



# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



SEPTEMBER 2014

## Upcoming Events

September 18th - General Meeting - 7:00 p.m. - First Baptist Church

October 16th - General Meeting - 7:00 p.m. - First Baptist Church

### STEERING COMMITTEE

#### CHAPTER LEADER - ACTING

LARAINÉ ASARO-ANDERSON  
Son, Michael Edward Anderson

#### MAILINGS & DATABASE

JANE & STEVE GABRIEL  
Son, Jonathan Steven Gabriel

#### SECRETARY

LEONIE CRAMER  
Son, Julian Anthony King

#### TREASURER

YVETTE THOMPSON  
Son, Ryan Barry Thompson

#### NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT  
Son, Aaron Paul Levett

#### SC MEMBER/FACILITATOR

BOB THOMPSON  
Son, Ryan Barry Thompson

#### SC MEMBER/LIBRARIAN

CHAELE CHRISTIANSON  
Son, Damon Vincent Christianson

#### SC MEMBER/WELCOME PACKETS

LETA LEVETT  
Son, Aaron Paul Levett

### TELEPHONE FRIENDS

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

#### CHAPTER LEADER - ACTING

LARAINÉ ASARO-ANDERSON \* 351-7653

#### DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT \* 531-5488

#### TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON \* 573-2743

#### LEUKEMIA

JANE & STEVE GABRIEL \* 282-1924

#### ADULT CHILD / SUDDEN DEATH

CHAELE CHRISTIANSON \* 687-6688

#### SUICIDE

LARITA ARCHIBALD 596-2575

#### SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

*Please feel free to contact any of these Steering Committee members if you can not reach our Chapter Leader. \**





*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 September 18, 2014.**

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 TCF CANDLELIGHT  
MEMORIAL SERVICE**

**Once again we request that you contact us to have your child's slide included in our memorial.** Slides from previous years may be used again this year or you may submit new photos. Please limit your photos to (2) two along with a short dedication so everything will be viewable on the slide. Please remember, the better the photo you submit, the better your dedication will look.

**Prior years' submissions will be read as a dedication if we don't hear back from you.**

DEADLINE FOR SUBMISSIONS IS SAT., DEC. 6th.

To see a short sample of our Candlelight Service, go to this YouTube link:<http://www.youtube.com/watch?v=8g4uTWPbGCI>



We are quickly approaching December and with it our annual Worldwide Candle Lighting.

The date this year is December 8th and once again will be held in the sanctuary of the First Baptist Church at 7:00 p.m.

Now is a good time to look through your photos to submit for our slide show. Old slides may be updated or a new one created for your child. More information about this special event will be forthcoming in next months newsletter or you may write to me should you have any questions at [PikesPeakTCF@gmail.com](mailto:PikesPeakTCF@gmail.com).

Stew Levett - Editor

Your Name \_\_\_\_\_  
Your Address \_\_\_\_\_  
Your Phone \_\_\_\_\_ Email \_\_\_\_\_  
Child's Name As You'd Like it to Appear \_\_\_\_\_

Cause of Death (Optional) \_\_\_\_\_  
Child's Birthdate \_\_\_\_\_  
Child's Memorial Date \_\_\_\_\_  
Number of Pictures Included \_\_\_\_\_  
Dedication \_\_\_\_\_

Please create my slide with information and pictures provided.  
Please use last year's slide. \_\_\_\_\_ Please return pictures when finished. \_\_\_\_\_



## *Septembers Dedication Page*

### In Loving Memory of a Wonderful Family

On September 24, 1995, Adam and Seth Herzog were aboard a small plane with their father, Joel, returning from watching the Davis Cup tennis tournament in Las Vegas when it crashed in bad weather near Westcliffe, CO. Although it has been 15 years since the plane crash it is still hard to believe that these precious individuals are not playing tennis and laughing somewhere in Colorado Springs.

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.

Joel is remembered as an avid tennis player, a great joke teller and a true friend to all he met. He set the standard for excellence when it came to being a husband and father. He truly made a difference in the lives of those he knew by living life to its fullest.

