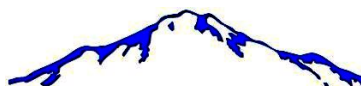




# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



February, 2022

## STEERING COMMITTEE

### **CHAPTER LEADER**

**Stewart Levett**  
Son, Aaron Paul Levett

### **MAILINGS & DATABASE**

**Jane & Steve Gabriel**  
Son, Jonathan Steven Gabriel

### **TREASURER**

**Ruby Doyle**  
Son, Patrick Michael Doyle

### **NEWSLETTER EDITOR & EMAILINGS**

**Stewart Levett**  
Son, Aaron Paul Levett

### **SC MEMBER/WELCOME PACKETS**

**Leta Levett**  
Son, Aaron Paul Levett

### **SC MEMBER/FACILITATOR**

**Ron Agee**  
Daughter, Melody Victoria Agee

### **SC MEMBER**

**Jen Sutton**  
Son, Austin L. Sutton

### **SC MEMBER**

**Robyn Czyz**  
Son, Adam James Czyz

## TELEPHONE FRIENDS

### **CHAPTER HELP - 719-344-3216**

**Jen Sutton \*** 719-354-0057

**Jane Gabriel \*** 719-282-1924

**Ron Agee \*** 719-308-7473

**Ruby Doyle \*** 970-560-9434

**Stew Levett \*** 719-534-0350

**Leta Levett \*** 719-531-5488

**Raye Wilson** 303-814-9478

\*Steering Committee

## *Welcome*



Attending your first TCF meeting can be difficult. Feelings can be overwhelming. We have all experienced them and know how important it is to take that first step. Please attend two or three meetings before deciding if TCF is right for you. There are no dues or fees. If you choose, you need not speak a word at a meeting. We are an international, non-denominational group, offering support and information to bereaved parents, siblings, and grandparents. We need not walk alone.

We understand your pain; won't you let us help you through your grief?



TCF 45th National Conference  
Houston, TX • August 5-7, 2022

## **ORGANIZATIONAL CONTACTS**

TCF National Office Address:  
The Compassionate Friends  
48660 Pontiac Trail #930808  
Wixom, MI 48393  
(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)



### 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: Ruby Doyle – 6552 Lange Dr. – Colorado Springs, CO 80918

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

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

**Photo Enclosed:** ☐ Yes ☐ No

**Photo To Be Returned:** ☐ Yes ☐ No

### *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 electronically scanned and added to our electronic Child Remembered "Picture Frame" displayed at monthly meetings and then returned to you.*

### **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.

**\$25 up to \$50** - A picture, if available, and dedication to be listed in the newsletter.

**\$0 up to \$25** - A Love Gift acknowledgement. All Love Gift donations should be sent directly to our treasurer, Ruby Doyle 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 Ruby Doyle, 6552 Lange Drive Colorado Springs, Co 80918** ⇐

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



Ruby Doyle  
in memory of Patrick Doyle

Michaela Christianson  
in memory of Damon Vincent Christianson

Leonie Cramer  
in memory of Julian Anthony King

Ed & Janet Lawrence  
in memory of Logan Patrick Lawrence

Gene Steinkirchner  
Love Gift Donation

### **Julian Anthony King**

3/18/1984 - 12/31/2005

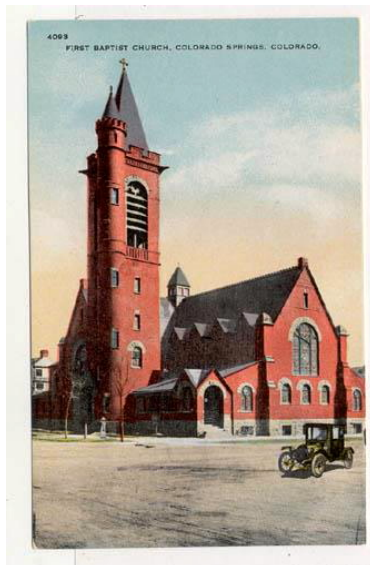
Thank you for all the joy you gave.

You are always in my heart and your loving  
spirit lives on!  
Forever love,  
Mom





## CHAPTER NEWS



We hold our in person monthly meetings at the First Baptist Church. We will meet in our meeting room upstairs behind the office at 7:00 pm on the third Thursday of each month. We look forward to seeing you. February will be moderated by Steering Committee member Ruby Doyle.

