



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 1

## Upcoming Events

May 20th - General Meeting- 7:00 p.m. - First Baptist Church  
May 29th - Memorial Day Concert - 3:00 p.m. - Thompson Residence  
June 17th - General Meeting- 7:00 p.m. - First Baptist Church

## The COMPASSIONATE FRIENDS MEMORIAL DAY CONCERT & PICNIC BALLOON LAUNCH

The Compassionate Friends of the Pikes Peak Region is very excited to announce a special event on Saturday, May 29th, Memorial Day Weekend. Alan Pedersen will be in concert at 4:00 p.m. singing his personal and very moving songs of love, hope and healing for members of our TCF family. For those who are not familiar with Alan or were unable to attend our concert last year, Alan is a National Singer/Songwriter who has dedicated his music in the healing of others who are on their grief journey. Alan will be doing this as part of his "Angels Across The USA Tour". **Please see Page 3 for Sponsorship information.**



We will start the afternoon at 3 p.m. with a barbecue potluck for all in attendance. The event will be held at TCF Board Members Bob & Yvette Thompson's house with the meats, drinks and desserts being provided by The Pikes Peak Chapter of TCF. Our Memorial Day Balloon Launch honoring our children which will start immediately after the concert. RSVP's are suggested so we may plan seating and food. Be sure to mark your calendars now for this event which you won't want to miss. This event will be held RAIN or SHINE.

To RSVP you may email Laraine Anderson at [lason56@yahoo.com](mailto:lason56@yahoo.com) or Stew Levett at [stewart@archangelgifts.com](mailto:stewart@archangelgifts.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 concert and fellowship of the other TCF members.

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

CLICK BELOW FOR A MAP TO BOB & YVETTE'S HOUSE

<http://maps.google.com/maps?li=rwp&q=5012+Rocking+R+Dr,+Colorado+Springs,+CO+80915>

## OUR TELEPHONE FRIENDS

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

CHAPTER LEADER	LARAINÉ ANDERSON	351-7653
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
DRUG / ALCOHOL LOSS	STEWART & LETA LEVETT	531-5488
SKATEBOARD / AUTO ACCIDENT	RAYE WILSON	(303) 814-9478



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 2

## Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. 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.

**These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form.**



Tell us what you want. Is there something specific that you'd like to see? Perhaps more stories or articles on healing? Recommendations for books or poems written by other TCF members?

Do you have a poem or a prayer, story or picture that you would like to share? We also welcome your contributions to our newsletter whether original or something you may have read. If submitting something you've read or know is copyrighted material, you must obtain written permission from the author prior to us going to publication.

Please address any submissions to:

Stew Levett  
160 El Dorado Lane  
Colorado Springs, CO 80919

Or write to: [Stewart@Archangelgifts.com](mailto:Stewart@Archangelgifts.com)

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

## 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

## Angel Eyes: Giving Comfort, Providing Hope

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

Web site: [www.angeleyes.org](http://www.angeleyes.org)

**Meetings are held the 3rd Monday of the Month**

**Location:** Colorado Springs Penrose Library, 20 N. Cascade Ave  
**Time:** 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 3

## ***The Angels Across the USA Tour 2010 has begun...***

The Angels Across the USA Tour is a yearlong series of concert events featuring the music and message of Alan Pedersen. The purpose of this tour is to bring community awareness and media attention to grief organizations large and small who reach out to bereaved families.

Alan's work is truly a ministry; he will not be charging any of the organizations that host an event this year. The tour is being sponsored by hundreds of families just like yours, who have lost a child and want to have their Angel travel across the USA with him.

You can sponsor your angel for a \$100 donation which will help cover the travel expenses as Alan presents his healing message at over 120 events spread across 48 states.

When you sponsor the Angels Across the USA Tour, a beautiful butterfly decal will be created with your child's name and hometown hand drawn on it. These decals will adorn the Angel Trailer that will be prominently displayed at every event. In addition, your child's picture will be featured on our Facebook page, the tour website and at each concert.

You will receive updates of where the Angels have traveled and where they will be headed and links to the dozens of newspaper articles written about the tour.

So please go to our "Sponsor your Angel" page to register your child and become a part of this very special journey as Alan carries our beautiful Angels Across the USA.

