



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

June, 2011 Newsletter

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Upcoming Events

June 16th - General Meeting - 7:00 p.m. - First Baptist Church
July 21st - General Meeting - 7:00 p.m. - First Baptist Church

Welcome

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?

Our next meeting will be on May 19th, 2011.

The death of your child is probably the most traumatic, life-changing event that you will ever experience. The Compassionate Friends is an organization of parents who have also lost a child to death. Each of us has experienced the deep, searing pain that you are feeling now. Each of us has turned to other parents who were farther into their grief journey for guidance, support and understanding. This is done through our monthly meetings, our newsletter, our website, our Telephone Friend program, our library and our e-mail program. Each month parents find our meeting to be a safe place where they can talk about their pain and problems with others who are uniquely qualified to understand; bereaved parents offer gentle suggestions or often simply listen. We invite you to bring a friend to your first few meetings until you feel a level of comfort with the group. Do not be surprised if we talk about the happy times with our children, the wonderful memories and the various methods we have created to keep our children close to us. It is here that many bereaved parents find hope as those who are more seasoned in their grief shine the light of experience to help illuminate each grief path. We have no dues. We are self-sustaining through donations and the generosity of so many in our community. **You Need Not Walk Alone.**

Pikes Peak Chapter Steering Committee

CHAPTER LEADER

LARAIN ANDERSON
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART & LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER/FACILITATOR

LEONIE CRAMER
Son, Julian Anthony King

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. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form. *Wouldn't you like to make a dedication to your child and help our chapter?*

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

WEBSITES:

National - www.compassionatefriends.org

Colorado - www.tcfcolorado.org

Colorado Springs - www.tcfcolorado.org/coloradosprings



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Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

www.compassionatefriends.org

Going Home Angel



This angel, sculpted by Artist Marco Grove, is now being offered for sale through Archangel Gifts. Inspired and dedicated to my son Aaron Paul Levett, this angel depicts the soul of your loved one returning to the arms of the Father. The angel is cast from crushed selenite, quartz and angelite crystals. The sculpture is 3 1/2 inches tall and is finely polished.

We will be donating 25% of the proceeds from the sale of these angels to The Compassionate Friends and one will be given away at this years Memorial Balloon Launch.

You may pre-order your own angel by going to our website at www.Archangelgifts.com. Angels will be delivered at the Memorial Balloon Launch or can be shipped to any location. If you would like further information please feel free to email me at stewart@archangelgifts.com

TELEPHONE FRIENDS

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

CHAPTER LEADER	
LARAIN 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

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



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Strangers & Friends

Bereaved parents gather monthly and tell their stories again and again. The pain is evident on their faces yet strength comes deep from within. To simply attend these meetings is courageous. We enter as strangers, and we depart as friends. I've attended our group meetings for over four years. I never had the honor of meeting these children in life, yet I know them intimately—how each lived, and how each died.

Some of us were blessed to have our children several years, and others only a few. Some children lived just a few months, days or minutes—and some never took a breath. Still, our pain and emptiness is universal.

Our grief is universally unique. As individuals our journeys lead us in many directions, yet once a month we come together, to tell our stories again and again. These strangers, these people I call friends.

Kathy A. ~ TCF, Fort Collins, CO

A Father's Attitude

My son began learning how to be a father when I married my husband. Once it was just the two of us....Todd and me. Then it was the three of us. Todd, John and me.

The dynamics shifted, yet they strengthened for each of us. My husband took Todd on special trips...skiing in Colorado, fishing in Canada, deep sea fishing in the Gulf.

But he also gave him time. Together they worked on building our new home. Todd learned how to use a hammer, a saw and a screwdriver at the age of 10. John and Todd spent thousands of hours working on cars together and going to car shows.

But most importantly, John taught Todd what a father is. Once, when Todd's son was complaining about how unfair life was, Todd sat back and talked with him. "Some people's glasses are half full, some are half empty, but Buddy, your glass is always bone dry. Why is that?"

No answer was forthcoming. So Todd explained to him that it was all in attitude. "Look at your Papa John. Each day he wakes up happy. He doesn't complain. He does what he has to do, and he always has something positive to say to everyone. Life isn't always easy for him. He just makes it look that way. It's an attitude, Bud. You need to learn that life will be tough sometimes. Other times it will be good. Life is how you perceive it.

