



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

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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 INDUCED DEATH	STEWART & LETA LEVETT	531-5488
SKATEBOARD / AUTO ACCIDENT	RAYE WILSON	(303) 814-9478

Welcome!

To those of you who are newly bereaved and receiving our newsletter for the first time, we warmly invite you to The Compassionate Friends of the Pikes Peak Region. We are other parents who have experienced the death of a child at any age and offer understanding and support through our monthly meetings and activities throughout the year.

SUPPORT GROUP MEETINGS

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. 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 Thursday, March 19th.

UPCOMING EVENTS

DATE	EVENT	WHERE
Mar. 19 7 pm	General Meeting	First Baptist Church
Apr. 16 7 pm	General Meeting	First Baptist Church

Thank you to the **First Baptist Church of Colorado Springs** for continuing to provide the printing of our newsletters and their ongoing support of our group by providing a meeting place each month for **The Compassionate Friends**.

IMAGE OF WINTER

When February comes there is finally an end in sight to the long winter. Sometimes, melting snow reveals the green tips of an early crocus or even the exquisite blossom itself, a soft flower of hope invading a harsh landscape of graying snow and biting wind and ominous sky. A small promise of life to come. My heart, grieving for my son who died, was like that image of winter. For somehow even during the darkest, coldest moments, an unexpected sign of hope would intrude. And as the hours and days and months dragged on, my heart finally learned once again to be open to the promise of new life. Painful memories melted into loving ones. Life that seemed forever dormant once again sprang forth from my heart.

In living hopefully and lovingly, the seasons of the heart can change. The loving memories of your special child, like the flower in the snow, can be the beginning of the end of winter.

Maryann Kramer TCF Arlington Heights, IL



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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.tfcolorado.org*

We 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: stewlevett@msn.com

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

SAVE A TREE

In an effort to try and make our newsletter more efficient and cost effective, we would like you to consider receiving our "eLetter." Fast, friendly and in living color our eLetter will arrive in your email box a good week earlier compared to our newsletter sent "snail mail." What does it cost you? Nothing, but it saves us PLENTY. Please call chapter leader Laraine Anderson at 351-7653 and leave a message whether you want to continue to receive a hardcopy newsletter. She will acknowledge your call. If you'd like to be added to our eLetter mailing list, please email Stew Levett at the above email address, it's as simple as that. Should you be receiving both, just reply back to this eLetter to be removed from the hard copy list.

We have a deadline of June 1st and any name on our distribution list at that time will be removed if we don't hear back from you. Should we remove you by mistake, we will gladly add you back so you don't miss a copy.



Last month we failed to acknowledge the Love Gifts that were sent to us along with the loving tributes to the following children. We apologize for the omission of your Love Gift memorializing the anniversary of your child—Editor

Barb Reynolds in memory of

COREY ROBERT REYNOLDS
January 23, 1979 - September 2, 1997

Remembering you on your 30th birthday

Sheila Slade

KAREN JEAN SLADE
February 2, 1950 - February 7, 1980

In loving memory of my daughter

Shirley & Ralph Greer in memory of

Stephen Schmoker
February 5, 1960 - November 17, 1999

We love you, Steve. You are in our hearts forever.
Your family.

Jan Bren in memory of

Zachary Glenn
February 18, 1990 - July 14, 1993

Always loved, Always remembered

Joe, Sue & Kathryn Novich in memory of

Christopher J. Novich
March 24, 1979 - May 22, 1994

Always missed, never forgotten!