**<http://www.AngelsAcrosstheUSA.com>** **[www.AngelsAcrosstheUSA.com](http://www.AngelsAcrosstheUSA.com)**

**[http://www.angelsacrosstheusa.com/Sponsor\\_your\\_Angel.html](http://www.angelsacrosstheusa.com/Sponsor_your_Angel.html)**

**[AngelsAcrosstheUSA@gmail.com](mailto:AngelsAcrosstheUSA@gmail.com)**





# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 4

## OUR MEETING ROOM HAS CHANGED

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?

Next meeting will be May 20th, 2010.

It is often difficult to attend your first meeting, but those who do find an atmosphere of support from other parents who understand a parent's grief. Nothing is asked of you; there are no fees; you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please do. Many find these meetings help them to heal; and together we learn to live with our loss. We learn that ***we need not walk alone.***

***We are now meeting in the Fellowship Hall downstairs. The Fellowship Hall is very private, comfortable and with it's own restrooms. We will enter through the atrium doors just west of where we normally enter and, as usual, we will have our TCF sign outside in front of the door.***

## 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 your 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, IL*

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

Colorado Springs - [www.tcfcolorado.org/coloradosprings](http://www.tcfcolorado.org/coloradosprings)

### Second Sunday of May

Many happy memories

Linger in our hearts this day

As we each remember our child

Who has left this earthly plane.

The day is bittersweet for us,

The mothers who have lost so much,

For to remove all pain could well

Erase the precious life we touched.

Tears will trace the memories of

Other, happier Mother's Days,

As we dwell in a quiet reverie

This Second Sunday of May

*Annette Mennen Baldwin*

*In Memory of my son, Todd Mennen*

*May 2006*

*TCF, Katy, TX*



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 5

## A BEREAVED MOTHER IS .....

**A Bereaved Mother is...** someone who stands at a grave wondering how she is going to live the rest of her life without this child.

**A Bereaved Mother is...** someone who thinks she will spend the rest of her life with this horrendous feeling inside.

**A Bereaved Mother is...** someone who has learned how to live all over again.

**A Bereaved Mother is...** someone who wishes they would take Mother's Day out of the calendar.

**A Bereaved Mother is...** someone who has to learn to accept the loss of her beloved child and uses what she has learned to help others.

**A Bereaved Mother is...** someone who can again learn to smile, to look forward to the future and get excited again because her Compassionate Friends were there when she needed them.

### The Day The Earth Stopped Spinning

When I lost my child the earth ceased to spin.  
The moon will not rise, the tide won't come in.

The sun insists on having its way,  
Blasting its rays and rising each day.

Another day comes, my child is not here;  
Another day comes, I live my worst fear.

Each morning I wake with the same painful thought;  
Why am I here when my sweet child is not?

All moments that pass I question this fate;  
While other lives carry on, I sit and I wait.

I wait for an answer, for some reason why...  
Praying for it to be me that could die.

Through my sorrow and grief I have made a life choice;  
To keep my son's memory alive and give him a voice.

I share stories of my son and the man he would be;  
a boy who lived life and was a hero to me.

Who would grow up and make the world a better place;  
Who would save the seas and the oceans from the  
human race.

When I lost my child the earth ceased to spin.  
But the moon still must rise and the tide must come in.

And since the sun insists on having its way,  
I will live in my child's memory each and every day.

~By Kim Turner TCF, Heart of Florida Chapter

## A Mother's Day Wish From Heaven

Dear Mr. Hallmark,  
I am writing to you from heaven,  
and though it must appear  
a rather strange idea, I see everything from here.  
I just popped in to visit your stores to find a card,  
a card of love for my mother,  
as this day for her is hard.

There must be some mistake I thought,  
every card you could imagine  
except I could not find a card,  
from a child who lives in heaven.  
She is still a mother too, no matter where I reside.  
I had to leave, she understands,  
but oh, the tears she's cried.

I thought that if I wrote you,  
that you would come to know  
that though I live in heaven now,  
I still love my mother so.  
She talks with me, and dreams with me;  
we still share laughter too;  
memories are our way of speaking now.  
Would you see what you could do?  
My mother carries me in her heart.  
She writes poems to honor me,  
sometimes far into the night.  
She plants flowers in my garden.  
There my living memory dwells.  
She writes to other grieving parents,  
trying to ease their pain as well.

So you see, Mr. Hallmark,  
though I no longer live on earth  
I must find a way, to remind her of her wondrous worth.  
She needs to be honored, and remembered too  
just as the children of earth will do.

Thank you Mr. Hallmark, I know you'll do your best.  
I have done all I can do; to you I'll leave the rest.  
Find a way to tell her how much she means to me  
until I can do it for myself,  
when she joins me in eternity.