"There's this place in me where your fingerprints still rest,  
your kisses still linger, and your whispers softly echo.  
It's the place where a part of you will forever be part of me."  
(Author: Gretchen Kemp)

In loving memory of my family – Joel, Adam and Seth Herzog.  
from Nancy Saltzman, wife and mother

ADAM WILLIAM HERZOG  
October 5, 1982 – September 24, 1995

SETH MICHAEL HERZOG  
September 23, 1984 – September 24, 1995





## Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Paul Ketterson	Sep 5	Will & Betty Ketterson
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Anton "Andy" George Horn	Sep 10	Levi & Emma Horn
Nicholle Guy	Sep 11	Lezlee Guy
Sam Skaggs	Sep 11	Jennifer Skaggs
Fermin A. Vialpando	Sep 12	Sundae F. Vialpando
Kimberly Elizabeth Pratt	Sep 12	Pam Bilberry
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Philip Dix	Sep 14	Ann Dix
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Wade Lehman	Sep 17	Lori Lehman
Melissa Sue Micke	Sep 17	Alice Micke
Michael Ornelas	Sep 17	Annette & Chris Ornelas
Naomi Katherine Schwartz	Sep 18	Tim & Sonoko Schwartz
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Seth Herzog	Sep 23	Nancy Saltzman
Derrick Shane Moore	Sep 28	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby	Sep 28	David Derby
James Michael Burroughs	Sep 29	Arlene & Charles Burroughs
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores
Chris Hatfield	Sep 30	Catherine Thompson & Cathy Hatfield
Casey Olivia-Dyan Siegel	Sep 30	Lawrence & Shonda Siegel

“No one ever says I CAN imagine losing two sons. They always say they CAN'T imagine losing two children.” ~ Jan Block



Chaela Christianson  
in loving memory of her son  
***Damon Vincent Christianson***  
***5/30/1977 ~ 7/3/2010***



Chaplain  
**Gene Steinkirchner**





## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Lance Alan Rigby	21 years	Sep 1	Deborah Rigby
Corey Reynolds	18 years	Sep 2	Barb Reynolds
Brody Richard Cisneros	7 months	Sep 3	Julie & Will Cisneros
Patrick Roger Pennington	17 years	Sep 4	Roger & Joan Pennington
Paul Ketterson	48 years	Sep 5	Will & Betty Ketterson
Matthew Medina	22 years	Sep 5	Vicki Schwindt
Lisa Elaine Berns	2 months	Sep 6	Robert (R.J.) & Lynn Berns
Samuel Christensen	17 years	Sep 6	Stacy Christensen
Genevieve Ann Derby	20 years	Sep 10	David Derby
Katie Kennedy	15 years	Sep 10	Van & Kathy Kennedy
Wyatt Travis Wilson	2 years	Sep 10	Elizabeth & Lance Wilson
Wayne Allen Garrett	17 years	Sep 12	Joyce and Greg Garrett
Ava Rose Wolfe	6 years	Sep 12	Kristy Wolfe
Desiree D'Gornaz	26 years	Sep 13	Louie & Edna D'Gornaz
Andria Dawnielle Bear	11 months	Sep 13	Dona & Tanya Flores
Eugene Harris, Jr.	23 years	Sep 15	Stacey Burciago, Gene Harris, Tonia Paguyo
Raul Garcia	19 years	Sep 17	Rena Gonzalez
Claire Palmer	21 years	Sep 17	Jo & Lawrence Palmer
Ryan Thompson	2 years	Sep 17	Yvette & Bob Thompson
Robert Beynon	28 years	Sep 18	Donna Beynon
Jeffrey Russell Schumaker	31 years	Sep 20	John & Vera Schumaker
Joanna Lyn Terry	18 years	Sep 20	Jack & Joyce Terry
Zachary Nathaniel James	17 years	Sep 21	Gloria & James Olsen
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson



## 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:

Pikes Peak - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

Facebook - <https://www.facebook.com/TCFPikesPeak>

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)

## 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](http://www.compassionatefriends.org)

## Love Gift Donations

*A "Love Gift" is a wonderful way to remember your child, while also helping our TCF chapter "reach out" to bereaved families. There is no charge to attend meetings, use the library, or receive the newsletter. We depend solely upon these gifts, monetary or gifts-in-kind, to support our chapter. You may choose to donate a tax deductible "Love Gift" at any time. Let us be here for the families who do not know today that they will need us tomorrow.*

