



The Compassionate Friends Pikes Peak Chapter

August 2008

TCF Pikes Peak Chapter

Upcoming Meetings and Topics

Support group meetings are at **First Baptist Church, 317 E. Kiowa**, on the third Thursday of the month, at 7:00 p.m.

Upcoming meetings:

Thursday, August 21, 7:00 p.m.: **general meeting**

Thursday, September 18, 7:00 p.m.: **general meeting**



FOUR YEARS LATER

At times I think I'm doing well,
And other times, not well at all.
I've laughed again, and even sung
a song or two,
And sometimes smiled gently in a thought
of you,
Still, here I am, the world day by
day I face,
Without your sweetness and your grace,
Still going on as I know you'd have
me do,
But, my boy, I sure do miss you.

Alvin Glass

TCF - Passaic NJ

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful. We cordially invite you to attend any of our meetings. Nothing is required of you! There are no dues or fees. You need not speak one word. Attending your first meeting does require courage, but our parents who attend find a comforting network of support, friendship, and understanding that only people who have "been there" can give.

Telephone Friends

Chapter Co-Leader.....Laraine Anderson.351-7653
Chapter Co-Leader.....Stew & Leta Levett.....531-5488
Infant Loss.....Colleen & Art Mannon.....535-9868
Toddler/Young Child Loss.....Bob & Yvette Thompson.....573-2743
Leukemia.....Jane & Steve Gabriel.....282-1924
Teen/Young Adult Loss.....Barb Reynolds.....599-0772
Suicide.....LaRita Archibald.....596-2575
Skateboard/Auto Accident.....Raye Wilson.....303-814-9478
Single Parent Grief.....Florence Wyatt.....328-1687

Thank you to First Baptist Church of Colorado Springs for continuing to provide the printing of our newsletters, and for their ongoing support of our group by providing our meeting space each month.



On Saturday, July 19, the Pikes Peak chapter of The Compassionate Friends held their annual balloon launch, and dedicated a bench in their children's memories. Many thanks to all those who attended, and we're sorry to those who were not present. The bench is in Monument Valley Park next to the playground and by the swimming pool.

Many thanks to Stew and Leta Levett and Laraine Anderson for organizing this touching and beautiful event.



Hi Everyone,

The balloon launch was beautiful. Enclosed is a picture of our "beloved children's launched balloons. Every balloon had their name on them!!!!

God Bless

Laraine



LOVE GIFTS



Miriam and Jack Gentry, in memory of
Joseph Gentry Richardson
6 April 1984 - 13 December 1985
In memory of our precious grandson, Joey



Remembering Our Children On Their Birthdays

The light of life never goes out, so we remember them on their birthdays....



<u>Child's Name</u>	<u>Date of</u>			<u>Compassionate Friend</u>
	<u>Birth</u>	<u>Death</u>	<u>Cause</u>	
Eric Johnson	8/1/1973	4/13/1996	Hit by car	Gary Johnson
Aaron Paul Levett	8/2/1979	10/18/2005	Drug overdose	Stewart & Leta Levett
Emma Renee Younger	8/2/2006	11/9/2006	Heart complications	Adam & Mindy Younger
Nicholas Clare Cousineau	8/3/1992	5/29/1996	Obstructed airway	George & Chris Cousineau
Matthew John McCallister	8/4/1975	4/3/1998	House fire	Steve & Carol McCallister
James Russell Kempa	8/4/1980	9/22/1995	Cardiac arrest	Russell & Gayle Kempa
Jessica Stockwell	8/7/1977	10/12/2001	Rare disease	Mark & Sally Stockwell
Graham Stingley	8/7/1981	2/18/2005		Steven & Mary Stingley
Stella Elliott	8/8/2005	2/17/2006	Auto accident	Donna Elliott
Clayton Neal Brehm	8/10/1960	9/23/1986	Accidental drug overdose	Ramona Atkinson
Kimberly Denise Patterson	8/11/1983	10/30/1999	Auto accident	Sigrid Patterson
Michael Williams	8/13/1979	5/18/2008	Heart rejection	Carmen Randall
Gina Marie Geffre	8/16/1980	5/29/1995	Airplane crash	Joann Jahraus
Zack Orr	8/16/1989	5/25/2002	Train accident	Dave & Sharon Orr
Suzanne Bethany Thomas	8/20/1981	10/3/1985	Leukemia	Arnie & Mary Thomas
Susanna Jeanette Scruggs	8/21/1962	11/22/1985	Friedrich's Ataxia	Patricia Beard
Raul Garcia	8/21/1974	9/17/1993	Hit by Drunk Driver	Rena Gonzalez
Mia Allyson Gardiner	8/22/1987	12/4/2003	Car accident	Peri Gardiner
Patrick Casey Hildebrand	8/26/1970	2/9/1992	Auto / pedestrian accident	Dr. Jan and Judi Hildebrand
Sayge Frisco	8/26/2002	8/26/2002	Stillborn	Renai Frisco
Andrew Paul Whiteman	8/27/1980	7/2/2001	Motorcycle accident	Lyle Whiteman
Mary Hope Burton	8/27/1994	12/30/2001	Perforated gastric ulcer	Jim & Betty Burton
Nolan Edward Stites	8/31/1981	8/29/2000	Psychological homicide	Richard & Marilyn Stites





