



Second Wind Fund E-Newsletter

News and Notes About the Second Wind Youth Suicide Prevention Program

September 2006

In This Issue

Mary Wylie: Why I Am Walking at the Second Wind Fund Walk/Run/Ride

Katherine Jerome: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

Bob Gurdikian: Why I Am Riding at the Second Wind Fund Walk/Run/Ride

Dr. Sally Spencer-Thomas: Why I Am Volunteering at the Second Wind Fund Walk/Run/Ride

Gale VanOrt: Why I am Running and Volunteering at the Second Wind Fund

Dear Jeff,

Our second e-newsletter might look strange, because most of the articles have nearly identical titles. Why? Because we mostly hear the voices of those who will be participating in our annual walk/run/ride, coming up in less than 10 days. They represent a variety of experiences among the people involved with the program, and their comments are essentially unedited.

It would seem impossible to have any more community pride than we do. The number of people and organizations in our broader community that have lent their support has been staggering. While we remember many times daily the tragedies that our organization is rooted in, we also have reason to beam with pride that so many have churches, businesses, civic groups, and concerned citizens have stepped out of the routine of their own lives and reached out to help the youth in our community-- standing united, in a sense, with strangers that they will likely never meet.

This is what community is all about--different folks coming together, uniting to solve problems that could potentially effect anyone...please read on to hear their voices.

Walk/Run/Ride

Bob Worley: Why I Am Walking at the Second Wind Fund Walk/Run/Ride

Anton Delgado: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

Carrie Fletcher: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

THIS WEEKEND: Other Suicide Prevention Events in the Denver Area

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Mary Wylie: Why I Am Walking at the Second Wind Fund Walk/Run/Ride

Mary is the Second Wind Fund Assistant Director

As parent survivors, having lost our 21-year-old son David to suicide on 7/1/2002, getting through the grief process has been difficult (and may well be impossible). What is possible and has encouraged us to move forward with our "new normal" lives is making a difference through our involvement with Second Wind. As members of Green Mountain United Methodist Church, one of Second Wind's early faith partners, we have been volunteers and participants in the annual walk/run (and now walk/run/ride) since 2003. It's encouraging for us to think of all the families that have been assisted by Second Wind and to hope that they'll never have to know the pain of losing a child (or other loved one) to suicide. Second Wind helps us to take our "lemons" and make lots of "lemonade." We encourage you to help us make even more "lemonade"! Join us at this year's event, September 24, again at Green Mountain Presbyterian Church.

Katherine Jerome: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

Katherine is on the Second Wind Fund Walk/Run/Ride Steering Committee

Last September, I was intrigued to learn more about this organization when masses of participants in the annual fundraiser marched down my street. I went online that same day and found that Second Wind offers hope to youngsters at risk for suicide. How I wished that the clock could be turned back so that a young man in my life might have had that same hope. Really, if only for him to know that tomorrow brings a new day, and the possibility for a new way to look at life, things could have turned out more positively for all of us that he left behind--but more importantly for him. I didn't get to see him graduate or drive a car or do any of the things that I have taken for granted in my lifetime. When I see a young adult, I can imagine the way he might look now, very handsome, and the things that he might be doing, enjoying life and looking forward to the future. My life is forever changed and I grapple with what might have been. Sometimes, I'm not even aware that the things I do and the feelings I have are rooted in this tragedy. It changes you in ways that are unexpected and unpredictable. Recently, volunteering for Second Wind gives me hope that other families will not have to endure this pain, and have a chance to change their future. Putting one foot in front of the other, asking for help, and the knowledge that someone can be there for them is what Second Wind offers to our future adults at risk for suicide. The sense of family and community that Second Wind promotes is

beautiful and inspiring There is a rainbow after the rain. Sometimes, we just simply need someone to remind us of that.

Bob Gurdikian: Why I Am Riding at the Second Wind Fund Walk/Run/Ride

Bob is on the Second Wind Fund Walk/Run/Ride Steering Committee

For me, Second Wind Fund's importance stems from one experience in my childhood. As we know, mental illness, if untreated, may lead to suicidal tendencies. Having grown up in a family of a father who was a psychiatrist, mental illness was only one phone call away. This hit home in 1977, when my father unexpectedly passed away. Within days, one of his patients took her life, unable to cope in a world without the help of my father. In those days, networks of the sort like Second Wind were not readily available, but if they were, and immediate intervention was available...who knows, maybe she could have been helped and would still be around today.

