



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



September 2015

Upcoming Events

September 17th - General Meeting - 7:00 p.m. - First Baptist Church
October 15th - General Meeting - 7:00 p.m. - First Baptist Church

STEERING COMMITTEE

CHAPTER LEADER - ACTING
LARAINE ASARO-ANDERSON
Son, Michael Edward Anderson

MAILINGS & DATABASE
JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

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
CHAE LA CHRISTIANSON
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS
LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER
LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER
DIANNE McLAUGHLIN
Son, Kevin Hardman

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAINE 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

CHAE LA 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. **

The Compassionate Friends
Supporting Family After a Child Dies

Light a candle for all
children who have died

**Worldwide
Candle
Lighting®**

... that their light
may always shine.

**Sunday, December 13, 2015
7 PM Around the Globe**



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 17, 2015.

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.

Support Resources

TCF Online Chat Groups:

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
- 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!



Chaplain

**Gene Steinkirchner
CSPD**



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



THE COMPASSIONATE FRIENDS

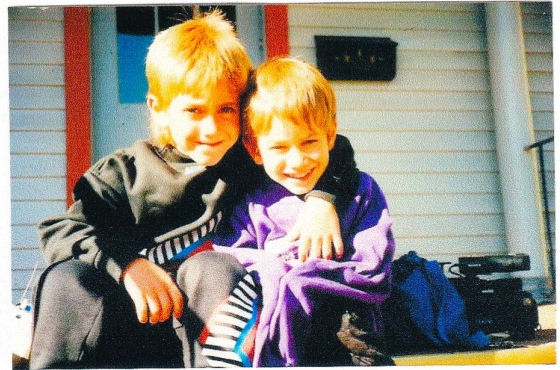
PIKES PEAK CHAPTER
Supporting Family After a Child Dies



September 2015
Page 3



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



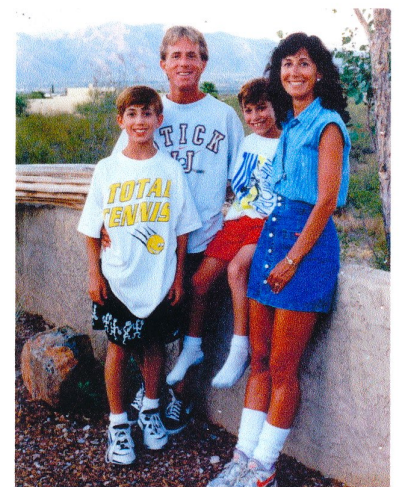
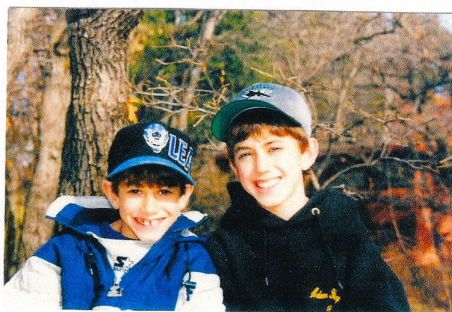
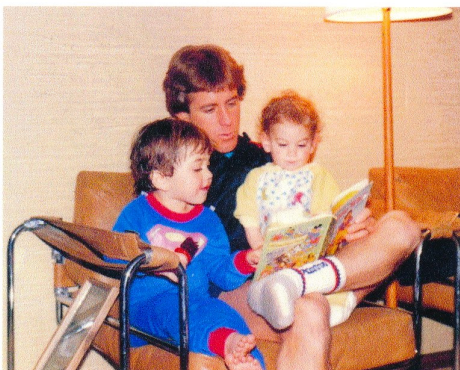
SETH MICHAEL HERZOG
September 23, 1984 — September 24, 1995

On September 24, 1995, Adam and Seth Herzog were aboard a small plane with their father, Joel, returning from a tennis tournament in Las Vegas. I had returned earlier in the day on a commercial flight. Their plane crashed in bad weather south of Pueblo. As a mother I have lived 20 years without Joel, Adam, and Seth and it is still hard for me to believe that these precious individuals are not playing tennis and laughing somewhere in the bright sunshine. Seth would turn 31 and Adam 33 years old this year.

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.

