



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

June, 2010 Newsletter

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## Upcoming Events

June 17th - General Meeting- 7:00 p.m. - First Baptist Church

July 15th - General Meeting- 7:00 p.m. - First Baptist Church

August 19th - General Meeting- 7:00 p.m. - First Baptist Church

## 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 June 17th, 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 its 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.***

## 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

## 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)

## 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



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## 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.



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## MEMORIAL DAY CONCERT, PICNIC & BALLOON LAUNCH IS A HUGE SUCCESS

"If you grill it, they will come!"

*Thank you Bob & Yvette Thompson for hosting such a fine day.*



*Photos by Stew Levett*





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## "That Room" Becomes Home

The setting is a little strange. "That Room" is longer than it is square. The chairs are in an oblong circle, boxes of tissue are strategically placed. Someone has made coffee and there are brownies or a cake --and all the pictures.

Sometimes you will walk into "that room" feeling as weak as a kitten, and sometimes as strong as a bull. No matter how you're feeling when you see all those chairs, you think: "It's not possible; there can't be that many people who feel the way I feel!" But little by little you watch the chairs fill in.

It's like being at your house with company, EXCEPT this room is a safe haven. You feel secure, and there's a warm feeling in the room--the comfort of being accepted. Here, you won't be judged by other people. It is safe to take off your mask and let your feelings show, to share your thoughts.

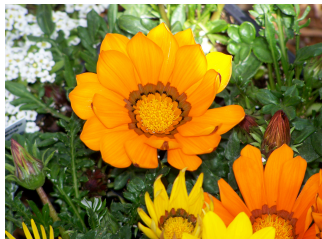
Here you get an understanding smile and feel the comfort of a "meant" hug--the warmth of someone who really wants to know how you are doing, instead of asking: "Are you still dealing with this?" or "You're still going to those meetings?"

Here, you are accepted for the person you have become. You don't hear: "I liked the old you better", or "I want the old you back", or "You're not fun anymore". In "that room" they understand the "new" you who has survived the WORST thing that life can hand a person.

Before you know it, "that room" is more comfortable than any place you can think of. I've been walking into this room for 12 1/2 years now, and it is full of people who know me better and are closer to me than my own family. They became my "new" friends, my "new" family. What I have learned and shared with my new family has changed the pain I carry. They taught me how to put my life back together, how to go on.

I will always miss my beautiful daughter, Sara; I will never forget her, and yes, my life will go on.

"That room" has become home. I want to thank all of you for being here when I needed you the most! Thank you for being here now; I couldn't have done this journey without you! See you next month!  
Mardy Burns, Independence, MO TCF



## FATHERS 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.*

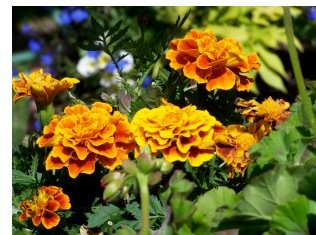
*Father's Day is often a forgotten holiday, overshadowed by the longer-standing tribute to mothers. But for the bereaved father it is a poignant reminder of bitter sweetness; sweet in the memory of a loved, now lost, child; bitter for the death and pain and recognition of inability to stop what happened.*

*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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## Remembering Our Children On Their Birthdays

<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>		
Benjamin Stewart Easton	Jun 3	Car accident	Susan Stewart
22 years	Jul 28		
Madalynn Ann Bergevin	Jun 3	Unknown	Mollie Bergevin
1 day	Jun 3		
Renee Lee Seiberlich	Jun 6	Reyes Syndrome	Joe & Leda Seiberlich
1 year	Dec 5		
Tyler Schmidt	Jun 6	Fentanyl Intoxication	Valerie & Jeff Schmidt
23 years	Nov 20		
John Doles	Jun 6	Sniper	James & Susan Appleman
29 years	Sep 30		
Sandra Steckiel	Jun 10	Premature	Beth Steckiel
3 days	Jun 13		
Yancy Hufford	Jun 13		Patty & Larry Hufford
26 years	Feb 11		
Matthew Flint	Jun 14	Suicide	Cathy Flint
26 years	Dec 31		
Andrea Mischel	Jun 14	Cancer	Gary & Jerri Zimmerman
30 years	Jun 25		
Jessica Robison	Jun 14	Car accident	Terri Robison
17 years	Mar 3		
Nathan Gentry	Jun 16	Cancer	Susan Gentry
7 years	Jul 29		
Jason Bradford Pfeif	Jun 17	Drowning	Chris and Brad Pfeif
18 years	Aug 1		
Laura Dean	Jun 17	Birth defect	Barbara Dean
30 years	Aug 16		
Jim Eley	Jun 19	Flu symptoms	Judy Eley
43 years	Jan 19		
Richard McShan	Jun 20	Suicide	Paul & Angelika McShan
23 years	Apr 1		
Jeanne Burroughs Widmar	Jun 20	Cancer	Arlene & Charles Burroughs
33 years	Jul 18		
Dennis Lynn Gerringer	Jun 21	Killed - drunk driver	Kim Gerringer
16 years	Apr 16		
Patrick Clabeau	Jun 23	Car accident	Vince & Lori Clabeau
20 years	Jan 4		
Robert Beynon	Jun 25	Cancer	Bill & Donna Beynon
28 years	Sep 18		