### TCF asks for donations in memory of our children who have died.

Our chapter is funded solely through donations; therefore we sincerely appreciate your support. Your generosity helps us purchase brochures and cover the many of the expenses that help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in our next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. Please help us help others by making a LOVE GIFT donation today.

### Refreshments Anyone?

It's been awhile since we were able to enjoy refreshments at our monthly meetings. We hope to have our coffee pot back on as well as cool drinks and other refreshments. As before, we encourage you to bring and share your child's favor snack on their birthday month or feel free to bring some treats to share just because you're a nice person!

We've all endured a tough two years and now we look forward to meeting and seeing each other once again in the coziness of the church and certainly want to thank those people at the First Baptist Church who have made our meetings once again possible.

## Yesterday, Today and Tomorrow

### Yesterday

You were here and I took it for granted that you would always be here. Telling you I loved you and was proud of you seemed unimportant. There would be time for that when we were older – when we fought less and talked more.

### Today

I know that time will never come, and I will never have the chance to say things face-to-face. So I write them and think them and hope you know I mean them now and have always felt them.

### Tomorrow

Each day the pain and regrets of things left unsaid get easier to deal with. I have begun to realize that you knew how I felt because you felt the same way. And as more tomorrows turn into yesterdays, I will find peace in that knowledge. Someday, somewhere, we will meet again and I will have my chance then.



### Remembering Our Children On Their Birthdays

| Name                      | Birth  | Compassionate Friend      | Name                      | Birth  | Compassionate Friend      |
|---------------------------|--------|---------------------------|---------------------------|--------|---------------------------|
| Bill Radcliffe            | Feb 1  | Jane Radcliffe            | Treasure Carswell-Benford | Feb 16 | Linda Benford             |
| Karen-Jean Slade          | Feb 2  | Sheila Slade              | Aaron Steffens            | Feb 16 | Lynn Nickel               |
| Carrie Claire-Eileen Noyd | Feb 4  | Travis Noyd               | Joyhanna Benford-Grimm    | Feb 17 | Linda Benford             |
| Michael William Sarmiento | Feb 7  | Donna (Sarmiento) Pugh    | Alyssa Eck                | Feb 17 | Patricia Eck              |
| Tyrese Gayle              | Feb 8  | Mia Gayle                 | Zachary Dean Glenn        | Feb 18 | Kristin & Larry Glenn     |
| Kimberley Dawn Leir       | Feb 8  | Adaline and Herb Leir     | Chance Tyler Nichols      | Feb 19 | Charlie Nichols           |
| Tyler Glickin             | Feb 8  | Ginger Jones              | Riley Calen Winters       | Feb 21 | Lucrecia & Joel Sjoerdsma |
| Samuel Hesselberg         | Feb 9  | Steve & Leanne Hesselberg | Nikolas Chunn             | Feb 21 | Monica Chunn              |
| Ryan Rickman              | Feb 11 | Jean Rickman Place        | Haley Yarbrough           | Feb 22 | Andrea Yarbrough          |
| Karey Ackerman            | Feb 11 | Bob & Joann Zelins        | Michelle Sandra Seal      | Feb 23 | Walter & Diana Seal       |
| Lindsay Yvonne Davis      | Feb 11 | Susan & Jerry Davis       | Jade Skye Baxter          | Feb 24 | Christina & Steven Baxter |
| Jay Aguanno               | Feb 12 | Jean Aguanno              | Michael Ramirez           | Feb 27 | Jennie Ramirez            |
| Claire Palmer             | Feb 12 | JoAnn & Lawrence Palmer   | Fred Chavez               | Feb 27 | Annette Atchison          |
| Kiana Meade               | Feb 15 | Monica Meade              | Darrell Lewis Mitchell    | Feb 27 | George & Freda Mitchell   |
| Gary Carlson              | Feb 15 | Phil & Rose Carlson       | Brooke Hromadka           | Feb 27 | J.D. Farmer               |
| Kevin Edward Farley       | Feb 15 | Elizabeth Farley          | Jason Lamb                | Feb 28 | Jan Lyons-Lamb            |
| Ember Maria Arthur        | Feb 16 | Jeanette Newville         | Ariel Allen               | Feb 28 | Judy Allen                |

## Valentine Message

I send this message to my child Who no longer walks this plane, A message filled with love Yet also filled with pain.