That's one of the most important lessons your Papa John taught me. Think about it."

Now, John and I are facing the fifth Father's Day since Todd died. I always get him a card and let him know that he was a great father whose contribution enriched my son's life very deeply. John gave of himself. He brightened Todd's days, broadened his horizons and tempered his attitude. Todd learned that men do cry, that women need to be told that they are loved and that children are a wonderful gift. So, once again this year, I will thank John for bringing so much dimension and pure love into my beautiful son's life and remind him that little boys become good fathers because of their role models and that life is truly about attitude.

Annette Mennen Baldwin - TCF, Katy, TX

But You're Absolutely Normal!

Grief is a normal reaction to loss, and it shows up in many ways you might not expect. If you've...

- been angry with doctors or nurses for not doing enough,
- been sleeping too much or not enough,
- noticed a change in appetite,
- felt no one understands what you're going through,
- felt friends should call more or call less or leave you alone or invite you along more often,
- bought things you didn't need,
- considered selling everything and moving,
- had headaches, upset stomachs, weakness, lethargy, more aches and pains,
- been unbearable, lonely, and depressed,
- been crabby,
- cried for no apparent reason,
- found yourself obsessed with thoughts of the deceased,
- been forgetful, confused, uncharacteristically absentminded,
- panicked over little things,
- felt guilty about things you have or haven't done,
- gone to the store every day,
- forgotten why you went somewhere,
- called friends and talked for a long time,
- called friends and wanted to hang up after only a brief conversation,
- not wanted to attend social functions you usually enjoyed,
- found yourself unable to concentrate on written material,
- been unable to remember what you just read,
...you're normal.

These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass.

You'll never forget the person who has died, but your life will again become normal, even if it is never exactly the same.

Take care of yourself. You will heal in time.

Joanne Bonelli ~ TCF, Greater Boise Area, Idaho

My son, a perfect little boy of five years and three months, had ended his earthly life. You can never sympathize with me; you can never know how much of me such a young child can take away. A few weeks ago I accounted myself a very rich man, and now the poorest of them all.

Ralph Waldo Emerson
In a letter to Thomas Carlyle



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Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Benjamin Stewart Easton	Jun 3	Susan Stewart
Madalynn Ann Bergevin	Jun 3	Mollie Bergevin
Renee Lee Seiberlich	Jun 6	Joe & Leda Seiberlic
Tyler Schmidt	Jun 6	Valerie & Jeff Schmidt
John Doles	Jun 6	James & Susan Appleman
Sandra Steckiel	Jun 10	Beth Steckiel
Yancy Hufford	Jun 13	Patty & Larry Hufford
Andrea Mischel	Jun 14	Gary & Jerri Zimmerman
Matthew Flint	Jun 14	Cathy Flint
Jessica Robison	Jun 14	Terri Robison
Nathan Gentry	Jun 16	Susan Gentry
Laura Dean	Jun 17	Barbara Dean
Jason Bradford Pfeif	Jun 17	Chris and Brad Pfeif
Jim Eley	Jun 19	Judy Eley
Richard McShan	Jun 20	Paul & Angelika McShan
Jeanne Burroughs Widmar	Jun 20	Arlene & Charles Burroughs
Dennis Lynn Gerringer	Jun 21	Kim Gerringer
Patrick Clabeau	Jun 23	Vince & Lori Clabeau
Robert Beynon	Jun 25	Bill & Donna Beynon
Adam J. Hurst	Jun 25	Kim Troeger
Kirsten Evelyn Cornell	Jun 26	Will & Marion Cornell
Noah R. Wilderson	Jun 26	Sarah Wilkerson
Amy Feight	Jun 27	Patty & Bill Feight
Scott David Stiegelmeier	Jun 27	Betty Stiegelmeier
James Bishara	Jun 28	Phebe Bishara
Jimmy Schmidt	Jun 28	Jim & Laurie Schmidt
Jason Nathaniel Lurch	Jun 28	Kathleen & John Lurch



Alan Pedersen kept his word to perform at our Memorial Day Balloon Launch despite a horrible injury to his fretting hand. His talk and singing continue to be an inspiration to all grieving parents. We are grateful for his continued commitment to help the bereaved. I just don't want him on my basketball team. :-)