By Jody Seilheimer  
TCF Kansas City, KS



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 6

## Remembering Our Children On Their Birthdays

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Cody Darby	May 1	Accident	Lori & Steve Darby
20 years	Oct 27		
Robyn Kulas	May 2	Car accident	Patty Kulas
8 years	Sep 28		
Susan Gordon	May 3		Mr & Mrs Arthur Gordon
17 years	Jan 4		
Martin Lanoue	May 4	Birth defect	Judy Lanoue
1 day	May 4		
Abbi Rose Starzynski	May 5	Medical condition	Sherry Starzynski
2 years	Jun 20		
Angela Gisela Martinez	May 5		Maria Hymes
34 years	Jul 11		
Patrick Niedringhaus	May 5	Avalanche victim	Leah & Dave Niedringhaus
18 years	Dec 22		
Douglas Radowski	May 7	Heart attack	Patricia Radowski
40 years	Apr 1		Renee Roettger
Jose N. Camacho	May 8	Accidental shooting	William & Veronica Camacho
9 years	Aug 24		
Gregory Randall Davis	May 9	Auto accident	Cora Davis
18 years	Jan 29		
Henry Rael	May 13	Accidental drug overdose	Isabelle, Ron & Maria Rael
37 years	Dec 26		
Henry Rio	May 13	PTSS	Isabelle & Ed Rio
37 years	Dec 26		
David Allen McGough	May 14	Car accident	Lillian McGough
25 years	Feb 7		
Jacob Hunter Smathers	May 14	Go-cart accident	Patty, Becky & Renee Smathers
9 years	Sep 24		
Ashley Meston	May 15	Unknown	Jerry Meston
14 years	Jun 7		
Michael Benjamin Decker	May 16	Gunshot	Mary & Jerry Decker
18 years	Jul 20		
Denise Elaine Bear	May 16	Auto accident	Dona & Tanya Flores
20 years	Oct 24		
Andrew Paul Weaver	May 16	Vehicle accident	Valerie Lightbody
20 years	Aug 17		



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 7

## Remembering Our Children On Their Birthdays

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Rocke Lee Corley 42 years	May 18 Apr 11	Heart attack	Jeanne Corley
Jeremy Laurence 25 years	May 20 Feb 26	Suicide	Ted & Sherrill Laurence
Jonathan Ell-Duncan 17 years	May 20 Nov 25	Car accident	Dan & Becky Duncan
Brian Michael Gregory 16 years	May 20 Mar 6	Muscular Dystrophy	Roy & Phyllis Gregory
Jeffrey Russell Schumaker 31 years	May 23 Sep 20	Auto accident	John & Vera Schumaker
Skylar Lynn Boyle Ringland 22 years	May 24 Apr 4	Homicide	Cathleen Boyle
Gary Michael Owens 32 years	May 24 Mar 27	Auto / pedestrian accident	Freda Maria Garcia
Audrina Escano 18 years	May 25 Dec 20	Severe asthma attack	Chris & Christina Pearson
Tristan Millman 25 years	May 25 Feb 7	Drug overdose	Lisa & Joel Millman
Josh Huston 23 years	May 27 Dec 5	Heart failure	Rodney & Michelle Moreno
Konrad Ferrar 20 years	May 31 Jun 4		Maria Hymes

## Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Julie Bankston 25 years	Apr 13 May 4	Suicide	Peggy Bankston
Martin Lanoue 1 day	May 4 May 4	Birth defect	Judy Lanoue
Jason Lamb 32 years	Feb 28 May 5		Jan Lyons-Lamb
Kendall Ford Young 14 years	Feb 20 May 11	Aplastic anemia	Ford & Ann Young
Justin A. Clayton 16 years	Mar 26 May 12	Gunshot wound	Terry & Sharon Clayton
Genevieve Sucharski 18 years	Aug 2 May 12	Car accident	Mark & Karen Sucharski