In loving memory of my family
Nancy Saltzman — Wife and Mother



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)



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Paul Ketterson	Sept 5	Will & Betty Ketterson
Joanna Lyn Terry	Sept 8	Jack & Joyce Terry
Shivam Mehta	Sept 9	Raj & Kanan Mehta
Anton "Andy" George Horn	Sept 10	Levi & Emma Horn
Nicholle Guy	Sept 11	Lezlee Guy
Pierce Ford	Sept 11	Jeff & Cookie Ford
Sam Skaggs	Sept 11	Jennifer Skaggs
Kimberly Elizabeth Pratt	Sept 12	Pam Bilberry
Fermin A. Vialpando	Sept 12	Sundae F. Vialpando
Lindsey Everding	Sept 14	Trena Everding & Dave Kiefer
Peter Joseph Noel	Sept 17	Janet Noel Starritt
Wade Lehman	Sept 17	Lori Lehman
Melissa Sue Micke	Sept 17	Alice Micke
Michael Ornelas	Sept 17	Annette & Chris Ornelas
Naomi Katherine Schwartz	Sept 18	Tim & Sonoko Schwartz
Joseph Michael Chavez	Sept 20	Herman & Patty Chavez
Leah Rae Wiley	Sept 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sept 22	Terry & Barb Lugenbeel
Matthew Dale Wilson	Sept 23	Raye & Rick Wilson
Seth Herzog	Sept 23	Nancy Saltzman
Genevieve Ann "Ginger" Derby	Sept 28	David Derby
Derrick Shane Moore	Sept 28	Ray & Deanna Moore
James Michael Burroughs	Sept 29	Arlene & Charles Burroughs
Casey Olivia-Dyan Siegel	Sept 30	Lawrence & Shonda Siegel
Andria Dawnielle Bear	Sept 30	Dona & Tanya Flores
Chris Hatfield	Sept 30	Cathy Hatfield



Nancy Saltzman
in loving memory of her family
Adam, Seth & Joel Saltzman



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Beau Matthew Begier	17 years	Sep 1	Don & Gina Begier
Ryan Pappas	18 years	Sep 1	Susan Pappas
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
Harvey Nicole King	4 months	Sep 4	Jerima King
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
Trinity Sumlin	11 years	Sep 5	Sheryl Sumlin
Lisa Elaine Berns	2 months	Sep 6	Robert (R.J.) & Lynn Berns
Samuel Christensen	17 years	Sep 6	Stacy Christensen
Genevieve Ann "Ginger" 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 & 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
Raul Garcia	19 years	Sep 17	Rena Gonzalez
Claire Palmer	21 years	Sep 17	JoAnn & 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
Paul Orcutt		Sep 22	Ann Blasingame
JT Tills	3 weeks	Sep 22	Sarah Gleeson
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson



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
Shivam Mehta	17 years	Sep 28	Raj & Kanan Mehta
Rachael Samulenok	26 years	Sep 28	Megan Samulenok
John Doles	29 years	Sep 30	James & Susan Appleman

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. 5th.

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 13th 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.

Stew Levett - Editor

Send to: Stew Levett
160 El Dorado Lane
Colorado Springs, CO 80919

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. _____



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

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you.

Remember we have all been there and even though circumstances may be different we really do understand. You are not alone

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting the pain will not always be this bad it really does get better with wisdom. Show others that there is hope, from someone who has found it.



**THE
COMPASSIONATE
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PIKES PEAK CHAPTER
Supporting Family After a Child Dies



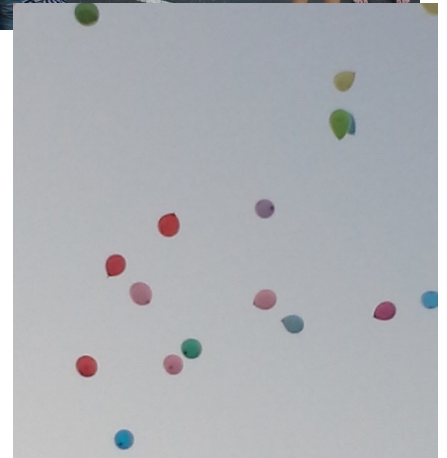
September 2015
Page 8



*Memorial Balloon
Launch
Remembering
Our Children*



August 20, 2015



*Thank you to all who
came out to celebrate
our children. It was
a beautiful evening
filled with tears and
hope and much love.*





AN OLD MAN REMINISCES ON DYING

Editors Note: This was posted on Facebook and I read it at our memorial balloon launch. I was asked to please put it in the newsletter. I have tried to find the author and have come up with several different names dating back to around 2012. I think this is bound to eventually be credited to Unknown.

