



The Compassionate Friends Pikes Peak Chapter

July 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, July 17, 7:00 p.m.: **general meeting**

Saturday, July 19, 11:30 a.m., Monument Valley Park: **bench dedication, balloon launch**

Thursday, August 21, 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.

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

Chapter Notes

The Compassionate Friends of the Pikes Peak Region invites you to its **2008 Memorial Balloon Launch**.

If you are a bereaved parent, sibling or grandparent you are invited to join us at 11:30 AM on Saturday, July 19th at the south end Monument Valley Park located at 170 W. Cache La Poudre Blvd. in downtown Colorado Springs.

The annual memorial balloon launch offers a chance for participants to honor their lost loved ones and share companionship with others who understand their grief. Those participating in the balloon ceremony will have the opportunity to write messages to their loved ones on the balloons. Everyone will be invited to release their balloons in unison.

This annual event for families to honor their children will be held in conjunction with the dedication of the new memorial bench erected by the City of Colorado Springs with funding from the Pikes Peak Compassionate Friends.

Feel free to bring a picnic lunch and enjoy a wonderful day of remembrance.

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.



OH, THE THINGS PEOPLE SAY

I don't guess many bereaved parents have escaped some of the things that the non-bereaved say that come under the category of "Dumb Things to Say." Probably the most common faux pas have to do with the comparison of the grief for a child as compared with the grief at the loss of a much loved pet. "I know how you feel; my dog (or cat, or parakeet, or possum or aardvark) died" are words that echo in our ears!

Bereaved parents may not say anything in response, but they certainly do respond in another way: They become angry. But, the truth is, if the worse thing that has ever happened to them was to have their arrdvark die, then that's what they associate with the pain of grief.

People are often awkward in their efforts to comfort the bereaved. They use comparisons that boggle the minds of those of us who know what pain is really all about. We know

there are things and people in this world who can be replaced, and some that cannot, but survival without them is not as gutwrenching as survival without one of your children.

But, how can they know? Did you know about the depths of pain you were to plumb after your child's death? I guess it's just as well. Advance knowledge about the pain of grief offers no solace.

So, if you come upon someone who is grieving about something you now know is inconsequential, be gentle with them, and you may even envy them. Their possum or aardvark may have died and they are lucky enough not to know yet that it's not the worse thing that can happen.

.....Mary Cleckley
TCF, The Atlanta Chapters

LOVE GIFTS

Art and Cynthia Pisor-Zapel, in memory of
Tony Pisor
July 10, 1974 - September 28, 2000
*In loving memory of Tony Pisor
bright, spirited and proud*

Carol and Don Manning, in memory of
Kyle Joe Manning
July 7, 1985 - June 19, 1997
We love you and miss you

Donna and Bob Pugh, in memory of their son on
Memorial Day, 2008.

In Loving Memory
Michael Robert Pugh
April 2, 1973 - April 12, 1986



Michael with his godmother, Kathleen, July 1984.



"Tears do not flow only from the pitiful and the weak. They spring also from the love and tenderness of the strong. We should never be ashamed of our tears, whether in private sorrow or public grieving. Tears alleviate our grief and encourage the healing of our wounds."

TCF, Nacogdoches, TX



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>Birth</u>	<u>Death</u>	<u>Cause</u>	<u>Compassionate Friend</u>
Veda McCallup	7/1/2005	9/8/2005	SIDS	Stacey McCallup
Ryan Thompson	7/1/2003	9/17/2005	Swimming pool accident	Yvette & Bob Thompson
Michael Waller	7/4/1958	3/10/1984	Army / vehicle accident	Lillian Jean Young
Sean Thompson	7/5/1981	2/26/2006	Pedestrian-motor vehicle	Rick Korcsog & Frankie Thompson
Lisa Elaine Berns	7/6/1989	9/6/1989	SIDS	Robert (R.J.) & Lynn Berns
Kyle Joe Manning	7/7/1985	6/19/1997	Hurlers Syndrome	Carol & Don Manning
Joshua James Roten	7/8/1980	2/1/2008	Self-inflicted gun shot	Julie Roten-Valdez
Blake Smith	7/8/2001	7/17/2002	Drowning	Brian Smith
Anthony James "Tony" Pisor	7/10/1974	6/28/2000	Surgery complications	Cynthia Pisor-Zapel
Cristoval Ornelas	7/13/1999	7/13/1999	Stillborn	Annette & Chris Ornelas
Travis Holappa	7/14/1979	7/25/2004	Kidnapping / Murder	Kim & Terry Packa
Sarah Katherine Stouber	7/18/2003	7/24/2003	Diaphragmatic hernia	JoAnn Labenberg
Katie Steckiel	7/19/2004	11/8/2005	Croup	Wendy Steckiel
Ryan Sayers	7/20/1982	6/16/2003	Lightning strike	Tom & Kate Sayers
Justin William Winner	7/21/1982	11/5/1995	Gunshot wound	Dale Rosanne Winner
Brian Patrick Adair	7/21/1989	4/4/2003	Celiac disease	Duane & Mary Adair
Calvin Wyatt	7/23/1957	2/23/2000	Auto accident	Florence Wyatt
Arthur Lipphardt Jr	7/23/1967	6/15/1992	Motorbike Accident	Art & Chris Lipphardt
Amanda Stocchero	7/24/1991	7/19/2007	Epilepsy	Sandy Stocchero
Keltryn Lenae Brinkman	7/25/1998	3/19/2001	Cancer	Jim & Judy Brinkman
Michael Williams Greist	7/28/1966	11/1/1978	Car/bike accident	Allan & Judy Greist
Toby Ferrer	7/28/1967	4/8/1972		Maria Hymes
Scott Michael Gerwatowski	7/28/1976	2/4/1998	Heart attack	Linda Gerwatowski
				Helen and Walter Rakocy
Michelle Howie	7/31/1969	1/12/2002	Several illnesses	Annette Howie