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Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Evan Carara	18 years	Jun 2	Cindy & J.D. Carara
Madalynn Ann Bergevin	1 day	Jun 3	Mollie Bergevin
Billy E. Hendrickson	19 years	Jun 3	Grace & Delbert Hendrickson
Konrad Ferrar	20 years	Jun 4	Maria Hymes
Aaron Steffens	36 years	Jun 5	Lynn Nickel
Matthew Sperry	34 years	Jun 5	Harriet Sperry
Sean O'Connor	20 years	Jun 5	Dennis & Tracy O'Connor
Anton "Andy" George Horn	13 years	Jun 6	Levi & Emma Horn
Ashley Meston	14 years	Jun 7	Jerry Meston
Nicole Johnson	34 years	Jun 10	Sherry Turner
Sandra Steckiel	4 days	Jun 13	Beth Steckiel
Arthur Lipphardt Jr	24 years	Jun 15	Art & Chris Lipphardt
Ryan Sayers	20 years	Jun 16	Tom & Kate Sayers
Vinnie Franz	18 years	Jun 17	Barb Franz
Andrew Evan Neely	2 months	Jun 18	Tamara Noble
Kyle Joe Manning	11 years	Jun 19	Carol & Don Manning
Abbi Rose Starzynski	2 years	Jun 20	Sherry Starzynski
Tucker Ray Graef	14 years	Jun 21	Kathy Graef
Jackie Sanchez	22 years	Jun 21	Mary Sanchez
Nicholle Guy	14 years	Jun 22	Lezlee Guy
Karen Sue Crawford	16 years	Jun 23	Joy Andrews
James Michael Burroughs	43 years	Jun 24	Arlene & Charles Burroughs
Andrea Mischel	30 years	Jun 25	Gary & Jerri Zimmerman
Daniel J. Whisler	38 years	Jun 27	JoAnn Mowdy
Tyler Joseph Budfuloski	2 years	Jun 28	Rob & Alice Budfuloski
Stephen Lucas Tyler	19 years	Jun 28	Catherine Tyler
Anthony James "Tony" Pisor	25 years	Jun 28	Cynthia Pisor-Zapel
Kimberly Ann Hayes	22 years	Jun 30	Patty and Patrick Hayes
Noah R. Wilderson	5 days	Jun 30	Sarah Wilkerson

Whether you lost your child this month or 20 years ago, to honor your child with even the simplest gesture like writing their name on a balloon of their favorite color and releasing it into the wind where it travels freely, helps ease the pain and suffering and helps set you free.





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CLOSURE

Do you cringe when you hear this word? I do. As I write this, Osama bin Laden has been dead for a couple days, and, in my opinion, that word is being overused.

I was pleasantly surprised when I read the May 3, 2011, South Bend Tribune article called “No closure for Katie’s father”. Dick McCloskey lost his daughter, Katie, in the 9/11/01 attacks. He states, in part: “closure has become a trite word. There is no such thing in the loss of a loved one.”

How do you feel about the word CLOSURE? I am just one person with an opinion, but I am pretty sure there are other bereaved parents who agree with me. The word “closure” implies that we are okay with what happened, that whatever happened is done, etc. Again, this is my opinion, but I have to wonder how parents who have been through a years-long trial feel after the trial. I think society can sometimes make them feel like once the trial is over and the person on trial is sentenced, they will have closure. But what happens when they wake up the next morning, expecting to feel all better? Do they really? Maybe in some ways, but does the fact that their child is still dead come back to slap them all over again? You may have heard me say this before, but I believe when people say this, it is mostly a matter of ignorance.

And I am happy for their ignorance, because that most likely means they have not lost a child or someone very close to them. But I write this in hopes of bringing attention to this subject.

I will never have closure. I will miss my son every day until the day I die. My world is forever changed because of that one accident. How do you feel? Drop us an email with “Closure” in the subject line –

tcf-stjoe@att.net

Deb Starkweather - TCF St. Joseph County, South Bend, IN

TO THOSE WHO DON'T UNDERSTAND ME

I know you think it's morbid that I have pictures of my stillborn daughter.

I know you think I'm crazy for hugging and holding her blankets to my chest.

I know you think I'm weird for not washing the cap she wore (with tiny streaks of dried blood upon it), and for putting it against my face to smell it.

I know you think I'm sick for dressing her and holding a funeral for her.