I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not.

I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents...

I wish I could say you get used to people dying. But I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to "not matter". I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it.

Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks.



HEALING WORDS

The Myth of Closure

by Ashley Davis Prend, ACSW, Hospice of North Idaho

"When will I begin to feel better? When will I return to normal? When will I achieve some closure?" grievors often ask. Closure, our culture tells us, will bring about a tidy ending, a sense of completion. Some grievors hope that the desired magical closure will occur after the funeral or memorial service. Others are confident it will come once they have cleared out their loved one's room. Or maybe after a special personal ritual. Or perhaps after the first anniversary comes and goes - "surely then, we will have closure," we think. We pray.

The reason we long for closure, of course, is because we would like to neatly seal away all of this pain. We would like to close all of the sad, confused, desperate, angry feelings out of our life. We would like to put all of this behind us.

Closure. What an odd concept really, as if we could truly close the door on pain, turn the lock and throw away the key. The truth is far more complex, of course. Closure is for business deals. Closure is for real estate transactions. Closure is not for feelings or for people we love.

Closure simply does not exist emotionally, not in a pure sense. We cannot close the door on the past as if it didn't exist because, after losing someone dear to us, we never forget that person or the love we shared. And in some ways, we never entirely get over the loss. We learn to live with the loss, to integrate it into our new identity.

Imagine if we really could end this chapter in our life, completely. It would mean losing our memories, our connections to those we love. If we really found closure, it would ironically hurt even more because the attachment would be severed. And this attachment is vital to us - the memories are treasures to be held close, not closed out.

Perhaps it is better to think in terms of healing. Yes, we can process our pain and move to deeper and deeper levels of healing. Yes, we can find ways to move on and channel our pain into productive activities. Yes, we can even learn to smile again and laugh again and love again.

But let's not ever think that we'll close the door completely on what this loss means, for if we did that, we would unwittingly close the door on all the love that we shared. And that would truly be a loss too terrible to bear.

Taken from the Northern Nevada, TCF Newsletter



THOUGHTFUL POEMS

NATIVE AMERICAN PRAYER

I give you this one thought to keep –
I am with you still,
I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on the snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.
When you awaken
In the morning's hush,
I am the swift, uplifting rush
Of quiet birds in circled flight.
I am the soft stars
That shine at night.
Do not think of me as gone –
I am with you still,
In each new dawn.

Candles In The Night

Candles flame in darkness,
Flicker, steadily glow,
Bringing light from shadows
And help to soothe me so.
My daughter, like the candles,
Gave my life true light,
I use the candle's beacon
To connect us in the night.
As I light the candles,
My wish and my request
Is that she'll see my signal
And know my love's expressed.
As her light joins my lights,
Our worlds touch and flame.
As I snuff out the candles,
I softly say her name.
Anonymous – Nashville, TN TCF Newsletter

Tissues, Tears & Treasures

A circle of chairs and boxes of tissues, A roomful of tears and emotional issues.
Frightening at first, I did not want to enter Into this strange group, and be in the center.
What I soon learned, as we sat side by side, We were bound by the love of our children who died.
Each shattered heart, Desperately seeking a moment of peace, from the pain and weeping.
So many things different, and yet all the same, Hearts lost in a fog of loss and pain.
Those who have journeyed, much further than me, Reached out in comfort, listened quietly.
Each shattered heart spoke, and the tissues were passed, We never avoid speaking of the past.
This circle of friends, have found a bond, And here I'm still known As "Tony's Mom."
Slowly, I've found I can reach out to others Who are newly bereaved, fathers and mothers.
Strength I have found in this Circle of chairs, To grieve and to heal And to show that we care.

Diane Barta, TCF, Portland, OR





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

September 2015

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