Dr. Sally Spencer-Thomas: Why I Am Volunteering at the Second Wind Fund Walk/Run/Ride

Sally is Clinical Director of the Carson J. Spencer Foundation, on the Faculty of Regis University, and serves on the Second Wind Fund Walk/Run/Ride Steering Committee

I am participating in this year's Second Wind Walk because I believe this organization is truly making a difference with suicide prevention. Last year when I participated, I had recently lost my brother to suicide and was discovering Colorado's suicide prevention community. I was so deeply affected by the spirit of this walk, I said "Next year I would like to help." Now, one year later, my workplace is a corporate sponsor, my church is a faith community sponsor, my students are volunteers, and my family's foundation is exhibiting. The passion behind this community event is so compelling, people are drawn to it. The word about suicide prevention is spreading beyond the small but committed community of suicide survivors to the general population because of events like this. We know suicide affects everyone, and we're all in it together to stop it.

Gale VanOrt: Why I am Running and Volunteering at the Second Wind Fund Walk/Run/Ride

Gale is on the Second Wind Fund Walk/Run/Ride Steering Committee and a Year-Round Volunteer

One Sunday in church in 2002, Scott Fletcher stood up

and shared with us about the multiple suicides at Green Mountain High School. It saddened my heart that so many parents and young people were in such pain. However, as I felt great sadness but had no plan of action, Scott and Jeff acted. I stood in awe at what they and our church put together that first year. My initial participation was just to walk in 2002. My admiration has grown with each year that the event has been held. How a few people can see a need, act on that need, and make a difference! The last two years I have run in support of this effort that works towards no one experiencing that type of pain again. I feel confident that all the volunteers who make Second Wind the successful program that it is will hear "Well done good and faithful servant."

Bob Worley: Why I Am Walking at the Second Wind Fund Walk/Run/Ride

Bob is Former Second Wind Fund Board Member and on the Second Wind Fund Walk/Run/Ride Steering Committee

Why am I walking on September 24th? I guess I could give a number of reasons such as, the founders of the Second Wind Fund, Jeff Lamontagne, Scott Fletcher and Marjorie Laird, are all close friends of mine--not to mention that Marjorie is also my wife—or that I am a former member of the Board of Directors, or that the Second Wind Fund is a charity and everyone needs to do charitable things. Also, there are a number of reasons I could not give, such as that I am "a survivor," that is, someone who has lost a loved one to suicide. None of these quite hit the mark. No, the main reason for my participation in the Second Wind Fund Walk/Run goes deeper. To me youth suicide is one of the most sad and senseless of all tragedies. The loss of such young lives by their own misguided passions is such a heart rending calamity that one can only ask why such a young life is cut short by their own intent. It makes you question the meaning of existence. It is ineffable. One can only say, "Let's do something about it." That's what the Second Wind Fund is all about: doing something about it. That's why I walk.

Anton Delgado: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

Anton is Marketing Director for The Jefferson Foundation

Four years ago, a core group from Green Mountain Presbyterian Church approached The Jefferson Foundation about partnering with the Second Wind Fund. Mona Sandoval, Executive Director of The Jefferson Foundation, saw an immediate relationship for the Foundation in helping develop Second Wind.

As one of the oldest K-12 education foundations in Colorado, the Foundation has been building relations with the entire community in support of Jeffco Public Schools. The Foundation's presence in the Schools would give Second Wind immediate access and credibility. Second Wind would have the chance to grow through the Foundation's financial, marketing, and clerical support. In turn, the Foundation would have a premier program addressing a vital social problem.

The Second Wind Fund intrigued me. However, it also nagged in my mind--a church paying for counseling? I knew that the Foundation and Jeffco Public Schools had a non-discrimination policy that included sexual orientation. I also knew that there is a very high incidence of suicide among young gay and lesbian teens, and perhaps not all churches would be sympathetic. However, after meeting with many in the Second Wind family, I knew that my fears were unfounded—they were in it to help kids of all backgrounds, because suicidal ideation does not discriminate.

It gives me great pride to see how Second Wind has grown into its own separate 501(c)(3) and is now paying for counseling in multiple communities in Colorado. Through the efforts of so many volunteers, and the support of the businesses, churches, and other institutions, Second Wind has come to represent what is so very good about our community.