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## 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>
Kirsten Evelyn Cornell	Jun 26	Cardiac event	Will & Marion Cornell
9 years	Feb 23		
Scott David Stieglmeyer	Jun 27	Cystic fibrosis	Betty Stieglmeyer
21 years	Nov 7		
Jimmy Schmidt	Jun 28	Leukemia	Jim & Laurie Schmidt
13 years	Jul 30		
Jason Nathaniel Lurch	Jun 28	Murder	Kathleen & John Lurch
23 years	May 15		
James Bishara	Jun 28	Lymphoma	Phebe Bishara
19 years	Apr 27		

## Remembering Our Children On Their Anniversaries

<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>
Evan Carara	Nov 22	Car accident	Cindy & J.D. Carara
18 years	Jun 2		
Madalynn Ann Bergevin	Jun 3	Unknown	Mollie Bergevin
1 day	Jun 3		
Billy E. Hendrickson	Mar 22	Cancer	Grace & Delbert Hendrickson
19 years	Jun 3		
Konrad Ferrar	May 31		Maria Hymes
20 years	Jun 4		
Matthew Sperry	Nov 6	Bike / car accident	Harriet Sperry
34 years	Jun 5		
Sean O'Connor	Jan 28	Car accident	Dennis & Tracy O'Connor
20 years	Jun 5		
Anton "Andy" George Horn	Sep 10	Ped / auto accident	Levi & Emma Horn
13 years	Jun 6		
Ashley Meston	May 15	Unknown	Jerry Meston
14 years	Jun 7		
Sandra Steckiel	Jun 10	Premature	Beth Steckiel
3 days	Jun 13		
Arthur Lipphardt Jr	Jul 23	Motorbike Accident	Art & Chris Lipphardt
24 years	Jun 15		
Ryan Sayers	Jul 20	Lightning strike	Tom & Kate Sayers
20 years	Jun 16		
Vinnie Franz	Nov 8	Accidental drug overdose	Barb Franz
18 years	Jun 17		



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## 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>		
Andrew Evan Neely	Apr 13	Spinal Muscular Atrophy	Tamara Noble
2 months	Jun 18		
Kyle Joe Manning	Jul 7	Hurlers Syndrome	Carol & Don Manning
11 years	Jun 19		
Abbi Rose Starzynski	May 5	Medical condition	Sherry Starzynski
2 years	Jun 20		
Tucker Ray Graef	Oct 10	Drowning	Kathy Graef
14 years	Jun 21		
Jackie Sanchez	Sep 9	Lupus	Mary Sanchez
22 years	Jun 21		
Nicholle Guy	Sep 11	Car accident	Lezlee Guy
14 years	Jun 22		
Karen Sue Crawford	Jul 4	Cancer	Joy Andrews
16 years	Jun 23		
James Michael Burroughs	Sep 29	Cancer	Arlene & Charles Burroughs
43 years	Jun 24		
Andrea Mischel	Jun 14	Cancer	Gary & Jerri Zimmerman
30 years	Jun 25		
Daniel J. Whisler	Dec 11	Brain tumor	JoAnn Mowdy
38 years	Jun 27		
Anthony James "Tony" Pisor	Jul 10	Surgery complications	Cynthia Pisor-Zapel
25 years	Jun 28		
Stephen Lucas Tyler	Jan 25	Car accident	Catherine Tyler
19 years	Jun 28		
Tyler Joseph Budfuloski	Oct 23	Unexplained Death	Rob & Alice Budfuloski
2 years	Jun 28		
Kimberly Ann Hayes	Nov 10	Amniotic Fluid Embolism	Patty and Patrick Hayes
22 years	Jun 30		

