to run to honor the life of a fallen service member and let a surviving family know that their sacrifice is not forgotten.

»» Register today for the Marine Corps Marathon!

Even though the Marine Corps Marathon announced that registration for the event officially closed on April 13, the TAPS Run and Remember Team is still looking for a few good men and women to honor

our fallen military heroes! We have slots available for the Marathon, the 10K, and the Healthy Kids Fun Run on October 30 and 31, 2010. Hurry and register to reserve your slot! Go to www.taps.org and click on the Run and Remember Team icon.

»» Corporate Challenge

TAPS also offers a Corporate/Company Team Challenge. Companies are invited to recruit ten employees to run in either the marathon or 10K. Participating companies will be recognized at the Saturday evening pasta dinner and post-race celebration tent. Contact HonorCorps@taps.org for more information.

»» Charity Partner Program

TAPS is part of the Marine Corps Marathon Charity Partner Program. If you already have a confirmed entry in the Marine Corps Marathon or the 10K, but would still like to participate with TAPS you can transfer to the TAPS Run and Remember Team. Email us at HonorCorps@taps.org.

»» Runner Support

TAPS Run and Remember Team has monthly online training chats to give runners preparation tips and build connections with other team members. We also host the special Ask the Coach forum and send periodical training articles with tips and advice from our TAPS coach. We also provide a fundraising website and help with fundraising tips and incentives. It's not too late to join the team!

Registration fees include: race entry, TAPS fundraising website, TAPS signature Run and Remember Team singlet, transportation to and from the race site from TAPS headquartered hotel, pre-race breakfast, and TAPS celebration tent for runners, friends, and families on race day.

»» Support the Team

Even if you can't run across a finish line, you can volunteer for the event or donate on a runner's web page. Help us make this our best MCM ever. ★

»» Additional Upcoming Events for the TAPS Run and Remember Team:

Run in memory of a fallen hero while raising funds and awareness for TAPS in a city near you!

♦ **VIRGINIA BEACH ROCK N ROLL HALF MARATHON:** Sunday, September 5, 2010

♦ **ARMY 10 MILER:** October 24, 2010
- All slots are filled -

♦ **SAN ANTONIO ROCK N ROLL MARATHON, HALF, AND KIDS RUN:** November 14, 2010

♦ **HONOLULU MARATHON AND 10K WALK:** December 12, 2010

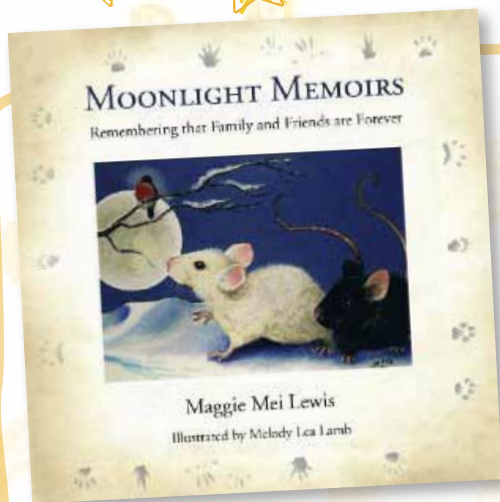


Photos, TAPS archives





Books for Children



A child's growing awareness of the mortality of people and pets prompts a natural curiosity about what happens after death. In this picture book, young author Maggie Mei Lewis shares a comforting view of an after-life where the living are loved and watched over by the people and animals who have left life before them.

Moonlight Memoirs: Remembering that Family and Friends are Forever

By Maggie Mei Lewis & Illustrated by Melody Lea Lamb

The message is a soothing one that will bring comfort to children who are struggling with a loss and will satisfy the imaginations of those who are simply wondering what's next. Lamb's lifelike paintings of mice, rabbits, cats, and other creatures are centered on each page, surrounded by short bursts of text and faint images of animal tracks. This creative layout gives the book a cozy feel, and invites the reader to keep turning pages.

For a person just barely out of childhood herself, the author does an admirable job of presenting the difficult concept of mortality in words and images that are

understandable and even soothing to children. Many families and children can take comfort in the thought that "your loved ones are always ever near."

~ Carolyn Bailey of Clarion Review

Maggie Mei Lewis is the daughter of two retired Navy service members. She wrote *Moonlight Memoirs* at the age of 13. The book has won critical acclaim with First Place Gold Medal in the Spirituality category of the 2010 Next Generation Indie Book Awards for independent publishers as well as a Seal of Approval from the Young Voices Foundation.

Available for purchase at:
moonlightmemoirs.com.



Book Reviewers Wanted! ←

In each quarterly issue of TAPS Magazine, we like to feature book reviews written by TAPS survivors or caregivers. If you have read a book that is helpful, and would recommend it to other survivors, please consider writing a book review.

