



The Compassionate Friends Pikes Peak Chapter

October 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, October 16, 7:00 p.m.: **general meeting**

Thursday, November 20, 7:00 p.m.: **general meeting**
Sunday, December 14: **Candlelight Remembrance**

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



Candlelight Remembrance

Now is the time to be thinking about our yearly Candlelight Remembrance to be held at The First Baptist Church on Sunday, December 14th. Besides our candlelight tribute and slideshow, there will be readings, music and refreshments for those in attendance. This is a beautiful service and is a wonderful way to honor the memory of your loved one.

Please submit your photos for inclusion in our slideshow no later than December 5th. We are sorry but photos submitted after the deadline will not allow us time to include your photo in this year's slideshow. We will however honor them by speaking their name at the Remembrance.

Please fill out the form found at the end of this newsletter.

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.



Message from our Chapter Leaders

There are some new things worth mentioning that we've completed or have begun working on;

- Ø Stew Levett has redesigned the Pikes Peak Chapter portion of the Colorado TCF website. This new design has chapter meeting information as well as the phone numbers and email capabilities for easy access.
- Ø 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.
- Ø You may add a photo of your child to our website by submitting a photo to Stew Levett via email at 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.
- Ø We hope to eventually add a photo page with pictures of our event happenings.
- Ø Access the website by going to <http://www.tcfcolorado.org>
- Ø 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.

A very Good Day to Cry

By Mary Jane Cronin/ Scottsdale, Arizona

From "Bereavement Magazine", May/June 2001

This is a very good day to cry,
Somehow special from any other.
Tomorrow, I will smile at the sun,
But this day I hurt as a mother.

The injury to my heart is traumatic.
It will take time for the pain to cease.
The visions of that baby, that child....
I know not if my soul will know peace.

A part of my body was taken from me,
The raw wound is so slow to heal.
There is no lotion to ease the pain,
I must endure it because it is real.

I can patch it up, but it won't be the same,
Like fine china, I reach for the super glue.
Such a fragile part of my anatomy cracked.
It holds together; but never like new!



...that their
light may
always shine.

Light a candle for all children who have died.

Sunday, December 14, 2008

7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING

More Chapter News

Help Wanted: Newsletter Editor

The Pikes Peak Chapter of The Compassionate Friends is in need of a new newsletter editor. Under the current format, a basic knowledge of or ability to learn simple publishing software with the ability to convert to pdf, along with a couple of evenings a month (or whenever you want to do it) is needed. You may make the newsletter what you like. Interested? Need more information? Contact Cora Davis, 495-2370, or CoraWD@aol.com; or Stew Levett, 531-5488 or stewlevett@msn.com. We need you!



LOVE GIFT



Adam Herzog
10/5/82 - 9/24/95



The Herzog Family



Seth Herzog
9/23/84 - 9/24/95

On September 24, 1995, Adam, and Seth Herzog were aboard a small plane with their father, Joel, returning from a tennis tournament in Las Vegas, Nevada, after a family vacation, when it crashed in bad weather. Although it has been thirteen years it is still hard for me to believe that these precious individuals are not playing tennis and laughing somewhere in the bright sunshine. Adam would be almost 26 and Seth would be 24 years old.

Adam's friends remember him for his deep compassion for others and his desire to enjoy life. He was a truly gifted athlete who excelled in hockey, tennis and track. Like his father, Adam was a true friend with a huge heart. Seth had an infectious laugh and a big tooth smile. He was quick to give hugs and was a sensitive, thoughtful boy whose eyes brought people into his caring and warm world. The boys were good friends who truly loved each other.

Those we love don't go away.
They walk beside us every day.
Unseen, unheard, but always near
Still loved, still missed, still very dear.
(Author unknown.)

In loving memory of my family - Joel, Adam and Seth Herzog
Nancy Saltzman, Wife and Mother



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>Cause</u>	<u>Compassionate Friend</u>
	<u>Birth</u>	<u>Death</u>		
Jim Agnew	10/4/1968	3/17/2000	Eating Disorder	Tom Agnew
Eric Sutton Skinner	10/9/1979	12/4/1998	Clinical depression	David & Gail Skinner
Adam Herzog	10/5/1982	9/24/1995	Plane crash	Nancy Saltzman
Jack C. Jefferson	10/8/1998	7/11/2004	Viral meningo-encephalitis	John & Dena Jefferson
Tucker Ray Graef	10/10/1990	6/21/2005	Drowning	Kathy Graef
Anthony Lopez	10/14/1979	5/18/2001	Car accident	Paul & Trudy Lopez
Margaret McKean	10/18/1961	9/26/2001		Lilo McKean
Jacob Sanchez	10/18/2002	1/22/2003	SIDS	Denise Langhorst Janine McDonough
Richard Joseph Armstrong	10/19/1976	2/27/1981	Drowned	Chuck & Helen Armstrong
Michael Edward Anderson	10/20/1983	10/4/2004	Motorcycle accident	Laraine Anderson
Kimberly Benson	10/22/1981	11/24/1997	Car accident	Debbie Diekman
Tyler Joseph Budfuloski	10/23/1991	6/28/1994	Sudden Unexplained Death	Rob & Alice Budfuloski
Wyatt Travis Wilson	10/23/2000	9/10/2003	Metabolic Disorder	Elizabeth & Lance Wilson
Cody Austin Wilson	10/23/2000	10/13/2006	Leukemia	Elizabeth & Lance Wilson
Brian Jensen	10/26/1974	12/29/2002	Suicide	Deborah Jensen
Christopher Clayton Hodson	10/27/1975	5/22/1998	Auto accident	Eric and Janice Hodson
Chris Skaggs	10/28/1988	7/13/2004		Carl, Annette & Felicia Cordova
Christopher Skaggs	10/28/1988	7/13/2004	Suicide	Ernest & T



Grief can't be shared.
Everyone carries it alone. His own burden. His own way.