Remembering Our Children On Their Anniversaries

*That their lives will always shine, our children are remembered. Our special
its go to you on the anniversary of your child's death....*



Date of

<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Jason Bradford Pfeif	6/17/1980	8/1/1998	Drowning	Chris and Brad Pfeif
Tyrone Elliott Bautista	4/22/1983	8/1/2002	Homicide	Rosemary Devney
Chelsey Ann Kear	12/29/1984	8/5/2000	Suicide	Tami Kear
Keith Andrew Barrett	3/8/1964	8/9/1988	Auto Accident	Ree Barrett
Cynthia Claypool Martin	2/4/1967	8/9/2006	Sudden death	Steve & Ann Claypool
Katherine (Katey) Divis	4/8/1984	8/12/2001	Car accident	Kitty & Dave Divis
Andrew Paul Weaver	5/16/1982	8/17/2002	Vehicle accident	Valerie Lightbody
Nikolas Chunn	2/21/2002	8/18/2007	Drowning / hotel pool	Monica Chunn
Derrick Shane Moore	9/28/1972	8/20/1984	Electrocution	Ray & Deanna Moore
Clayton Champion	3/24/1977	8/22/2006	Sudden death	Jessie & Phyllis Roark
Jose N. Camacho	5/8/1997	8/24/2006	Accidental shooting	William & Veronica Camacho
Sayge Frisco	8/26/2002	8/26/2002	Stillborn	Renai Frisco
Kimberly Elizabeth Pratt	9/12/1979	8/27/1997	Diabetes / epilepsy	Pam Bilberry
Nicole Maria Kelley	12/8/1987	8/28/1992	Anesthesia complications	John & Lois Kelley
Nolan Edward Stites	8/31/1981	8/29/2000	Psychological homicide	Richard & Marilyn Stites
Ian Matthew Anderson	2/2/1987	8/29/2005	Rare fibrousing disease	Joann & David Butler Joann McBride
Richard Gertsch	2/2/1945	8/30/2005		Mildred Gertsch





PLEASE DON'T DISCOUNT SIBLING GRIEF

I have come to think of sibling grief as "Discount Grief." Why? Because siblings appear to be an emotional bargain in most people's eyes. People worry so much about the bereaved parents that they invest very little attention in the grieving sibling.

My personal "favorite" comforting line said to siblings is "you be sure and take care of your parents." I wanted to know who was supposed to take care of me—I knew I couldn't.

The grief of a sibling may differ from that of a parent, but it ought not be discounted. People need to realize that while it is obviously painful for parents to have lost a child, it is also painful for the sibling, who has not only lost a sister or brother, but an irreplaceable friend.

While dealing with this double loss, he or she must confront yet another factor. The loss of a brother or sister is frequently the surviving sibling's first experience with the death of *any* young person. Young people feel they will live forever. A strong dose of mortality in the form of a sibling death is very hard to take.