Book reviews can cover books about general grief issues, or be limited to the perspective of a specific relationship (spouse, sibling, parent, child, fiancée, friend) or manner of death (illness, accident, suicide, homicide).

Include with your review the title, author, and publishing information, as well as your thoughts and comments, or a favorite quote.

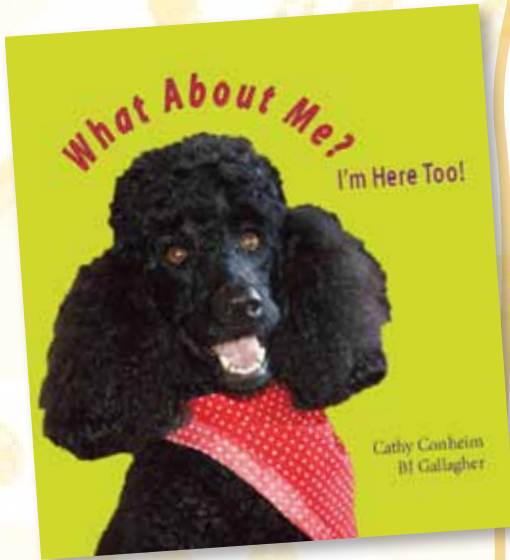
Our Submission Guidelines can be found at www.taps.org. Click on "Resources to Comfort" and select TAPS Magazine. The Article Submission Policy link is in the box on the right. Book reviews should be 600 words or less and can be sent to editor@taps.org.

From time to time, we also receive review books from publishers. If you are interested in reviewing one of these books for us, contact editor@taps.org for a list of available books.

**All reviews are the opinions of the reviewers and do not constitute an endorsement on the part of TAPS.*

What About Me? I'm Here too!

By Cathy Conheim and BJ Gallagher



Ever feel invisible or overlooked and underappreciated? Help is here – courtesy of a poodle named Dolly! This book is a companion book to *What's the Matter with Henry?* [featured in our Spring 2010 article about storytelling]. The main character is Dollydog, whose “perfect” life changed when an injured three-legged kitty named Henry suddenly entered her home. Henry needed lots of tender loving care, but what about Dolly?

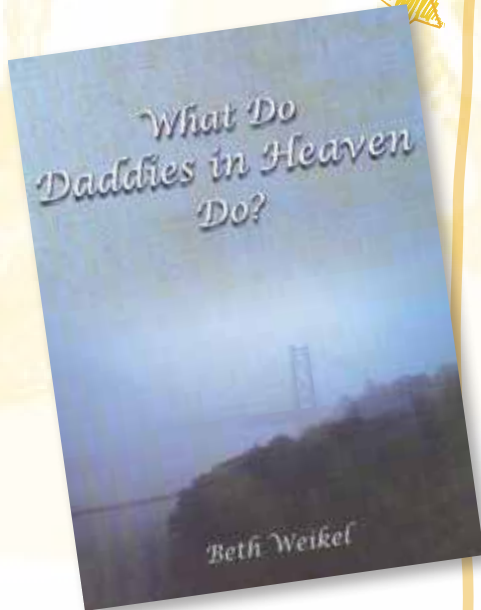
Dollydog is all of us: we look good on the outside and have complex feelings on the inside. Almost everyone has been in a situation at home, in school, or in the workplace where they felt invisible, unheard, unappreciated – even unloved! This can be especially true of children whose family has suffered a tragedy, such as a death in the family.

Dollydog felt like that, too. She used to feel special, but when the newcomer showed up with a missing leg, Dolly felt displaced, hurt, and confused. This charming book explains the problem from the dog's-eye point of view, then points the way to a solution of compassion, empathy, honest communication, and renewed commitment to sharing the love. Through expressive photography, one can almost get inside this dear dog's head and heart. She includes in her book, “Kibble for Thought” so humans can learn from her experience. She reminds us that asking for help is a sign of strength, not weakness and that each of us needs to learn to express and share our feelings. This is a book for children of all ages – from six to ninety-six!

Available both in English and in Spanish. Go to henryworld.org and click on Store.

What Do Daddies in Heaven Do?

By Beth Weikel, surviving mom of Captain Ian Weikel



Many of us find ourselves at a loss to comfort, or even talk to, a child who is experiencing grief. After the initial shock, questions surface. Part of the grieving process is to consider the implications and search for answers. When faced with the experience and the very real challenge of understanding and explaining God's plan following her son's death in Iraq, the author was at a loss to find a resource that could help her family. She thought about her grandson and the questions he would have. They are the questions we all have after someone close to us dies. She wrote this book and discovered in doing so that there are answers.

Serving as a journal, Bible study, or reference guide, *What Do Daddies in Heaven Do?* addresses the need for answers on

many levels. It is a companion for when everyone goes back home and the real work begins. It is a resource for all ages and anyone who finds himself or herself in a position of support for a bereaved child.