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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 of Death</u>	<u>Compassionate Friend</u>
Wayne Allen Garrett	3/4/1981	9/12/1998	Airplane crash	Joyce and Greg Garrett
Steven Warren	3/6/1979	11/17/2002	Cancer	Linda & Mark Warren
Erin Marie McCallister	3/7/1979	4/2/1979	Heart defect	Steve & Carol McCallister
Keith Andrew Barrett	3/8/1964	8/9/1988	Auto Accident	Ree Barrett
William Howard	3/10/1974	10/25/2008	Complications - Crohn disease	Mike & Carol Parker
James Craig Stiegelmeier	3/11/1951	2/2/1977	Cystic fibrosis	Wally and Betty Stiegelmeier
Conri Lee Barber	3/13/2008	11/23/2008	Mitochondrial DNA depletion	Sean & Cherie Barber
Marisa Nicole Pilant	3/14/1979	2/23/1982	Sepsis	Stephen & Julie Pilant/Richard & Elizabeth Jamison
Cathleen Bartlett Maxwell	3/17/1981	7/24/1987	Auto/pedestrian accident	Dick & Marty Maxwell
Julian King	3/18/1984	12/31/2005	Murdered	Leonie Cramer
Megan Huyge	3/21/1996	3/22/1996	Birth Asphyxia	Stan & Rebecca Huyge
Billy E. Hendrickson	3/22/1962	6/3/1981	Cancer	Grace & Delbert Hendrickson
Clayton Champion	3/24/1977	8/22/2006	Sudden death	Jessie & Phyllis Roark
Christopher J. Novich	3/24/1979	5/22/1994	Accidental Strangulation	Susan & Joe Novich
Marc Darby	3/25/1986	12/12/1998	Respiratory failure -	Lori & Steve Darby
Justin A. Clayton	3/26/1981	5/12/1997	Gunshot wound	Terry & Sharon Clayton
Kari Ann Kirt	3/28/1972	7/26/1987	Car accident	Lon and Andrea Kirt
Kira Ann Schager	3/28/1991	5/19/1996	Accident	Frank & Lori Schager

Each month at our support group meeting we would like to invite you to let us help celebrate the life of your child. We invite you to bring your child's favorite cake (or snack) to share and after singing 'HAPPY BIRTHDAY' you may show pictures, a slide show or anything that you'd like to share with the group to help celebrate their special day. Please contact our chair person in advance so we can plan enough time for your celebration.



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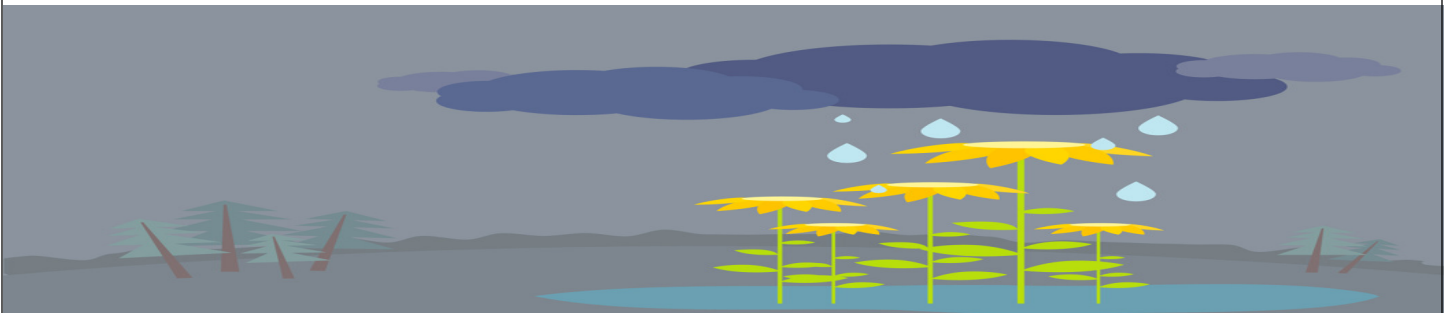
REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARIES

That their lives will always shine, our children are remembered.

Our special thoughts go out to you on the anniversary of your child's death...



<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Kevin Michael Burns	1/27/1986	3/3/2002	Auto accident	Stan & Willie Burns
Jessica Robison	6/14/1985	3/3/2003	Car accident	Terri Robison
Steven James Gantz	4/4/1979	3/4/1993	Gun accident	Diana Gantz
Brian Michael Gregory	5/20/1976	3/6/1993	Muscular Dystrophy	Roy & Phyllis Gregory
Terry A. Shank	1/11/1971	3/6/1999	Drunk driver	Carol Vierling
Michelle Sandra Seal	2/23/1993	3/7/1996	Metabolic disorder	Walter & Diana Seal
Michael Waller	7/4/1958	3/10/1984	Army / vehicle accident	Jeanie Young
Jillian Overly	2/9/2005	3/10/2005	SIDS	Dauna Overly
Sean William Staat	4/23/1969	3/11/1995		Susan & William Staat
Jim Agnew	10/4/1968	3/17/2000	Eating Disorder	Tom Agnew
Danae Lynne Marie Mannon	11/26/1996	3/18/1997	Congenital pulmonary	Colleen and Art Mannon
Jody Elizabeth Houtz	1/23/1982	3/18/1999	Heart attack	Jane and Chris Houtz
Keltryn Lenae Brinkman	7/25/1998	3/19/2001	Cancer	Jim & Judy Brinkman
Abbie Flynn	12/12/2003	3/20/2004	Unknown virus	Ginger Flynn
Megan Huyge	3/21/1996	3/22/1996	Birth Asphyxia	Stan & Rebecca Huyge
Gary Michael Owens	5/24/1960	3/27/1993	Auto / pedestrian accident	Freda Mario Garcia
Colin Peter Baerman	11/14/1972	3/28/2005	Bi-polar illness	Paul & Kerry Baerman
Timothy Patrick Shea	12/22/1974	3/31/1996	Suicide	Joe & Paula Shea