*Our chapter exists entirely through your donations which are tax deductible. 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, Yvette Thompson 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?*

⇒ **Send Love Gifts to Yvette Thompson, 5012 Rocking R Dr., Colorado Springs, CO 80915** ⇒

**Thank you for contributing and supporting the work of our local chapter!**

## LOVE GIFT DONATION



**Costs are rising. We need your Love Gift to support our chapter & newsletter! If you can, please help.**

I would like to make a donation ☐ in Memory of

☐ a Chapter Gift

**In loving memory of:** \_\_\_\_\_

**Love Gift Donation:** \$ \_\_\_\_\_ Please make check payable to: The Compassionate Friends

Cut and mail this form with your Love Gift to: Yvette Thompson – 5012 Rocking R Dr. – Colorado Springs, CO 80915

**Contributor Name & Address:** \_\_\_\_\_

**Relationship:** ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

**Photo Enclosed:** ☐ Yes ☐ No

**Photo To Be Returned:** ☐ Yes ☐ No



## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Adam Herzog	12 years	Sep 24	Nancy Saltzman
Seth Herzog	11 years	Sep 24	Nancy Saltzman
Jacob Hunter Smathers	9 years	Sep 24	Patty, Becky & Renee Smathers
Jamie Jackman	9 years	Sep 25	Sherry Jackman & Knelson Spooner
Margaret McKean	39 years	Sep 26	Lilo McKean
Brian Hartzell	33 years	Sep 27	Fawn Batista
Robyn Kulas	8 years	Sep 28	Patty Kulas
Rachael Samulenok	26 years	Sep 28	Megan Samulenok
John Doles	29 years	Sep 30	James & Susan Appleman

### Support Resources

#### TCF Online Chat Groups:

[www.compassionatefriends.org/resources/online\\_Support.aspx](http://www.compassionatefriends.org/resources/online_Support.aspx)

- For questions, please contact Diana Jorden, 925-432-3854, who moderates the general grief and suicide loss rooms on Friday nights and Sunday. TCF online offers several specialized chat rooms, all moderated by moms who have been in chat for at least 2 years or more. We offer a sibling-only chat, loss under 1 year, loss over 2 years, loss of only child, suicide survivor, infant/pregnancy loss, and every night (and Monday mornings) there is a general loss room open to parents, step and grand, and siblings.
- You can sign up for the online TCF National newsletter at [www.compassionatefriends.org](http://www.compassionatefriends.org)
- You can reach our TCF National Facebook page through the link on the same home page of our national website. You will be asked to join Facebook if you are not already a member, and we hope you'll find our Facebook page as interesting as do the more than 11,000 fans who have already found us!



#### **TO ALL OUR "OLD" MEMBERS WHO HAVE NOT ATTENDED A MEETING IN QUITE A WHILE**

Remember your first Compassionate Friends meeting? You were hurt, confused, ready to scream, and feeling that you were all alone and crazy. REMEMBER?????

Then your new Compassionate Friends helped you all during that meeting, and you learned that you were not alone. You found that many, many had gone down your road before you. You weren't crazy, your feelings were all right for you, and remember the relief you felt from the comfort you received from all of those other members who had been attending meetings for a long time? REMEMBER?????

Now you have grown in mind and spirit, and no longer need to attend a meeting for comfort and aid. You are strong. The grief process has worked in you and the abject misery has receded for you, and we, your Compassionate Friend, celebrate this with you!! But what about newcomers? Where is the comfort they could gain from hearing and seeing you? What help are you passing on to the newly grieved? As you once needed the aid and assistance from the "old-timers," today's newcomers need your aid and assistance, too.

Come back to our meetings, and lend your support and comfort to the traveler just starting their painful journey. It's true: it does hurt sometimes to do this, but it also yields tremendous rewards! COME BACK AND SHARE: WE NEED YOU



## HEALING WORDS

### Bits and Pieces of Grief

*"I can only bite off chunks of grief in bits and pieces.  
How else would I manage to get out of bed?" ~Desire' Aguirre*

As with a four-course dinner, we must take our grief in small bites. The totality of our loss, the shattering of our psyche and the horrific blow to our brains is just too much to absorb at one time. Shock is nature's cushion. When shock subsides, our reality is a physical pain, an ache from deep inside that radiates throughout our bodies. Once this subsides, we endure the emotional agony and the kick in the gut that comes unannounced.