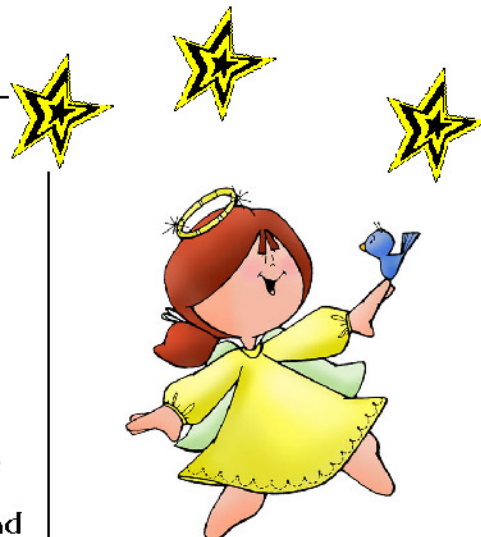
The feeling of the siblings are also often discounted when decisions are being made—on things ranging from funeral plans to flower selections. Parents need to listen to surviving siblings who usually know a lot about the tastes and preferences of the deceased.

Drawing on the knowledge that surviving siblings have about supposedly trivial things—such as favorite clothes or music—can serve two purposes when planning funeral or memorial services. First, their input helps ensure that the deceased received the type of service he or she would have liked. Second, their inclusion in the planning lets them know they are still an important part of the family.

I realize that people are unaware that they are discounting sibling grief. But then, that's why I'm writing this—so people *will* know.

Jane Machado, TCF Tulane, CA

Perhaps they are not
the stars,
but rather openings
where the love
of our lost ones pour through
and shines down on us
to let us know they are happy.
Inspired by an Eskimo Legend

**Sometimes**

By Marcia Updyke

Sometimes,
Memories are like rain showers
Sprinkling down upon you
Catching you unaware.
And then they are gone,
Leaving you warm and refreshed.

Sometimes,
Memories are like thunderstorms
Beating down upon you,
Relentless in their downpour,
And then they will cease,
Leaving you tired and bruised.

Sometimes,
Memories are like shadows
Sneaking up behind you,
Following you around.
Then they disappear,
Leaving you sad and confused.

Sometimes,
Memories are like comforters
Surrounding you with warmth,
Luxuriously abundant
And sometimes they stay,
Wrapping you in contentment.



IT'S ABOUT LIFE

I happened to meet one of Marc's friends the other day and we sat down to talk. I asked him what he was doing. "Medical school," he said. "I'm going to apply." I was surprised. He had always had the instincts of an artist. But he had carried the caskets of his two best friends and he was only twenty-four.

Maybe he needed to give his soul a rest. He asked me what I was doing. "Compassionate Friends," I said. "I'm the chapter leader now." "Why," he asked, "It's so morbid. Aren't you tired of talking about death?"

"It's not about death," I thought. "It's about life. It's about surviving, at first minute by minute, then day by day, month by month. It's not about death, it's really about life." As I reflect on that conversation I think about how best to explain to people who haven't been or refuse to come back to our meetings that The Compassionate Friends is an organization that embraces life. It is not a group of people sitting around talking about death, but talking about ways to go on living for the other people in their lives—their spouses, children, relatives and mostly for themselves.

I tried to think how to explain to this twenty-four year old that our meetings are not morbid but hopeful and how our meetings are caring and nurturing places where people can talk about problems no one else can understand or care to listen to. Our meetings are places where we can talk about our children in a totally comfortable and relaxed way surrounded by friends who understand and care.

No, The Compassionate Friends is not a morbid organization at all. It is helpful, hopeful and loving. We at Compassionate Friends know each other's children better than we ever knew other people's children before we were forced to join this exclusive club. We know their strengths, and we know their weaknesses. We truly can share our children and our feelings about them as we can in no other place.

So I turned to Marc's friend Jeff, who is a wam and fuzzy kind of person and said, "No, Jeff, it's not morbid at all. It's uplifting and a relief to be able to talk and laugh about Marc with these people who truly understand."

And then I remembered something my husband Norm read in a magazine. I said that "Time heals a broken heart but people heal a broken spirit." "I knew what he had read was right and that is why I go to Compassionate Friends, Jeff ... to allow the time to go by to mend my broken heart. But more importantly, to be with people who will help mend my broken spirit."

Toby Eisenberg
TCF, San Diego

TOTALLY UNACCEPTABLE

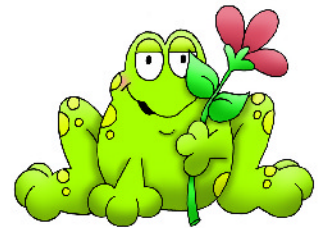
With pain so deep it cuts
worse than any knife.