Please let me tell you how I felt, and just maybe you'll understand.

The pictures are all I have to look at, since she is not here for me to see.

The blanket is the only thing I have to hug and hold, since she is not here for me to hold and cuddle.

The cap has her scent, and it was the only article of clothing that ever touched her skin. To wash it would take away her scent.

I had her dressed because she was a human being. I know I wouldn't want to be buried naked, so why should she?

I had a funeral for her because she was very much alive for 9 months within me, and I felt her life. She deserved to be acknowledged as a human being who departed this world. She deserved this last farewell.

So, you see, I did all of these things to acknowledge her existence. If I didn't do these things, it would be like saying she never existed, and 9 months of my life never existed.

It really doesn't matter what you think. It's what I think that matters—because I'm the one that lost my daughter. And I think everything I did, and everything I do, is quite normal.

I do what comforts me and gets me through this loss! These things that I did (or do now, from time to time) feel good and right to me. And that is what's important.

Shirley Beck, Anne Arundel Ch., BPUSA, Annapolis, MD



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THOUGHTFUL POEMS

COME ON, DAD!

The sun's shining, not a cloud to be seen
A day made in Heaven, isn't it keen?
Wow, can you believe such a glorious sight,
A dream come true, a fantasy delight!
Dad! Hey, Dad! Something's not right.
Mom's upstairs crying, Did you have a fight?
No one is laughing or having any fun.
Dad, what's wrong? Is it something I've done?
Come on, Dad, this is your day.
Get up, get going, come on and play.
Why are you sitting and staring at space?
I'm here, Dad! Can't you see I'm right here?
I'm here in your heart, isn't it clear?
I'm here in your thoughts and all that you do.
I've never been gone from any of you.
Our love lives forever. It won't go away.
That's why we'll always share this day.
Put on a smile, not an ugly ole frown.
Come on, Dad...Don't let me down!
Enjoy your day. Share it with me.
Laugh and love our whole family.
I'm here, Dad, like I'll always be,
Come on, Dad. Do it! Do it for me!
By Carol Cichella
TCF Rockford, IL.

Father's Day

Warm and sunny day in June
Father's day,
children, small and grown
give gifts to father
say thanks to father
say I love you.
But there are fathers
whose children are not here
to give gifts and say thanks
and say I love you.
Remember the fathers
whose children are gone,
because they will always be
fathers at heart.

Sascha Wagner - From *Wintersun*

THE CONNECTION

When I'm walking in the sunshine
I'm walking in your love.
When I'm walking in the rain
Your tears fall from above.
Your laughter is the birds
In songs outside my window.
Your spirit passes by,
Each time I hear the wind blow.
When I smell the blooming flower,
Your fragrance lingers there.
And in the waters reflections,
Your face is shining fair.
You come to me in many ways,
Each one different from before.
In the rainbow shines your eyes.
Your whisper I hear,
As the waves brush the shore.
You always find a way to reach me,
Just when I'm missing you most.
Making the connection,
When I'm feeling lost.
Through our bond of life
This connection will always be
A special part of you,
And a special strength to me.

Jane K. Shell TCF- Annapolis, MD



A big "Thank you" to Bob & Yvette Thompson for once again hosting our annual picnic, balloon launch, and concert. It was a memorable afternoon for all who attended on Memorial Day weekend.

Pikes Peak TCF
Steering Committee



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HEALING WORDS

When You Lose an Only Child

The loss of an only child is neither greater nor less than the loss of one of many children. However, the loss of an only child is experienced differently. It is different because you lose your parenthood, which is such a large part of the life of any parent.

1. With the death of an only child, you lose the one person who could use all of the love you had to give every hour of every day. One of the secrets of parenthood is that from birth, children teach us that we have a greater capacity for unselfish love than we thought possible. When your only child dies, you may feel that you are drowning in the parental love your heart continues to generate for the child you have lost.

2. With the death of an only child, you lose so much of your own future that was tied to your child's future. The first day of school, sports, learning to drive, a first crush, a first date, a first heartbreak, high school, college, career, marriage, children, grandchildren, great grandchildren. Your only child lost all of this from his or her future. And so did you.