My heart continues to skip a beat When I ponder your early death As I think of times we'll never share I must stop to catch my breath.

Valentine's Day is for those who love And for those who receive love, too For a parent the perfect love in life Is the love I've given you.

I'm thinking of you this day, my child, With a sadness that is unspoken As I mark another Valentine's Day With a heart that is forever broken.

—Annette Mennen Baldwin, TCF Katy, TX In Memory of my son, Todd Mennen







REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

| Name                    | Age      | Passed | Compassionate Friend      | Name                      | Age      | Passed | Compassionate Friend    |
|-------------------------|----------|--------|---------------------------|---------------------------|----------|--------|-------------------------|
| Paul A. Behr            | 0 years  | Feb 1  | Cynthia & Steve Behr      | Alexander Beall           | 30 years | Feb 15 | Haven Stillwater        |
| Scott Michael           | 21 years | Feb 4  | Linda Gerwatowski         | Adam Czyz                 | 18 years | Feb 15 | Robyn Czyz              |
| Craig Matthews          | 30 years | Feb 4  | Cathy Genato              | Keith Hampton             | 30 years | Feb 15 | Martha Hampton          |
| Jaclyn Williams         | 14 years | Feb 6  | Sandy & Rob Williams      | Peter Joseph Noel         | 20 years | Feb 16 | Janet Noel Starritt     |
| Karen-Jean Slade        | 30 years | Feb 7  | Sheila Slade              | Alyssa Eck                | 0 years  | Feb 17 | Patricia Eck            |
| Tristan Millman Troeger | 25 years | Feb 7  | Lisa & Joel Millman       | Treasure Carswell-Benford | 0 years  | Feb 18 | Linda Benford           |
| Genie Thomas            | 39 years | Feb 8  | Jamie Thomas              | Graham Stingley           | 23 years | Feb 18 | Mary Winter-Stingley    |
| Jade Skye Baxter        | 2 years  | Feb 9  | Chris & Steven Baxter     | Logan Lawrence            | 23 years | Feb 22 | Janet & Edward Lawrence |
| Patrick C. Hildebrand   | 21 years | Feb 9  | Dr. Jan & Judi Hildebrand | Carrie Noyd               | 24 years | Feb 22 | Travis Noyd             |
| Darrell Lewis Mitchell  | 20 years | Feb 9  | George & Freda Mitchell   | Kirsten Evelyn Cornell    | 9 years  | Feb 23 | Will & Marion Cornell   |
| Michael Stump           | 32 years | Feb 9  | Polly Kelley              | Marisa Nicole Pilant      | 2 years  | Feb 23 | Stephen & Julie Pilant  |
| Yancy Hufford           | 26 years | Feb 11 | Patty Hufford             | Sam Blew                  | 13 years | Feb 24 | Bryan & Jennifer Blew   |
| Lora Lee                | 40 years | Feb 11 | Kathy Hollaway            | Joshua Samuel Shelton     | 0 years  | Feb 24 | Cherie Berglund-Hensley |
| Steven Miller           | 17 years | Feb 11 | Mike Miller               | Reanna Maria Reedy        | 21 years | Feb 25 | Carol Reedy             |
| Amy Feight              | 30 years | Feb 12 | Patty & Bill Feight       | Sean Thompson             | 24 years | Feb 26 | Frankie Thompson        |
| Stephen Benjamin        | 26 years | Feb 13 | Kathy Benjamin            | Richard Joseph Armstrong  | 4 years  | Feb 27 | Chuck & Helen Armstrong |
| Noelle Pearl            | 17 years | Feb 13 | Michelle Fleming          | Daniel Mopper             | 38 years | Feb 27 | Pia Schalin             |
| Anthony Glusko          | 26 years | Feb 15 | Jeaneatte Glusko          | Jordan James Miranda      | 24 years | Feb 29 | Mike & Jonette Miranda  |



## Groundhog Day

According to folklore, every year on this day, a groundhog named Punxsutawney Phil, in a little town by the same name in Pennsylvania, wakes from his winter slumber, rises from his cozy little burrow and gazes about at his surroundings. Legend has it that if he doesn't see his shadow, he shakes himself off and ventures out to welcome an early spring. If he sees his shadow, he becomes frightened and quickly retreats down his hole to safety where he goes back to sleep and the winter weather continues. This year Punxsutawney Phil saw his shadow, thus predicting another six more weeks of winter!

