

May, 2014



# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



## Upcoming Events

May 15th - General Meeting - 7:00 p.m. - First Baptist Church  
May 24th - 5th Annual Memorial Day Barbecue and Balloon Launch

### Pikes Peak Chapter Steering Committee

#### Chapter Leader - Acting

LARAINÉ ASARO-ANDERSON  
Son, Michael Edward Anderson

#### MAILINGS & DATABASE

JANE & STEVE GABRIEL  
Son, Jonathan Steven Gabriel

#### SECRETARY

LEONIE CRAMER  
Son, Julian Anthony King

#### TREASURER

YVETTE THOMPSON  
Son, Ryan Barry Thompson

#### NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT  
Son, Aaron Paul Levett

#### SC MEMBER/FACILITATOR

BOB THOMPSON  
Son, Ryan Barry Thompson

#### SC MEMBER/FACILITATOR

CHAEAL CHRISTIANSON  
Son, Damon Vincent Christianson

#### SC MEMBER/FACILITATOR

LETA LEVETT  
Son, Aaron Paul Levett

## Welcome

Our support group meets on the 3rd Thursday of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We meet at the **First Baptist Church** downtown at 317 E. Kiowa. We understand your pain; won't you let us help you through your grief?

Our next meeting will be on May 15, 2014.

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community.

**You Need Not Walk Alone.**

## TELEPHONE FRIENDS

Any of these members may be contacted to talk to you about your loss:

#### CHAPTER LEADER - ACTING

LARAINÉ ASARO-ANDERSON ★  
Mom of Michael E. Anderson

351-7653

#### TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON ★

573-2743

#### ADULT CHILD / SUDDEN DEATH

CHAEAL CHRISTIANSON ★

687-6688

#### SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

#### DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT ★

531-5488

#### LEUKEMIA

JANE & STEVE GABRIEL ★

282-1924

#### SUICIDE

LARITA ARCHIBALD

596-2575

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



## ***Christopher J. Novich***

*March 24, 1979 - May 22, 1994*



*Christopher -  
Loved by his Mom, Dad,  
sister, family & friends.*

*Honored by all who knew him.*



Joe, Sue & Kathryn Novich  
in loving memory of  
***Christopher J. Novich***  
***3/24/1979 ~ 5/22/1994***  
***Son and Brother***



Memorial Day is Monday, May 26, 2014, so along with our own loved ones, we will also remember those who have died while serving our country, now and in the past, as well as the mothers and fathers, sisters & brothers, and grandparents who were left behind to grieve. We pray that peace comes to our world very soon.



This is a short note written by my son that I will always cherish:

2-5-08

Dearest Mommy-

I just wanted to take a second to let you know how wonderful you are, and how much you mean to me. Your steadfast love, courage, and patience in the face of these tough times are truly an inspiration to me. I can't say enough about how much I've learned from you about what true character is, and feel so blessed to have you in my life. You are the best mom, friend, and role model that a son could ask for. Thanks for being you!

Love always,

Damon

P.S. Lunch is in the fridge, and the \*book is the best Christmas present that I've ever had. It means a lot, and I know will be a blessing to both of our lives. D

\*Love You Forever



Chaela Christianson  
in loving memory of her son  
***Damon Vincent Christianson***  
***5/30/1977 ~ 7/3/2010***





## Remembering Our Children On Their Birthdays

<b>Child's Name</b>	<b>Date of Birth</b>	<b>Compassionate Friend</b>
Cody Darby	May 1	Lori & Steve Darby
Robyn Kulas	May 2	Patty Kulas
Susan Gordon	May 3	Mr & Mrs Arthur Gordon
Martin Joseph Lanoue	May 4	Judy Lanoue
Patrick Niedringhaus	May 5	Leah & Dave Niedringhaus
Abbi Rose Starzynski	May 5	Sherry Starzynski
Douglas Radowski	May 7	Renee Roettger
Jose N. Camacho	May 8	William & Veronica Camacho
Gregory Randall Davis	May 9	Cora Davis
Henry Rio	May 13	Isabelle & Ed Rio
Henry Rael	May 13	Isabelle & Ron Real / Maria Real
Jacob Hunter Smathers	May 14	Patty, Becky & Renee Smathers
Ashley Meston	May 15	Jerry Meston
Michael Benjamin Decker	May 16	Mary & Jerry Decker
Denise Elaine Bear	May 16	Dona & Tanya Flores
Andrew Paul Weaver	May 16	Valerie Lightbody
Reanna Maria Reedy	May 17	Carol Reedy
Rocke Lee Corley	May 18	Jeanne Corley
Brian Michael Gregory	May 20	Roy & Phyllis Gregory
Jeremy Laurence	May 20	Ted & Sherrill Laurence
Jonathan Ell-Duncan	May 20	Dan & Becky Duncan
Kara Nichols	May 20	Julia Nichols
Jeffrey Russell Schumaker	May 23	John & Vera Schumaker
Joshua C. Attardi	May 23	Paula Attardi
Skylar Lynn Boyle Ringland	May 24	Cathleen Boyle
Gary Michael Owens	May 24	Freda Maria Garcia
Audrina Elyse Escano	May 25	Chris & Christina Pearson
Tristan Millman Troeger	May 25	Lisa & Joel Millman
Damon Vincent Christianson	May 30	Chaela Christianson