3. With the death of an only child, you suffer many tiny losses that cause pain only another grieving parent can comprehend. You have lost the joy of checking the cereal aisle to see if Cocoa Puffs are on sale. You have lost the reason to keep up with the top ten hits on the pop music charts. You have lost the joy of caring what prize is in a box of Cracker Jack. You have lost the joy of getting up early on a Saturday morning for kids soccer, basketball, or bowling. You have lost the reason to hope for a December snow. You have lost the person who thought you made the best cocoa on a cool December evening. For me, I lost a gentle, kind, generous child who loved, watched for, and shared beautiful sunsets.

The loss of an only child is a devastating loss. Your child has lost his or her life. And you have lost an important piece of your own life, your parenthood. The Compassionate Friends chapter near you is there to help you acknowledge and grieve these losses by sharing your pain with others who have known their own pain.

Bill Snapp ~ TCF, Atlanta (Tucker), GA

FATHER'S DAY

Every father believes in his role as protector of his family. He has been assigned the job of fixer and problem solver. He has been told since his youngest days that he must be strong---must not cry.

But each father among us has had to face that point where no amount of fixing, problem solving and protecting has been able to stop our child's death. And inside, we must ask ourselves about our failure, and we must face our lack of omnipotence.

Father's Day is often a forgotten holiday, overshadowed by the longer-standing tribute to mothers. But for the bereaved father it is a poignant reminder of bitter sweetness; sweet in the memory of a loved, now lost, child; bitter for the death and pain and recognition of inability to stop what happened.

Fathers do not often have a chance to share their hurts and concerns. Oftentimes they are unable to do so, a remnant of childhood learnings about the strength and stoicism of "big boy." A father may even be uncomfortable opening up to his wife, and the wife who pushes him to talk may be pushing too hard.

Father's Day does not have to be a time when everyone pours out of the woodwork to say, "I'm sorry we haven't talked. Let's do it now." But it can be a time when the family gives Dad a hug, does something special, helps with the chores, and mostly, lets him know how important and needed and loved he is. It is some of these things that he has lost with the death of a child. And, like Mother's Day, the day set aside for Fathers does not have to be limited to a Sunday in June. It can be any day and every day.

Fathers often show their hurts differently, often internally. But They Do Hurt.

By Gerry Hunt, TCF White River Junction, Vermont.



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Save the Date: TCF's 34th National Conference will be held in Minneapolis/St. Paul July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Room, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning. Reservations can now be made at special conference rates for hotel rooms for the 2011 TCF National Conference at the host hotel, the Sheraton Bloomington Hotel, Minneapolis South. Reservations can be made online or by calling a special reservation number. For more information, please see our [TCF 2011 National Conference - Minneapolis](#) page.



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

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.

Every year the conference committee makes available a unique memento and this year it is the "Star of Hope." A rectangular version of the conference logo is the basis for the Star of Hope and includes silhouetted pine trees, gleaming stars, and a single butterfly where the child's picture will be inserted with his or her name. That logo insert with picture will be artistically framed by a 4"X5" silver, vertical wire star-frame ornament with an attached ribbon for hanging. These will all be on display at the conference!

Minimum donation for each picture submitted remains \$10 again this year for those ordering one and picking it up at the end of the conference. If you cannot attend the conference and would like to have the picture sent to you, an additional \$5 donation is requested to cover postage and handling.

The sale of this memento helps to fund the tremendous costs involved with putting on a TCF National Conference. You may order the Star of Hope at the Photo Upload Page on TCF's national website.

www.compassionatefriends.org/National_Conferences/Star_of_Hope_Photo_Upload.aspx

June 2011

The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
Colorado Springs, CO 80949-1345



An Open Invitation to Our Members

34th Annual TCF National Conference and 12th Walk to Remember

July 15th - 17th in Minneapolis, Minnesota

Room rate is \$129 per night for a King Room or Double Bed Room, single or double occupancy;

\$139 for triple and \$149 for quad.

These special reduced rates are available on stays from July 10-19

if the reservation is placed by June 21 (subject to availability).

These are specially negotiated rates available only for those attending the national conference.

Reserve your accommodations online at Sheraton Bloomington Hotel Minneapolis South

or telephone 952-835-7800 and mention you are with The Compassionate Friends.

Arrangements are being made for free shuttle pick-up to and from the hotel and the Minneapolis St. Paul International Airport.

Those driving to the conference will have complimentary free parking at the hotel .

