



# The Compassionate Friends Pikes Peak Chapter

January 2009

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, January 15, 7:00 p.m.: **general meeting**

Saturday, February 7, 7:00 p.m.:

**Alan Pedersen Concert**

Thursday, February 19, 7:00 p.m.: **general meeting**



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.

### Concert

Saturday, February 7, 7:00 PM

**Alan Pedersen** lost his daughter in August 2001, since then he has written & recorded 3 CD's about his journey of grief & loss. A few of his songs were played at the Candlelight Service including "Tonight I Hold This Candle". He will be sharing his music with us on Feb 7th at 7pm at **Pikes Perk Coffee & Tea House** (5965 N Academy Blvd). We hope you can join us!

## 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

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.



In Memory of Flo Wyatt

The Pikes Peak Chapter of The Compassionate Friends regrets to announce the loss of a very special member of our Chapter, Florence (Flo) Wyatt. I met Flo over 8 years ago when I lost my little boy. I met her at a Compassionate Friends meeting. She was so real and down to earth; it was so easy to connect with her. Flo lost 2 adult children. Her attendance at our meetings was a true tribute to the children she lost. Her attendance also validated to us bereaved moms, dads, etc., that our children would always be remembered years after they left us. Flo was a true testimony to this. As a veteran of grief, she generously gave her time and led us newly bereaved down the thorny path of life after our loss. She never rushed us or became bored with us; she understood us. She was her own person-very honest and outspoken. Her honesty and sense of humor were such a delightful part of her personality. Most of all, I remember Flo as a very loving, compassionate person. She listened when you spoke, made eye contact, and cried with you over the loss of your own child. Her hugs were so sincere, too. Our local Chapter of The Compassionate Friends was so blessed with her presence and her absence will be greatly felt. She also gave so much of her time to support our community in other programs. If only the world could be filled with people like Flo, our world would be such a better place. A place filled with love, compassion, honesty, understanding, volunteers, and down to earth people.

Forever in our hearts

Laughter that will always be remembered

One very compassionate, unselfish person who gave so much to our community



*Patty Smathers*

The Pikes Peak Chapter portion of the Colorado TCF website has been redesigned. This new design has chapter meeting information as well as the phone numbers and email capabilities for easy access.

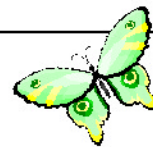
The website now has a link whereby our monthly newsletter will be a click away. Download speed will depend on your internet connection and you must have Adobe Reader to view the newsletter (Usually a free download). The online newsletter is in beautiful color.

You may add a photo of your child to our website by submitting a photo to Stew Levett via email at [stewlevett@msn.com](mailto:stewlevett@msn.com) or contact him if you don't have that capability. Almost any photo file format is acceptable (jpg, gif, tiff). Photos may be cropped to best fit onto the website.

We hope to eventually add a photo page with pictures of our event happenings.

Access the website by going to <http://www.tcfcolorado.org>

With the newsletter being available online we are looking at updating and increasing our online mailings with the goal saving a tree and reducing our postage. We will still make hard copies available for those people that need or enjoy a hard copy.



**LOVE GIFTS**



Cheri Chandler, in memory of  
**Derek Chandler**

December 4, 1982 -- July 29, 1997

Your dad and I miss you so very much.

Our hearts will ache until we see you again.





### 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>	
Adam Roy Hodges	1/3/1985	7/4/1990	Car accident	JoAnn Ewing
Jamie Jackman	1/5/1989	9/25/1998	Croup	Sherry Jackman & Knelson Spooner
Nicole Megan Yagi	1/6/1991	7/5/2000	Car accident	Jackie & Dennis Yagi
Ronald Eugene Peterson	1/9/1967	4/5/1982	Motorcycle accident	Ron Peterson
Terry A. Shank	1/11/1971	3/6/1999	Drunk driver	Carol Vierling
Tyrone Binnebose	1/11/2002	5/18/2004	Infection from chemo	Natasha Binnebose
Frankie Padilla	1/13/1987	11/27/2005	Murdered	Frances Lucero
Adriano Bermudez	1/22/1979	11/29/1998	Car accident	C.J. LaPointe
Mallory Paulene Hendrickson	1/22/2005	5/30/2006	Car accident	Celine & Gary Hendrickson
Eric Evans	1/23/1976	5/21/2002		Linda & Dick Evans
Corey Reynolds	1/23/1979	9/2/1997	Bicycle / vehicle accident	Barb Reynolds
Jody Elizabeth Houtz	1/23/1982	3/18/1999	Heart attack	Jane and Chris Houtz
Sarah Sunshine Wedekind	1/25/1977	4/16/2007	Accidental drug overdose	Lorry Pearson
Aaron Lee Gallob	1/27/1969	11/21/1997	Leukemia	Lou & Erma Gallob
Kevin Michael Burns	1/27/1986	3/3/2002	Auto accident	Stan & Willie Burns
Sean O'Connor	1/28/1985	6/5/2005	Car accident	Dennis & Tracy O'Connor