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>
Andrew Paul Whiteman	8/27/1980	7/2/2001	Motorcycle accident	Lyle Whiteman
Heidi Susanne Wolfe	4/6/1984	7/3/2004	Motorcycle accident	David & Karen Wolfe
Adam Roy Hodges	1/3/1985	7/4/1990	Car accident	JoAnn Ewing
Nicole Megan Yagi	1/6/1991	7/5/2000	Car accident	Jackie & Dennis Yagi
Jay Aguanno	2/12/1979	7/7/1998	Accidental overdose	Jean Aguanno
Shannon Diane McMahon	11/17/1987	7/9/2004	Vehicle accident	Robert & Jeanette McMahon
Angela Gisela Martinez	5/5/1952	7/11/1986		Maria Hymes
Jack C. Jefferson	10/8/1998	7/11/2004	Viral meningo-encephalitis	John & Dena Jefferson
Cristoval Ornelas	7/13/1999	7/13/1999	Stillborn	Annette & Chris Ornelas
Christopher Skaggs	10/28/1988	7/13/2004		Carl, Annette & Felicia Cordova Ernest & Tanya Skaggs
Philip Dix	9/14/1967	7/14/1992	Sudden Heart Failure	Ann Dix
Zachary Dean Glenn	2/18/1990	7/14/1993	Accidental strangulation	Janice Bren Kristin & Larry Glenn
Kristopher Lohrmeyer	12/13/1981	7/16/1999	Murdered	Dan and Lori Lohrmeyer
Blake Smith	7/8/2001	7/17/2002	Drowning	Brian Smith
Jeanne Burroughs Widmar	6/20/1950	7/18/1983	Cancer	Arlene & Charles Burroughs
Roy Polhemus		7/18/2003		Kathleen Landry Edward Pohlemus
Amanda Stocchero	7/24/1991	7/19/2007	Epilepsy	Sandy Stocchero
Ryan Rickman	2/11/1974	7/19/1985	Auto accident	Jean Rickman
Michael Benjamin Decker	5/16/1975	7/20/1993	Gunshot	Mary & Jerry Decker
Travis Grimmer	11/20/1972	7/23/2002	Cancer	Mary Lou Grimmer
Cathleen Bartlett Maxwell	3/17/1981	7/24/1987	Auto/ped accident	Dick & Marty Maxwell
Sarah Katherine Stouber	7/18/2003	7/24/2003	Diaphragmatic hernia	JoAnn Labenberg
Travis Holappa	7/14/1979	7/25/2004	Kidnapping / Murder	Kim & Terry Packa
Kari Ann Kirt	3/28/1972	7/26/1987	Car accident	Lon and Andrea Kirt
Benjamin Stewart Easton	6/3/1980	7/28/2002	Car accident	Susan Stewart
Christie Fike	4/2/1971	7/28/2003	Leukemia	Shirley & Dan Emerson
Derek Matthew Chandler	12/4/1982	7/29/1997	Hit by truck while riding	Billy & Cheri Chandler
Jimmy Schmidt	6/28/1992	7/30/2005	Leukemia	Jim & Laurie Schmidt
Jonathan Steven Gabriel	4/19/1986	7/31/1991	Leukemia	Steve & Jane Gabriel
Patricia Spain Boden	4/18/1956	7/31/1995	Auto accident	Margie Spain





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.

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

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.

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.

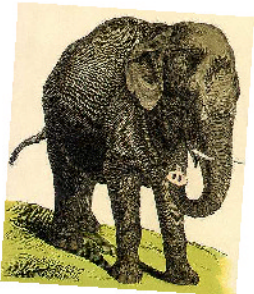
\$50 or more -- Newsletter sponsor. May include a full page for printing. Please remember to send it in "ready to copy" form, exactly as you would like it printed in the newsletter. Thanks.

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

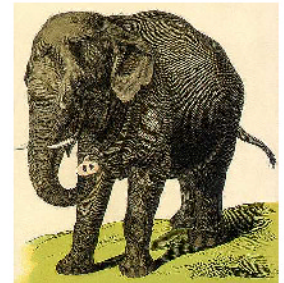
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The Elephant in the Room

By Terry Kettering
(Bereavement Magazine, October 1989)



There's an elephant in the room.
It is large and squatting, so it is hard to get
around it.
Yet we squeeze by with, "How are you?"
And, "I'm fine"....
And a thousand other forms of trivial chatter.
We talk about the weather.
We talk about work.
We talk about everything else---
except the elephant in the room.

There's an elephant in the room.
We all know it is there.
We are thinking about the elephant
as we talk together.
It is constantly on our minds.

For, you see, it is a very large elephant.
It has hurt us all.
But we do not talk about the elephant
in the room.
Oh, please, say her name.
Oh, please, say "Barbara" again.

Oh, please, let's talk about the elephant
in the room.
For if we talk about her death,
Perhaps we can talk about her life?
Can I say "Barbara" to you and not have
you look away?
For if I cannot, then you are leaving me
Alone....
In a room.....
With an elephant.