This book combines practical questions about separation and death with promised grace in a sensitively presented, carefully researched volume that offers healing in a time of crisis and chaos. The interactive nature of the study material will help personalize the journey for each reader who is trying to put the pieces back together amid the pain and confusion of loss.

Go to byhisdessiononline.com and click on Store in the right column to obtain your copy.



Klinger, A Story of Honor & Hope

By Betsy Beard ☆ Illustrated by Shelley Johannes

Reviewed by Madeline LaMorie, surviving daughter of LCDR Andrew LaMorie, USN

Klinger, A Story of Honor and Hope is a wonderful and helpful book for young children who are experiencing grief over the death of a parent or loved one in the military. The story of Klinger is a journey of loss, grief, and hope, which many of us kids can identify with—after all, we come to TAPS Good Grief Camp to share in our grief journey together. Through TAPS, we even get to meet animals, like Klinger, who can be healing “furry friends” that comfort us in our time

of pain and bond with us in our journey to find hope in the midst of our grief.

Klinger's story touched me from the beginning of the book, when he was just a foal, to the end, when he was a grown horse honoring those who died while serving our country. The importance of honoring all who serve to make this world a safer and more just place is an important lesson that Klinger teaches us.

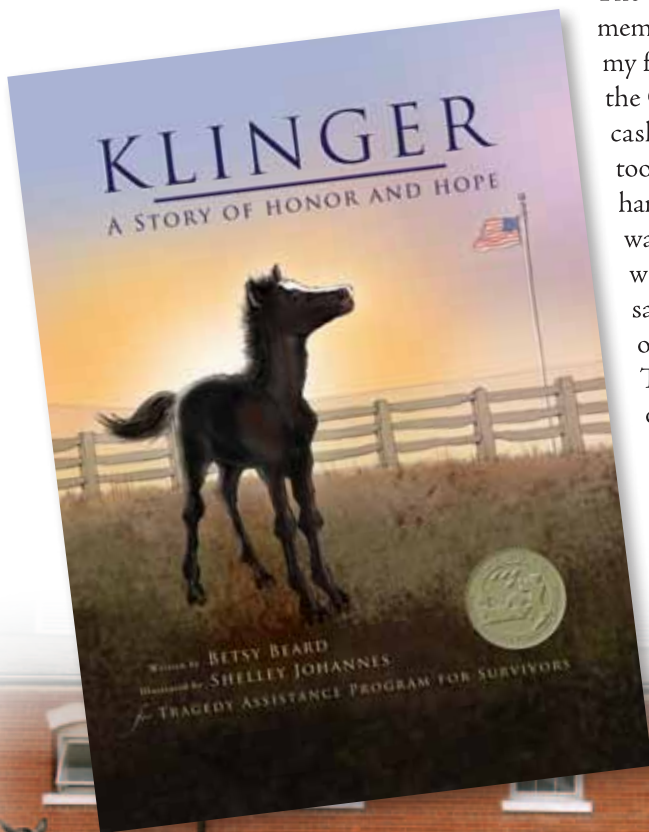
The story of Klinger brought back memories for me of when I first lost my father in late February 2007 and the Caisson horses pulled my dad's casket to his final resting place. I too clutched my younger brother's hand because our pain and grief was so heartbreaking. We thought we would always feel pain and sadness in our lives. But thanks to other children we have met at the TAPS Good Grief Camp and our amazing mentors, we have learned ways to deal with our sadness, remember our love, and find happiness again amongst our friends and family.

Klinger is a touching book that I would recommend to any kid who is dealing with grief over the death of a parent or loved one in the military because you realize that you are not alone on your journey and there are other kids who are going through the same situation you are. They know how you might feel, understand your pain, and support you with their friendship. I am also so proud that this book highlights the wonderful people and animals who take such wonderful care in burying and honoring our fallen servicemembers. They are special people and Klinger, the book, helps us kids to remember to recognize their care and their sacrifices.

If I had to rate *Klinger*, I would most definitely give this book an outstanding “10 out of 10” rating. The author captured the sadness of our loss, the companions we find along the way, and the idea that it is okay to find happiness in our lives again as we continue to grieve and learn to live with our love and loss. The artist is amazing and the pictures reveal through art the feelings the story tells, sometimes without even needing to read the words. If you want to know more about this story of grief, honor, and hope, I highly suggest reading Klinger's amazing story. ☆

☆☆☆☆☆☆☆☆☆☆

If I had to rate Klinger, I would most definitely give this book an outstanding “10 out of 10” rating.





T★A★P★S Publishes New Children's Book on Coping with Grief

Based on the real life of a caisson horse, "Klinger: A Story of Honor and Hope" inspires many

For years, Klinger, a much-beloved horse that participates in funeral honors in Arlington National Cemetery, has touched hurting children attending the TAPS Good Grief Camp. Now the real-life horse becomes larger than life with the publication of *Klinger: A Story of Honor and Hope*.