The best and most beautiful things in the world cannot be seen,  
nor touched, but are felt in the heart.



*-Helen Keller*



**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....*



<u>Child's Name</u>	<u>Date of</u>		<u>Cause of Death</u>	<u>Compassionate Friend</u>
	<u>Birth</u>	<u>Death</u>		
Susan Gordon	5/3/1984	1/4/2002		Mr & Mrs Arthur Gordon
Patrick Clabeau	6/23/1982	1/4/2003	Car accident	Vince & Lori Clabeau
Paul Anthony Fischer	12/14/1971	1/6/2004	Car crash	Stephanie Newcomb
Michelle Howie	7/31/1969	1/12/2002	Several illnesses	Annette Howie
Judy Gambill	11/13/1958	1/12/1976	Car/Truck Crash	Andrea Gambill
Fred Chavez	2/27/1974	1/14/2007	Suicide	Annette Atchison
Joshua W. Lewis Gohlke	11/19/1980	1/19/2001	Vehicular homicide (DUI)	Karen Swank
Jim Eley	6/19/1960	1/19/2004	Flu symptoms	Judy Eley
Sara M. Losasso	4/30/1990	1/19/2005	Car crash	Cindy Losasso
Jacob Sanchez	10/18/2002	1/22/2003	SIDS	Denise Langhorst Janine McDonough
Megan Lane	12/28/1985	1/27/2004	Auto accident	Sandra Gail Lane
Gregory Randall Davis	5/9/1983	1/29/2002	Auto accident/fraternity hazing	Cora Davis
Amy Mae Lugenbeel	9/22/1986	1/31/1989	Seizure disorder	Terry & Barb Lugenbeel



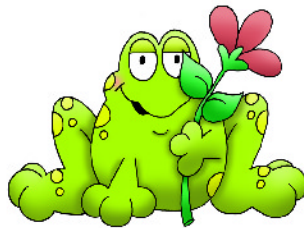
**Healing the Grieving Heart**

Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, "Healing the Grieving Heart" can be heard on the Web live at [www.health.voiceamerica.com](http://www.health.voiceamerica.com) every Thursday at noon EST and many of the shows are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at [www.HealthRadioNetwork.com](http://www.HealthRadioNetwork.com).



**Organizational Contacts**

*TCF National Office*  
 P.O. Box 3656  
 Oak Brook, IL 60522  
 630-990-0010 OR (toll free) 877-969-0010  
*E-mail:*  
 nationaloffice@compassionatefriends.org  
*Web sites*  
 national: www.compassionatefriends.org  
 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

Non-Profit Org.  
U.S. Postage Paid  
Colorado Springs, CO  
Permit #215

ADDRESS SERVICE REQUESTED



## The Dash

By Linda Ellis



I read of a man who stood to speak  
At the funeral of a friend  
He referred to the dates on her tombstone  
From the beginning to the end

He noted that first came the date of her birth  
And spoke the following date with tears,  
But he said what mattered most of all  
Was the dash between those years

For that dash represents all the time  
That she spent alive on earth.  
And now only those who loved her  
Know what that little line is worth.

For it matters not how much we own;  
The cars, the house, the cash,  
What matters is how we live and love  
And how we spend our dash.

So think about this long and hard.  
Are there things you'd like to change?  
For you never know how much time is left,  
That can still be rearranged.

If we could just slow down enough  
To consider what's true and real  
And always try to understand  
The way other people feel.

And be less quick to anger,  
And show appreciation more  
And love the people in our lives  
Like we've never loved before.

If we treat each other with respect,  
And more often wear a smile  
Remembering that this special dash  
Might only last a little while.

So, when your eulogy is being read  
With your life's actions to rehash  
Would you be proud of the things they say  
About how you spent your dash?