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 8

## Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
<u>Age at Death</u>	<u>Date of Death</u>		
Kaden France	Apr 30	Respiratory Distress	Jeremy & Sarah France
2 weeks	May 14		
Jason Nathaniel Lurch	Jun 28	Murder	Kathleen & John Lurch
23 years	May 15		
Matthew Stockwell	Dec 11	Rare disease	Mark & Sally Stockwell
25 years	May 15		
Michael Williams	Aug 13	Heart rejection	Carmen Randall
28 years	May 18		
Anthony Lopez	Oct 14	Car accident	Paul & Trudy Lopez
21 years	May 18		
Tyrone Binnebose	Jan 11	Infection from chemo	Natasha Binnebose
2 years	May 18		
Kimberley Dawn Leir	Feb 8	Respiratory failure	Adaline & Herb Leir - TCF Regina Chapter
6 years	May 18		
Kira Ann Schager	Mar 28	Accident	Frank & Lori Schager
5 years	May 19		
Eric Evans	Jan 23		Linda & Dick Evans
26 years	May 21		
Christopher J. Novich	Mar 24	Accidental strangulation	Susan & Joe Novich
15 years	May 22		
Christopher Clayton Hodson	Oct 27	Auto accident	Eric and Janice Hodson
22 years	May 22		
Zachary Nicholas Hoke	Apr 16	Heart defect	Debra & Steve Hoke
6 years	May 24		
Kenny Lanza	Nov 7	Auto accident	Chuck & April Lanza
27 years	May 25		
Zack Orr	Aug 16	Train accident	Dave & Sharon Orr
12 years	May 25		
Leah Ann Trutna	Nov 22	Motorcycle accident	Steve & Phyllis Trutna
21 years	May 28		
Michael William Sarmiento	Feb 7	Heart attack	Donna (Sarmiento) Pugh
46 years	May 29		
Nicholas Clare Cousineau	Aug 3	Obstructed airway	George & Chris Cousineau
3 years	May 29		
Gina Marie Geffre	Aug 16	Airplane crash	Joann Jahraus
14 years	May 29		





# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

May, 2010 Newsletter

Page 9

## Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Nicolas Jay Broughton 18 years	Dec 23 May 30	Car accident	Rose Broughton
Mallory Paulene Hendrickson 1 year	Jan 22 May 30	Car accident	Celine & Gary Hendrickson



### Mother's Day: A Father's View

In our house, as in other bereaved parents' households, Mother's Day comes with mixed emotions. Setting aside a day to honor motherhood is only right: mothers do tend to be taken for granted. I remember the childhood joy of getting my mother a special gift, even if the gift was nothing more than a crayon drawing. As an adult, buying gifts for your mother and the mother of your children still brings back those happy memories. But this all changed after Erin died. Looking through all the cards at the gift shop only reminds me of the irony. Cute, humorous, and sweetly sentimental cards await the bereaved father shopping for his bereaved wife. I can't find the card that will comfort my wife on this day, and even worse, I'm afraid that I'll buy a card that will bring back only painful memories of the child she lost. I realize this day, perhaps because it is so widely celebrated, can even, years later, take my wife back to grieving she thought she was "through with." I can never do enough on Mother's Day; maybe I try to do too much. I know, of course, that all the cards, gifts, flowers, and messy breakfasts in the world, can't make up for the loss of our child. But I still do all these things; she deserves them.

The unfairness of our daughter's death will always be there. I know I can't change that with a card. But I can remind her she is a great mother, a loving mother, and most importantly, she is still the mother of the child we lost. If she's happy on Mother's Day, I will try my best to keep her there. If she's depressed, I try to cheer her up as best I can, even though I feel I'm not very good at it. This, then, is the wish I have for all other bereaved mothers today: Please be as happy (and proud) as every other mother today; no one can dispute the fact you brought your child into the world. Although that child is no longer with you, the love you had for her or him remains and can never be taken away from you. If you should be depressed, may there be family and friends there to remind you of this and comfort you.

— To all of you: HAPPY MOTHER'S DAY.

Al Bots / TCF Cleveland, OH, SW Suburb

May 2010

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



## TCF National Conference -- July 2-4, 2010

"Reflections of Love, Visions of Hope" is the theme of The Compassionate Friends 33rd National Conference which will be held in Arlington, Virginia July 2-4, 2010. The event will be held at the Hyatt Regency Crystal City promising a beautiful venue for the 33rd TCF National Conference.

Independence Day will not only feature our Walk to Remember, but will include a world-class display of fireworks over the National Mall, visible from Arlington.

Reserve your accommodations on-line at Hyatt Regency Crystal City. Room rates are \$129 for single or double occupancy, \$154 for triple and \$179 for quad. These are specially negotiated rates available only to those attending the national conference. For those wishing to make reservations by telephone, please call 1-800-233-1234 and specify you are with The Compassionate Friends.



<http://www.compassionatefriends.org/home.aspx>