Designed to help some of our smaller survivors, the new children's book was officially released during the 16th Annual TAPS National Military Survivor Seminar and Good Grief Camp. Written for TAPS by Betsy Beard, surviving mom of SPC Bradley Beard, the book honors our loved ones while helping children of all ages cope with the heartbreak and grief of losing a loved one in military service.

"For our children, those little ones for whom grief has come all too soon, Klinger is there to show respect for their loss," said Deborah Mullen, wife of Admiral Michael Mullen, the Chairman of the Joint Chiefs of Staff. The Mullens attended the unveiling of the book.

Children learn from the story about how America honors those who have served and paid the ultimate price for freedom. "They learn that Memorial Day IS the most important day of the year...the day when the citizens of our nation stop what they are doing to do what Klinger does every day: honor not only the loss of their moms and dads, brothers and sisters... but also the lives they led, the difference they made," said Mullen. "I can think of no better way—and certainly no more powerful way—to soothe the soul and ease the mind."

For such a little book, it carries a deep message. "*Klinger* is a story honoring military families who have served and sacrificed so much for our country," said Dr. Gregory Inman, a clinical psychologist who reviewed the book. "The story illustrates the concept that even with the immense sadness of loss, it is okay to find joy in life. I highly recommend this book for both children and adults."

Beard did extensive research on the real Klinger's life, as well as the Caisson Platoon at Fort Myer in preparation for writing the book. It offers a glimpse into the real life of an Army horse serving at Fort Myer and Arlington National Cemetery. She notes, "Wherever possible the details are accurate, but since this is children's fiction, our Caisson horses can talk!" ★

»» The beautiful full-color 40-page book is available for purchase at www.taps.org.



TAPS photo by Anita Letkemann



TAPS photo by Jackie Ross

About the Book

Klinger: A Story of Honor and Hope is the endearing story of a young horse who dreams of fame as a racehorse. But his life is disrupted and he must leave his parents to start a new life. Faced with difficulty and disappointment, Klinger's dream of significance seems unattainable. He then discovers that fame is not necessary, as he finds fulfillment in honoring fallen heroes and bringing comfort to their families.



TAPS photo by Anita Letkemann



ARMED FORCES SERVICES CORPORATION
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Armed Forces Services Corporation

Many Recent Survivors Not Taking Advantage of Free Survivor Services

Although the casualty officers offer tremendous support, there are several additional support services that are available through the Armed Forces Services Corporation (AFSC). AFSC serves as a lifetime continuation of the casualty officer's duties and has helped many surviving spouses identify and obtain survivor benefits to which they are entitled. In one case a widow of the Pentagon attack was not receiving, nor aware of her entitlement to SBP. Through AFSC's efforts, she now receives her monthly SBP benefit. Additionally, AFSC monitors law changes, notifies their members of the changes, and assists in applying for new benefits.

The Military Services' Relief Societies (AER, NMCRS, AFAS, CGMA) feel so strongly about the importance of this extra support that they sponsor a free lifetime membership in AFSC, at no cost to the family, for the surviving spouse and/or surviving children of service members who die while on active duty. Unfortunately, many widows have not yet enrolled in this program.



AFSC's Lifetime Services Include:

- ★ Each year a new survivor benefits printout is mailed to the surviving spouse reflecting that year's projected benefit amounts from Social Security, Veterans Affairs, & Survivor Benefits Plan (each annual printout incorporates the new year's Cost Of Living Adjustment, any new laws affecting benefits, expected changes to benefit amounts due to a child attaining age 16 or 18, etc).
- ★ Assist the surviving spouse in resolving benefits discrepancies or problems regarding Social Security, VA DIC, or SBP. AFSC will coordinate directly with the government agencies and assist the surviving spouse/child in resolving the problem, as needed.
- ★ Provide notification of new law changes that may affect the surviving family's benefits and provide assistance in filing claims for new benefits, if necessary.
- ★ Provide Veterans Affairs benefits counseling, claims assistance, and representation.
- ★ Provide an annual newsletter highlighting information and legislation which may affect the family's survivor benefits and military entitlements.
- ★ Most importantly, AFSC'S credentialed and expert Benefits Counselors and VA Counselor are available throughout the spouse's lifetime to answer questions and provide assistance related to the surviving spouse's or children's federal survivor benefits and entitlements.

How to Apply for Sponsorship:

Available for surviving spouses/children of active duty deaths in the US Army, US Navy, US Air Force, US Marine Corps, & US Coast Guard. ★

• CALL •
AFSC at 1-888-237-2872

• EMAIL •
AFSC at info@afsc-usa.com

• VISIT •
www.afsc-usa.com/societies.html
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