



Suncoast Yellow Ribbon Suicide Prevention Program

“Learn from this and help each other.” –PS in Timothy McClelland’s suicide note

Newsletter

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Notice of Monthly Meeting

Monday, May 8, 2006, 7 pm
Seminole Community Library
St. Petersburg College Campus
9200 113th St. N., Seminole, FL 99772

This month’s meeting will be devoted to the creation of our Suncoast Florida Lifekeeper Quilt. We will be working on our individual squares and assisting anyone who needs help. (See directions below.)

Bring your ideas and/or supplies and get started. Or, if you are currently working on a square, we’d love to have you share your progress. What? You’ve completed your square already? Come show off your masterpiece.

For The Both Of Us by Sascha, Wintersun

As long as I can
I will look at this world for both of us.

As long as I can
I will laugh with the birds,
I will sing with the flowers,
I will pray to the stars,
For the both of us.

As long as I can
I will remember how many things on this earth
were your joy,
And I will live as well as you would want me to
live,
As long as I can.

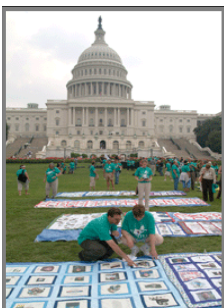
Statewide Office for Suicide Prevention **Action Needed** Now!

Both Senate Bill 1008 and House Bill 527 have passed through all committees and have been read in the Senate and House, respectively, although they are still waiting to be voted upon. **The 2006 Florida legislative session ends May 5, 2006. Please contact your legislators and urge them to pass these bills now!** Simply send each of your legislators an email saying, “I urge you to support the passing of (SB1008 or HB527) before the close of the 2006 legislative session.” To find your legislators, go to:

<http://www.flsenate.gov/Legislators/index.cfm?Mode=Find%20Your%20Legislators&Submenu=3&Tab=legislators&CFID=5841079&CFTOKEN=75084482>

<http://www.myfloridahouse.gov/Sections/Representatives/myrepresentative.aspx>

Note From Bonnie



It is my intention to have a Suncoast Florida Lifekeeper Memory Quilt completed in time to be part of the annual quilt display in Washington, DC, during SPAN USA’s September 2006 National Awareness Event.

By having your loved one represented on our Lifekeeper Memory Quilt, you will greatly increase our efforts to break through the silence and stigma surrounding suicide!

I encourage anyone who has had a loved one die by suicide to participate in this project. This is

an excellent opportunity to let your loved one’s beautiful face shine through to the world and carry the message that, “No one should have to suffer the pain of depression in silence.”

Contact me at 727-394-8222 or bonnie@SuncoastYR.org if you have any questions or to ask for assistance in making your square.

If you know of someone whose loved one died by suicide, please feel free to forward this information to them.

Basic Directions for Creating a Quilt Square

Materials

- Background Fabric—100% cotton in a solid color or print, *prewashed* (Design Idea: Use fabric that reminds you of the person or that matches what they are wearing in the photo.)
- Picture Fabric—Muslin or 100% cotton in white or off-white, *prewashed*
- Photo of your loved one
- Iron-on transfer paper
- Sharpie permanent marker or embroidery thread
- Extras—Embellishments that remind you of the person or represent their interests

Block Specifications

- Completed block—12.5"x12.5"
- Design area—10.5"x10.5"
- Minimum Information: picture(s), name, birth date, date of death, and home city

Assembly

1. Cut your background fabric, on the grain, to a size of 12.5"x12.5".

Working In 10.5"x10.5" Design Area

2. Print your photo on iron-on transfer paper then transfer them to the white or off-white fabric. (If you can't do this yourself, contact Bonnie for ideas and help.)

3. Apply your transferred photo to the background fabric by sewing it on or using fabric glue.
4. Under or beside the photo, put their name, birth and death dates, and home city. This may be done by embroidery or you may use a Sharpie permanent marker. Remember that you want others to be able to clearly read this information. (Design Idea: Type the information onto an address label and scan it with your photo. The information will be included when you print the phone on the transfer paper.)
5. Embellish your square with whatever items you wish (but no glitter or anything else that can rub off). When choosing items, remember that this quilt will be traveling and you want to make sure everything stays put.

Be creative and have fun!

NOTE: The photo and writing, etc. cannot take up more than a 10.5"x10.5" square space in the middle of your background fabric.

Remember to contact Bonnie at 727-394-8222 or bonnie@SuncoastYR.org as soon as possible if you plan to include a square. This will help us plan the final piecing together of the quilt.

International Suicide Memorial Wall Dedication

On Friday, April 21, 2006, during the Parents of Suicide and Friends and Family of Suicide Spring Retreat, a special program was held to dedicate the International Suicide Memorial Wall in Columbia, Tennessee. The wall currently has 225 memorial tiles, including photos and names of people from Australia, Canada, England, Ireland, New Zealand, Northern Ireland, Scotland, South Africa, The Netherlands, Wales and the United States.

The Parents of Suicide organization is also designing a special website to commemorate the wall. Go to <http://www.parentsofsuicide.com/dedication.html> to see a sneak preview of their temporary web site.



Bonnie and Marlene attend the March 21, 2006, Suicide Prevention Day at the Capital in Tallahassee



Bonnie lights the fire at the POS Spring Retreat in April 2006 (note the orb in upper left-hand corner)



Bonnie reads names at the memorial wall dedication on April 21, 2006

More pictures will be posted on our web site soon.

To remove your name from our mailing list, please send an email to Bonnie@SuncoastYR.org.
 Questions or comments? Problems receiving the newsletter?
 Send us an email or call Bonnie at 727.394.8222.