Anne Morrow Lindbergh



Remembering Our Children On Their Anniversaries

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



Date of

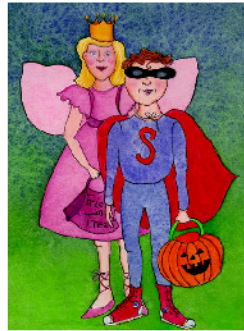
<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
John Walther	12/8/1968	10/1/2000		Joseph Walther
Suzanne Bethany Thomas	8/20/1981	10/3/1985	Leukemia	Arnie & Mary Thomas
Michael Edward Anderson	10/20/1983	10/4/2004	Motorcycle accident	Laraine Anderson
Angel Leah Kelley	4/7/2006	10/4/2006	Mis-diagnosed illness	Shirley McCleary & Jim Kelley.
Chris Hatfield	9/30/1968	10/6/1996	ATV accident	Catherine Thompson Cathy Hatfield
Judy Sexton	11/12/1958	10/9/1981	Unknown	Florence Wyatt
Sheri Cavin	12/27/1971	10/9/1993	Car accident	Susan & Alan Cavin
Jessica Stockwell	8/7/1977	10/12/2001	Rare disease	Mark & Sally Stockwell
Cody Austin Wilson	10/23/2000	10/13/2006	Leukemia	Elizabeth & Lance Wilson
Rebecca Ann Reynolds	11/1/1981	10/16/1999	Car accident	Ken and Barbara Reynolds
Aaron Paul Levett	8/2/1979	10/18/2005	Drug overdose	Stewart & Leta Levett
Alan Russell Spletstoesser	2/15/1965	10/19/1982	Cancer	Joan Spletstoesser
Amanda Lu DeLange	9/30/1988	10/23/2005	Car accident	Ellen Foster
Denise Elaine Bear	5/16/1961	10/24/1981	Auto accident	Dona and Tanya Flores
Trevor "T.J." Franks	12/24/1981	10/24/1999	Car accident	Penny Franks
Scotty Strader	12/11/1953	10/28/1978	Car accident	Kathrine Strader
Matthew Dale Wilson	9/23/1972	10/28/1986	Skateboard/car accident	Raye & Rick Wilson
Michael Christopher Rushmore	11/28/1971	10/29/2001	Suicide / mental illness	Bob & Carol Rushmore
Kimberly Denise Patterson	8/11/1983	10/30/1999	Auto accident	Sigrid Patterson
Ian Douglas McCrimmon	5/28/1997	10/31/2005	Severe asthma attack	Sheri & James McCrimmon





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.



Your Name(s):

Phone #

Address:

Your child(ren)*s name(s) as you want it to appear on the video:

Child's Birthdate:

Child's Memorial Date:

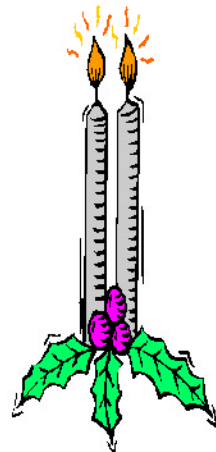
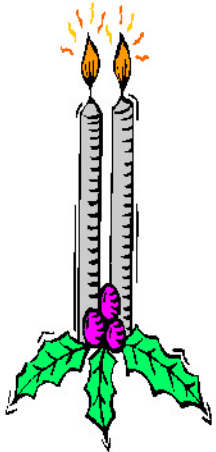
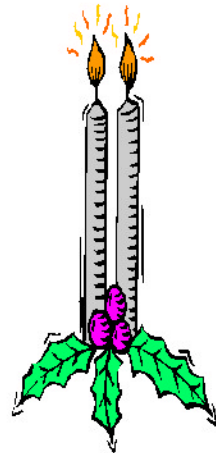

Cause of Death (Optional)

Please check here if you would like us to use last years slide

Dedication/Message to my child: (Please limit to 50 words or less)

Picture(s) included: Yes No Number of pictures included:

Please create my page with information and picture(s) provided:

...that their
light may
always shine.

Light a candle for all children who have died.

Sunday, December 14, 2008

7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING

Photographs and dedications may be emailed to Stewart Levett at stewlevett@msn.com or send to Stewart Levett c/o The Compassionate Friends, 160 El Dorado Lane, Colorado Springs, CO 80919. Please inform us if you would like the photographs returned.

ALL PHOTOS AND DEDICATIONS MUST BE SUBMITTED BY DECEMBER 5TH.

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

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After the First Year

After the first year,
The pain changes from a crushing weight
to a wickedly cutting edge.
Time speeds up from grinding plodding
To a more normal routine
And sometimes you can forget (for a moment)
that your whole life was destroyed
just last year.
After the second year
You can start to remember the good times
And you can tell a funny story about your child
And save the crying for later,
But sometimes it feels like you're the only one left who mourns.
"What's the matter with you anyway?"
"It's been a whole year."
After the first year your child seems a little closer
Yet still so far away.

Miracle of miracles, you haven't forgotten
How he walks, his voice, the shape of his head
or the solid warmth of his fingers curving around yours.
Those memories ambush you at many unlikely moments
And tear you apart.
After the first year,
Your heart begins to thaw.
You remember that you once loved your surviving children
And you love them again.
You remember that life used to hold joy,
And you rediscover some small enjoyment in living.
After the first year
You pick up your burdens and go on.
Amazingly, you have survived a blow more painful than anything
You ever imagined.
Even though you wish you could have died too,
It slowly dawns on you that you must still live
Because after the first year comes the second year.

By Liz Ford, TCF-Madison, WI