**In memory of Dr. James Mathew Wiezorek,  
born August 21, 1981 and passed away May 19, 2013.**

...you will be not cured, but...one day--an idea that will horrify you now--this intolerable misfortune will become a blessed memory of a being who will never again leave you.  
--Marcel Proust



## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Julie Bankston	25 years	May 4	Peggy Bankston
Alyanna Livingston	4 months	May 4	Kirstin Klinkerman
Martin Joseph Lanoue	1 day	May 4	Judy Lanoue
Jason Lamb	32 years	May 5	Jan Lyons-Lamb
Joshua Cesar Menendez	1 year	May 10	Dianna Castellanos / Julio Menendez
Kendall Ford Young	14 years	May 11	Ford & Ann Young
Justin A. Clayton	16 years	May 12	Terry & Sharon Clayton
Genevieve Sucharski	18 years	May 12	Mark & Karen Sucharski
Branden Howland	17 years	May 13	Julianne Howland
Kaden France	2 weeks	May 14	Jeremy & Sarah France
Joshua Aaron Munkirs	25 years	May 14	Dana & Laura Munkirs
Jason Nathaniel Lurch	23 years	May 15	Kathleen & John Lurch
Matthew Stockwell	25 years	May 15	Mark & Sally Stockwell
Gavin Perez	2 years	May 16	Shannon Paolini
Tyrone Binnebose	2 years	May 18	Natasha Binnebose
Kimberley Dawn Leir	6 years	May 18	Adaline & Herb Leir - TCF Regina
Anthony Lopez	21 years	May 18	Paul & Trudy Lopez
Michael Williams, Jr.	28 years	May 18	Carmen Randall
Kira Ann Schager	5 years	May 19	Frank & Lori Schager
James Wiezorek	31 years	May 19	Mary Beringer
Eric Evans	26 years	May 21	Linda & Dick Evans
Christopher Clayton Hodson	22 years	May 22	Eric & Janice Hodson
Christopher J. Novich	15 years	May 22	Susan & Joe Novich
Zachary Nicholas Hoke	6 years	May 24	Debra & Steve Hoke
Zack Orr	12 years	May 25	Dave & Sharon Orr
Leah Ann Trutna	21 years	May 28	Steve & Phyllis Trutna
Nicholas Clare Cousineau	3 years	May 29	George & Chris Cousineau
Gina Marie Geffre	14 years	May 29	Joann Jahraus
Michael William Sarmento	46 years	May 29	Donna (Sarmiento) Pugh
Nicolas Jay Broughton	18 years	May 30	Rose Broughton
Mallory Paulene Hendrickson	1 years	May 30	Celine & Gary Hendrickson



Chaplain  
**Gene Steinkirchner**



## ORGANIZATIONAL CONTACTS

### TCF National Office

P.O. Box 3656

Oak Brook, IL 60522

630-990-0010 or toll free 877-969-0010



EMAIL: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

### WEBSITES:

Pikes Peak - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

Facebook - <https://www.facebook.com/TCFPikesPeak>

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)

## Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship.