### Who are bereaved parents?

Doctors, lawyers, fisherman, accountants, mechanics, painters, salesmen, plumbers, electricians, presidents, teachers, musicians, taxi drivers, mathematicians, engineers, gardeners, farmers, pilots, mailmen, beauticians, architects, reporters, astronauts, chefs, soldiers, assemblers, actors, policemen, firemen, librarians, waitresses, dancers, writers, printers, clergy, tailors, bankers, dishwashers, truck drivers, nurses, boxers, pharmacists, veterinarians, bakers, ranchers, flight attendants, nannies, dentists, bookkeepers, disk jockeys, technicians, store clerks, brokers, bartenders, locksmith, realtor, construction worker, martial artist, rancher, welder, artists, sanitation workers, students, groomers, news anchors, purchasing agents, bus drivers, politicians, insurance salesmen, gardener, coach, equipment operator, business manager, therapist, dentists, photographer, designers, barbers, butchers, auto workers, physicians assistant, grocery clerk, cook, scientist, computer programmer, .....

**We Need Not Walk Alone.**



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## Summer Time, Vacation Time, Family Time

I'll bet you never dreamed that there would ever be a time in your life when you would not welcome vacation from work... and the day-to-day hassles of routine living. It's probably a shocker to you that the slow pace of summer, cookouts, softball games, etc., are now a nightmare. Everywhere we go, there are kids out of school enjoying their leisure time, and our bodies jolt as we search for our own absent child who enjoyed this time of the year with a passion!

Surrounded by summer fun, a bereaved parent needs only look around and there are painful memories at every corner. When we are faced with all the living, loving happy families with their children, the anger boils within and we feel very cheated.

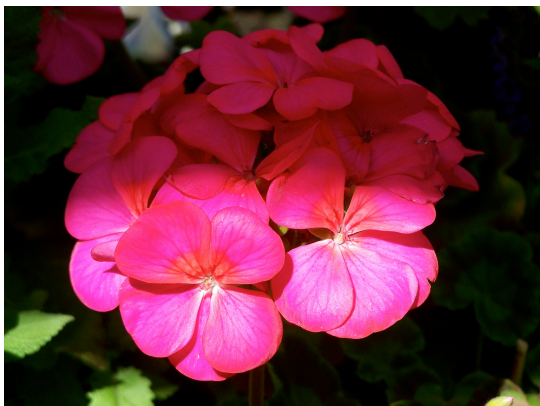
And this year we are afraid to go back to the beach cottage we've visited every year, or to the favorite mountain retreat where we laid around for a week and relaxed, or the amusement park where the kids had to ride every ride and see every attraction, no matter what the temperature was. Yes, fear of our memories, fear of too much time to think, fear of too many kids, fear of bursting inside from our pain...all of these feelings are part of the first few years of summer vacations for bereaved parents.

It's been nine years now for me, and I need to tell you that it will get easier, but I found that for the first few years I needed to consciously change some of my routines in order to deal with my fears. I could not visit the same places we had visited when Todd was with us. We tried new experiences in new places with new people.

That isn't to say there weren't some down-times; however, the faster paced vacations worked better for us. I could not allow myself too much time to think. I enjoy those weekends away now, but for the first few summers I had to dig in the yard, repaint lawn furniture, rearrange the garage, and the multitude of busy projects we'd been putting off for the lack of time. That was a better vacation for me than forcing myself to go somewhere and feel miserable.

You've read it a hundred different times, you have to find your own way and your own peace—leave yourself room to escape if it becomes necessary. If you can find any enjoyment and relaxation, relish it...you deserve it, and it does not mean you don't care. It simply means you are healing. Now I walk down the beach and enjoy the solitude, or laugh when I see a toddler, or listen to the joy of kids laughing, and it warms my heart. Yes I miss him, but I know he enjoyed every minute of this season, and I know that's what he'd want for me...and thank God, I can do it once more!

*Linda T. ~ TCF, York, PA*



**June 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>