Carrie Fletcher: Why I am Volunteering at the Second Wind Fund Walk/Run/Ride

Carrie is a member of the Second Wind Fund Walk/Run/Ride Steering Committee

I volunteer for Second Wind for a number of reasons.

First of all, my husband, Scott, is one of the co-founders, and so it has become a family event for us. Our daughters have performed for the program and have participated in the walk every year. Secondly, our church is very involved--it has become a driving force of our church community. Third, I have two children that I would like to see make it to adulthood. It is nice to know that there are folks out there to help if they need it. I also have a niece that has had many problems and has needed counseling help along the way. I hope my donation of time and money can help another teen in their struggles, too. Lastly, I teach in Jefferson County Schools. I have many students that I truly worry about. I have always wanted to be able to help some of these kids. But, as a teacher, my hands are often tied when it comes to suggesting extra help.

I encourage my teaching colleagues to join me in this

year's Second Wind Fund Walk/Run/Ride. It is a great activity to get student clubs to join in--last year my school sent their NJHS and those kids had a great time and got volunteer credit too.

THIS WEEKEND: Other Suicide Prevention Events in the Denver Area

American Foundation for Suicide Prevention, Yellow Ribbon, and Regis University all hosting events

Whether or not you can make it to our walk/run/ride event on Sunday, September 24, you will want to consider attending the following events as well this weekend, as all of these organizations work on the front lines of the suicide prevention community:

Sunday, September 17, 2006:

Yellow Ribbon – 12th Annual Walk for Life

Westminster High School

4276 W. 68th Ave., Westminster

9:00 am registration, 10:00am balloon release, 11:00 am walk on trail, 12:00 pm picnic and recognition

For more information www.yellowribbon.org/Walk_06

Sunday, September 17, 2006:

American Foundation for Suicide Prevention Out of the Darkness Community Walk

Sloan's Lake, Sheridan and W. 25th Ave., Denver

Parking available at 4700 West Byron Place at Oak Street.

9:00am registration, 10:00 am Opening Ceremony, 10:30 am race begins

For more information or to register:

www.outofthedarkness.org or www.afsp.org

Monday, September 18, 2006:

Lizzie Simon, author and speaker will discuss her life, "Success, Sanity and Suicide: Reflections on the Bipolar Diagnosis"

Regis University – Mountain View Room in the Adult Learning Center

3333 Regis Boulevard, Denver

6:30pm Reception, 7:15pm Presentation, 8:30pm Book Signing

For more information: 303-458-4323

We sincerely hope that you will consider joining us and 2,000 others for a fun but commemorative time on Sunday, September 24. If you cannot make it, please consider pledging for someone who can, or sending in a donation that counts towards this, our major fundraiser and the largest teen suicide prevention fundraiser in the nation.

The Second Wind Fund is a 501(c)(3) organized in the State of Colorado. Thank you for your interest in our work. If you have any questions or need information about our program or upcoming event, please see the contact information below. We can immediately send to you

more brochures, posters, or even yard signs announcing our event!

Sincerely,

Jeff Lamontagne
Second Wind Fund

Email: jlamontagne@thesecondwindfund.org

Phone: 303-988-2645

Fax: 303-982-2209

Web: <http://www.thesecondwindfund.org>

After our
event: Visit
Barnes and
Noble Oct 1-7
to benefit
Second Wind!

In an unprecedented opportunity, not just one, but two Barnes and Noble stores are partnering with Second Wind to run a special book sale for not just one day, but an entire week--for 7 days beginning Sunday, October 1 and ending Saturday, October 7! Thank you Barnes and Noble!

The stores at 14347 W. Colfax (Denver West) and at 8136 W. Bowles in Littleton will be participating. If you bring the attached coupon or pick an available one up in the store, Barnes and Noble will donate up to 25% of your purchase back to Second Wind! Consider going to Barnes and Noble that week to begin your holiday shopping, learn more about mental health, or to buy that novel you've been wanting to read or coffee table photo essay that you've wanted...

Click below to get a copy of the coupon, or just stop by one of these Barnes and Noble stores between October 1 and October 7 and grab one off the counter before you make your purchase!

[Check it out now...](#)

Offer Expires: Saturday, October 7