The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## Love Gift Donations

*A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.*

*Our chapter exists entirely through your donations which are tax deductible. A Love Gift is money donated to the chapter in memory of your child who has died. If you feel a Love Gift is an appropriate way to honor the memory of your child, please consider a donation, large or small. Please fill out the form located in this newsletter and mail it to the address listed. All pictures submitted will be returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.*

### SUBMISSION GUIDELINES

**\$50 or more** - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

**\$0 to \$50** - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Yvette Thompson whose address is listed on the Love Gift Donation Form. *Wouldn't you like to make a dedication to your child and help our chapter?*

⇒ **Send Love Gifts to Yvette Thompson, 5012 Rocking R Dr., Colorado Springs, CO 80915** ⇒

**Thank you for contributing and supporting the work of our local chapter!**

## LOVE GIFT DONATION



**Costs are rising. We need your Love Gift to support our chapter & newsletter! If you can, please help.**

I would like to make a donation ☐ in Memory of

☐ a Chapter Gift

**In loving memory of:** \_\_\_\_\_

**Love Gift Donation:** \$ \_\_\_\_\_ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Yvette Thompson – 5012 Rocking R Dr. – Colorado Springs, CO 80915

**Contributor Name & Address:** \_\_\_\_\_

**Relationship:** ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

**Photo Enclosed:** ☐ Yes ☐ No

**Photo To Be Returned:** ☐ Yes ☐ No

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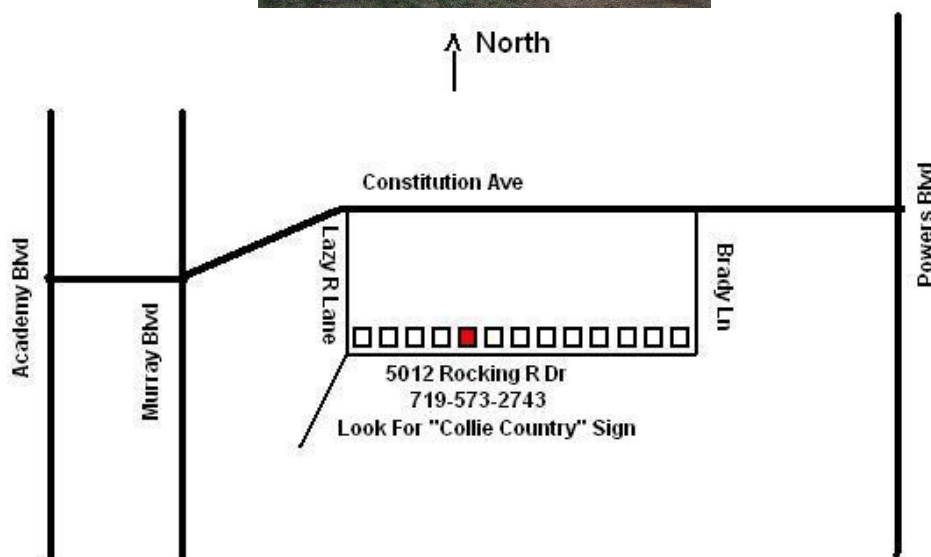
## 5th ANNUAL COMPASSIONATE FRIENDS MEMORIAL DAY & PICNIC BALLOON LAUNCH

The Compassionate Friends of the Pikes Peak Region is very excited to once again host our annual barbecue picnic and balloon launch on Saturday, May 24th, Memorial Day Weekend. We will start the afternoon at 1 p.m. with our barbecue potluck for all in attendance. The event will be held once again at TCF Steering Committee Members Bob & Yvette Thompson's house with the meats and drinks being provided by The Pikes Peak Chapter of TCF. Our Memorial Day Balloon Launch honoring our children which will start following our lunch with time to socialize. RSVP's are suggested so we may plan seating and food. Be sure to mark your calendars now for this annual event.

To RSVP you may email Laraine Anderson at [lason56@yahoo.com](mailto:lason56@yahoo.com) or Stew Levett at [pikespeaktcf@gmail.com](mailto:pikespeaktcf@gmail.com). Please let us know how many in your family will be attending. For those who continue to receive our newsletter the old fashioned way, you may RSVP directly to Laraine by leaving her a message at 719-351-7653. Should you forget to RSVP, no worries; We would like for you to come and enjoy the food and fellowship of the other TCF members anyway.

Last years picnic and was a huge success so don't miss this years opportunity to have a nice picnic lunch, talk with friends and help memorialize your child with our balloon launch.

Please bring a side dish or dessert, enough to feed your family and to share with a few others. We hope to see you there!





## HEALING WORDS

### **Mother's Day...Father's Day... Graduations...Proms**

Spring comes—and with it comes the uneasy awareness of difficult days ahead. For those who are still going through all the "firsts" without your child, we share with you some special ways other parents have coped and managed. Mother's Day...Father's Day...graduations...vacations...these are special family times which often catch us unaware and bring unexpected tears and painful memories of young lives cut short. It does get better!