The best way to keep your child's memory alive is to share them with others. Won't you join us at our monthly meeting to share your grief experience with those newly bereaved?



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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

Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. Our largest expense is the printing and mailing of this newsletter, which is distributed to over 325 readers. 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 a 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 in "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.

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.

Wipeout SIDS

Join us on Sunday, March 8th to
Wipeout SIDS by skiing,
boarding and tubing down
Keystone Mountain.

Registration Fee*	\$75
Kids 5 & under	Free
Discounted Lift Tickets**	\$50

*Includes continental breakfast, tubing ticket, scenic gondola ride, NASTAR entrance, BBQ lunch and transportation from Denver to Keystone (round-trip)
** For registered participants only.

Please visit
www.angeleyes.org
for more details about
Wipeout SIDS and to
register TODAY!





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How We Heal

Stew Levett - Pikes Peak TCF

I have always had a dog. Rusty, Te', Gypsy, Misha, Deidra, and after our son Aaron was born, Obie (as in Obie-Wan Kenobi). After we lost Aaron our only child, we found ourselves alone in our house for the past 3 years. We've toyed with the idea of another dog but each time we considered, up came another excuse.

Stories of how lonely senior citizens "awake" upon receiving a pet were not new to us. Nor were the stories of the therapeutic power of a pet on terminally ill patients. When my wife came home telling me some friends of ours were about to take ownership of a new puppy, along with the website of the breeders, I thought I would give a look. That's all it took. Once I saw the picture of the plump little puppy carrying the pinecone I knew it was time to make a phone call. So up we trotted into the mountains where we lay dibs on that fat little puppy and a couple of days later we brought Tess, the 8 week old, overweight, pinecone clutching Jack Russell Terrier home.



Now my knowledge of Jack Russell's were no more than knowing about that cute little dog on *Frazier*, no more, no less. At 57 years old I figured I could certainly handle a puppy! As my wife says, "Somebody ought to V8 me to the forehead." Tess is a real live running, jumping, biting, pooping, peeing ball of energy. AND WE LOVE HER!

Now I'm not so delusional to think for an instant that this furry little creature would or could ever take the place of Aaron; not ever, and his loss hurts almost as much today as the day he died. However, Tess has brought an energy, spirit and love that has eluded our house since Aaron's passing. The fact that we now have something quite more than our grief to pay attention to, something to occupy our time rather than TV and silence, something that demands our love and attention (and liver treats) has become a blessing that has put years back into this old body and our silent house. The fun she has brought us as we train her and teach her tricks, and she can do tricks, is almost as fun as the peace and comfort she brings as she nuzzles next to us on the sofa and falls asleep. What a beautiful little animal. She too is one of Gods creatures surely brought to us when we needed comfort that we didn't even know we needed.

As we begin the fourth year without our son, each day seems a little easier to get through because of this bundle of fur. For this we are grateful. Perhaps you should investigate the opportunity to bring a pet into your life and add some happiness back into your home...whaddya say Tess?



Spring is Coming

If you are newly bereaved and looking toward your "first" spring, you may be surprised by some of the feelings you may experience during the next few weeks. We hear so much about the beauty of spring - the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year, I expected that spring would cheer me up, and make me feel lots better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was "in the pits." When a friend said to me, "Doesn't a day like this really lift your spirits and make you feel better?" I had to reply honestly that I was having a really bad day --that the sense of loss and emptiness was greatly intensified.

Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work which we all must do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's process will continue, and that can offer us hope. I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, and forsythia, the daffodils and the greening of the world. Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart.

-Evelyn Billings
TCF Springfield, MA





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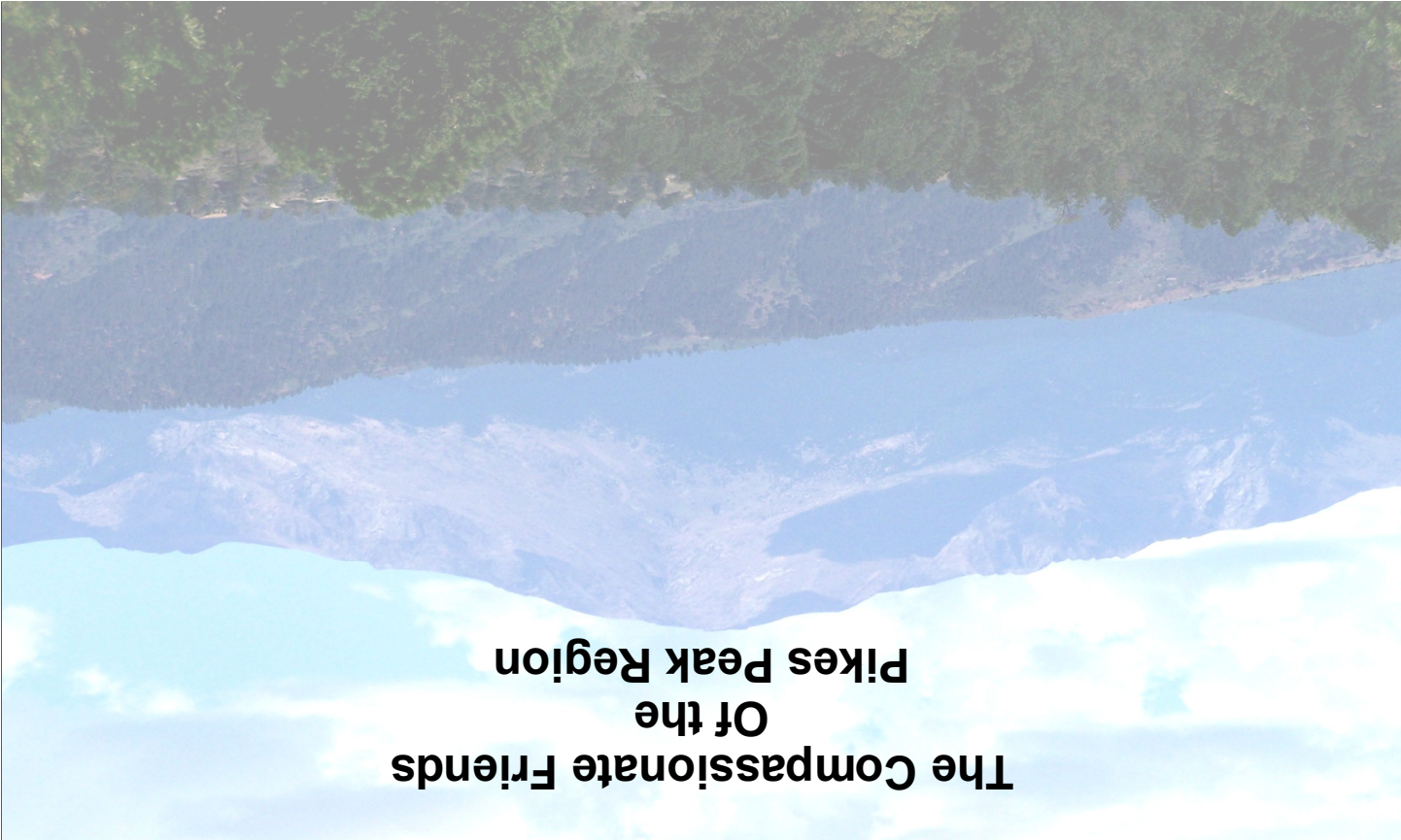
HAPPY 30TH BIRTHDAY
CHRISTOPHER J. NOVICH

*Always missed --
never forgotten!*

1979 - 1994

Love,
Mom, Dad and Kathryn





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

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