When we lose a child, we seem to linger in a perpetual winter. For a very long time we see our world as a barren winter landscape. The warmth and love that our children brought to our hearts has been ripped away by their death and we're left with a cold aching void. We are a little like Punxsutawney Phil. We might be afraid to come to our first Compassionate Friends meeting. We may want to hide from the world and stay in our burrows. But if we are very brave and come to a meeting, we will meet others who have survived the long cold winter of their hearts. We gather to share our stories, support each other, love each other and very slowly we begin to and rejoin life as best we can. Remember, we need not walk alone.

Janet G. Reyes  
TCF/AAC



## The Anniversary

Let me be sad today,  
Give me this day to mourn.  
It's the date my little son died,  
And also the date he was born.  
Let me think back to his birth  
The fear of viewing him, dead.  
Memories of holding him close,  
And cradling his little head.  
Allow me to visit his grave,  
To let a few balloons go,  
To place flowers lovingly,  
And trim the grass that does grow.  
Allow me tears to cry,  
Love fills my heart to the brim  
Spilling it on those close by.  
While always longing for him

Elizabeth Dent - TCF McMinnville, OR

**SOMEONE SAID,  
"I DON'T KNOW HOW YOU DO IT."**



**I SAID,  
"I WASN'T GIVEN A CHOICE."**



After many years of attending the Pikes Peak Chapter, we are happy to announce that Robyn Czyz will be joining our Steering Committee. Robyn looks forward to jumping into the fray and helping other bereaved parents in memory of her son Adam. We welcome Robyn and look forward to her many contributions to our chapter.



## **A Valentine's Day Wish**

How I wish I could bring our children back to us for Valentine's Day—24 hours we could spend telling our children of our love.

But, alas, we are doomed to spend another Valentine's Day without our beloved children. Others who have not lost a child, tend to take for granted these special days. A card that says "I love you, Mom and Dad" should be carefully folded and saved in a special place. All too many parents consider these cards to be renewable commodities. There's no need to save this one—"we'll always get another one next year."

For many of us, next year came and there was no card. Tears of sadness replaced tears of joy on this special day. But for many of us the memories remain of those Valentine's Days gone by. Because our child's love remains with us, our child will never truly be gone.

This year on Valentine's Day, let us shed tears of joy that we were given even a short time with our child—for this, no matter how short, can never be taken from us.

Wayne Loder TCF Lakes Area, MI

### **Social Distancing**

We have all learned this new catch phrase since the 2020 worldwide pandemic. But for bereaved parents, we have known about social distancing since we lost our child. We have all experienced the trip to the grocery store when someone you know chooses to go down a different aisle because they don't know what to say. Or the lack of invitations to social gatherings, especially if there will be children the same age as what your child would have been. We have all been warned that our "address book" would change after the initial mourning period.

On the other hand, I have also gone down a different aisle at the grocery store because at that particular time I was too vulnerable, and trying to speak with someone would only lead to tears. Or distancing myself from meeting someone new because the first thing most people ask is about your children. And then there is the person that just grabs on and starts crying for you and won't let go until you are also in tears.

I am going on 13 years since my son Keith died so for the most part have learned to handle my emotions. I have thought a lot about the mandatory social distancing. It would have been a great excuse to avoid seeing anyone. I already had no desire to get up and dressed each day. Or to get in the car and try to remember where I was supposed to be.

Then we have the masks. We all learned very quickly about wearing masks. We wore them to work, the grocery store, church, birthday parties, family gatherings, and in front of most of our friends. Many times our masks only came off at Compassionate Friends meetings and maybe at home. Our masks had to also cover the eyes because we all know how telling the eyes are during grief. Wearing that mask was exhausting.

But on the other hand, I wouldn't have had the other people around me that helped me get through each day. There would not have been anyone to take me to Compassionate Friends meetings. I would have missed so many warm hugs. There wouldn't have been the face to face meetings that I so desperately needed.

I do know how much those meetings helped me and I worry about the newly bereaved during this time in our lives. I am thankful now that we have the capability for face to face "Zoom" meetings as we go through this pandemic. But for the bereaved parent, this isn't new, it's just different.

—Debbie McFadden TCF-Kansas

February, 2022

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