This quotation is very profound for both the newly bereaved and those of us who are much farther down the road of grief. The loss of our child will be the single most defining factor in our lives.

However, if we do our grief work and all that this entails, we will eventually arrive at something akin to a new normal. Life will never be the same. We will never be the same. But we carry our children forward with us in our hearts and minds, imagining all that could have been and accepting that these things are no longer meant to be.

I have managed to find a serenity and a purpose in my life, yet the thrill of living is not the peaks, the sadness is not the valleys. Life now is "steady as you go." My compassion for others is almost automatic now, my understanding of the macro perspective of life is deeper and wider than ever before. I acknowledge that there is much to be learned on this journey. But it is a painful education.

Annette Mennen Baldwin, TCF Katy, TX  
In Memory of my son, Todd Mennen

### Hidden Emotion

Hidden deep inside my breast is a longing that has been suppressed. The feeling is always there---longing---longing to see you, to hug you, to know who you are at this time in your existence. It stays hidden for a period of time and then---when I least expect it--- rises to the surface and must be tended to.

At times I feel as if I cannot breathe, as if I will suffocate trying to suppress the pain. At other times a tear comes from nowhere and trickles down my cheek. Occasionally, something inside of me explodes causing me to weep uncontrollably.

I can only guess what causes these unbidden emotions. Is it the song that's playing on the radio? Can it be the changing of the seasons? Do the budding trees beginning new life cause me to let down my guard? The longing never goes away. I feel like a tight rope walker never knowing if I will make a misstep, causing me to fall into the stream of emotional pain that forces me to cry out, as I long to see you again.

With the passing of years, I have learned that if I can hang on for just a little longer, these emotions---strong as they are---will pass and I can live again with the longing hidden deep inside my breast.

Shirley Muller  
TCF Lafayette, IN







## THOUGHTFUL POEMS

### MY SISTER, MY FRIEND

Within our hearts  
You will always be.  
Our minds will be filled  
With sweet memories.  
Your spirit and love  
Will never be gone.  
For each life you touched  
Will carry them on.  
Catherine Hall, TCF, Hinsdale, IL

### To My Husband

Your tears flow within your heart, Mine flow  
down my cheeks.  
Your anger lies with thought and movements,  
Mine gallops forward for all to see.  
Your despair shows in your now dull eyes, Mine  
shows in line after written line.  
You grieve over the death of your son, I grieve  
over the death of my baby.  
But we're still the same, still one, only we grieve  
at different times, over different memories and at  
different lengths.  
Yet we both realize the death of our child.  
-Pam Burden, TCF, Augusta, GA

### Who Could Have Known

Who could have known the  
exquisite difference your brief life  
would make upon mine?  
Who could have known a tiny baby  
would show me the beauty of a sunrise,  
or the wonder of a rainbow, or the pain  
of a tear? Who could have known an  
innocent child would take away my  
fear of death, and point me in the  
direction of heaven? Who could have known  
that you would succeed  
where so many others have failed?  
Dana Gensler  
TCF, South Central, KY

I wish you gentle days and quiet nights.  
I wish you memories to keep you strong.  
I wish you time to smile and time for song.  
And then I wish you friends to give you love,  
When you are hurt and lost and life is blind.  
I wish you friends and love and peace of  
mind.

*by Sascha Wagner @ 2008 The  
Compassionate Friends*

### MISSING YOU

I just can't believe it  
The sun still sets and rises  
The moon and stars still shine  
The flowers still bloom  
The birds still sing  
I expected a change in everything....

I just can't believe it  
It still gets dark and light  
The ocean still has waves  
The rain still rains  
The wind still blows  
Is it because they do not know....

I just can't believe it  
I thought the world would stop  
When in my house I found  
An empty chair  
A missing smile  
I thought it would stop  
For just a while  
I just can't believe it....

----author: unknown



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

**September 2014**

*Copyright © 2014 - All Rights Reserved  
The Compassionate Friends, Inc.*

**Dated Material - Please Deliver Promptly - Return Service Requested**