And you can make these special days better with some planning and with encouragement from those who have already been there. Whatever the "special day" that lies ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share as a family thoughts and suggestions about planting a tree or starting a rose garden, donating a book to the library or school, putting flowers on the altar, lighting a special candle or taking that long talked-of vacation. Tears and moments of sadness are okay, for they are expressions of love.

Remember:

- Take one day at a time.
- Keep things simple by playing down the holidays and special days, while they are so painful.
- Change your routine from past years.
- Make plans to be "busy" during at least part of the day (go out to lunch or to a movie, or visit friends).
- Give your older children some "space." They not only feel your extreme sadness at these times; they also have their own feelings to deal with.

The anticipation is often worse than the day itself!

From Fox Valley TCF Chapter, Aurora, Illinois

### **LOST GRADUATION**

Pomp and Circumstance

Speeches

Happy Faces

Proud Parents

It's just not fair

Because you're not there.

School song playing,

Gifts

Celebrations,

Laughing friends,

We can not share

Because you're not there.

Mortar boards flying,

Diplomas,

Tassels tossed,

Teachers smiling

It's too much to bear,

Because you're not there

*By Sue Snapp - TCF, Tucson, AZ*

### **Graduation Day**

It's June and graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever-stirring "Pomp and Circumstance". Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. So go if you'd like to, and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others. Just remember that your own instincts are the most important ones, that no one can make this decision for you, and that it doesn't really matter what other people think of you.

It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way – and may a bit more healing take place in the doing.

*Peggy Gibson*





## THOUGHTFUL POEMS

### Remembrance

Remembrance is a golden chain  
Death tries to break,  
but all in vain.  
To have, to love, and then to part  
Is the greatest sorrow of one's heart.  
The years may wipe out many things,  
But some they wipe out never.  
Like memories of those happy times  
When we were all together.  
~ Author Unknown

### The Butterfly

I asked God to send me one so I would know,  
She is in heaven with beautiful wings she is  
proud to show,  
And sure enough on that day  
It was fluttering around me and I knew it was her  
Trying to say...  
Tell everyone I'm fine,  
Tell everyone I'm great,  
And when it's theirs and your turn,  
I'll be waiting for you at those pearly gates.  
And until then I will be here  
Watching over you until you appear  
Until then you will know if you're smart,  
I'll be forever and always in your heart.  
So live like there is no tomorrow and smile  
everyday,  
For you know you will see me,  
When you spread your wings and finally come  
home to stay.

By Caitlin Daniels, April 26, 2004 - TCF Tyler, TX  
In Memory of Sarah D. Harvey

### Memorial Day - A Day to Remember

By Ruth Gregory, TCF Phoenix  
In Loving Memory of my son, Tim Jone 6//76 - 1//93

A day to remember our brave soldiers  
Who paid for our freedom the ultimate price  
Bouquets of tiny red, white and blue  
Flapping against hot, crystalline skies  
AKA Decoration Day  
A day we visit the final resting place  
Which embrace the remains of those loved ones  
Who will always fill our hearts' spaces.  
When the grave of the one you visit  
Holds the earthly body of one so dear,  
Your son, again return the feelings  
Of anguish, longing, frustration and fear.  
Fear of death? No, long since gone.  
Fear of life! Will this pain ever end?  
Fear of forgetting? At first, overwhelming.  
Fear of lost faith, with God must we contend?  
Too young to be a soldier, sailor or marine  
Though service was once a childhood dream  
Of yours, though in my heart I couldn't bear  
Ever seeing you go marching off to war.  
But how could I know that before you'd reach  
The age of such decisions, you'd be gone.  
What have I learned, and now what must I teach  
From you short life and the journey I'm now on?  
The memorial to you must have a foundation  
Of weeping, yearning, searching and sorrow,  
Then must reflect the love and zest for life  
Without bitterness, with hope for tomorrow.  
On this Memorial Day, as I "decorate" your grave,  
Washing the stone with my tears and love,  
I "celebrate" you life and take comfort in knowing  
That you're not there, but are watching from above.

May, 2014

The Compassionate Friends  
Pikes Peak Chapter  
PO Box 51345  
Colorado Springs, CO 80949-1345



[http://www.compassionatefriends.org/News Events/Conferences/National Conferences.aspx](http://www.compassionatefriends.org/News%20Events/Conferences/National%20Conferences.aspx)