As we desperately try to handle
losing a child in this life.

We try to take one day at a time
and adapt.

God give us strength to handle
the loss we cannot accept.

In memory of Donald Trimmer
TCF -- York, Pa



REMEMBERING

Will there ever be a day
When I will be able to go to a graduation
An engagement party
A wedding
Cut a birthday cake
See a nephew, a niece, or a grandchild
Toast a new year
Hide an Easter egg
Hang a Christmas stocking
Or enjoy a lazy Sunday afternoon
without remembering what might have been....
And if that day ever comes,
Will I feel better, or worse?

Ken Faulk
TCF -- Northwest CT



Organizational Contacts

TCF National Office
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 Oak Brook, IL 60522
 630-990-0010 OR (toll free) 877-969-0010
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 Web sites
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 Colorado: www.tcfcolorado.org
 Regional Coordinator: David Derby
 (303)979-2631 daved@tcfcolorado.org



SIDS bracelets are available by contacting info@coloradosids.org. They are white with a teal swirl with the words "Love and Remembrance" on them. You can call 303-320-7771. There is no charge but a donation to the Colorado SIDS program would be appreciated.

Even though the church is kind enough to lend us space for our meetings, The Compassionate Friends is not a religious organization. We meet to do our best to help each other as we try to adjust to this new life after the deaths of our children. Please join us for our monthly meeting on the third Thursday of the month at First Baptist Church, 317 E. Kiowa, at 7:00 p.m.

We welcome your contributions to the newsletter, whether original or something you have read that you'd like to share.

Please address any submissions to:

Cora Davis
 8535 Pine Cone Rd.
 Colorado Springs, CO
 80908
 Or send to
 CoraWD@aol.com

Submissions need to be received by the 10th of the month to be included in the following month's newsletter.

Submissions to the Newsletter and Love Gifts

LOVE GIFT DONATION

Your Name _____
Child's Name _____
Date of Birth _____
Anniversary Date _____
Dedication _____

Picture Enclosed: Yes No

Mail to:

Frank Schager
 2235 McArthur Ave.
 Colorado Springs, CO 80909

Our chapter exists entirely through donations which are tax deductible. Our largest expense is the printing and mailing of our chapter newsletter, which is distributed to over 325 readers. Love gifts enable us to continue our outreach to bereaved parents through many chapter activities. A love gift is money donated to the chapter in memory of a child who has died. If you feel a love gift is an appropriate way to honor the memory of your child, and to support the Pikes Peak Chapter, please consider a donation to the chapter in any amount, small or large. Just fill out the form on this page and mail it to the address listed. If every chapter member sent in only \$10, we could raise \$3000 for the chapter. All pictures will be returned unless you specify for us to keep them and place them on the Child Remembered board displayed at monthly meetings. Thank you for your support!

Submission Guidelines:

Under \$50 -- Picture, if available, and dedication to be listed in the newsletter.

\$50 or more -- Newsletter sponsor. May include a full page for printing. Please remember to send it in "ready to copy" form, exactly as you would like it printed in the newsletter. Thanks.

These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Please send Love Gift donations directly to the chapter's treasurer, Frank Schager, at the address above.

The Compassionate Friends
Pikes Peak Chapter
P.O. Box 26239
Colorado Springs, CO 80936

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IF WE COULD DO IT OVER

If we could do it over,
I mean my son and me.
Would things be any different?
You can believe they would be.
The fishing trips we never took,
The games we never saw,
A thousand things still come to mind,
And we would do them all.
If we could do it over,
My missing son and I,
I'd take him to that place out West
where mountains touch the sky.
We'd hike the trails together
And learn of this great land.
He always did want to know
Where he fit in nature's plan.

If we could do it over
Like every dad an son,
I'd teach you how to drive the car
And safely shoot my gun.
We'd talk of things...you know, the girls,
And he would smile and say,
"Aw Dad, I know all that stuff."
But we'd discuss it anyway.
If we could do it over...
But we can't, can we?
In God's Great Plan, He called my boy
Just took him away from me.
Now all I do is sit and dream.
How beautiful it would be.
If we could do it over,
I mean my boy and me.

Eugene Lewis
TCF -- Cincinnati