



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



September 2016

Upcoming Events

September 15th - General Meeting - 7:00 p.m. - First Baptist Church
October 20th - General Meeting - 7:00 p.m. - First Baptist Church

STEERING COMMITTEE

CHAPTER LEADER

LARAINÉ 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

CHAELE 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:
All telephone numbers are 719 unless otherwise indicated.

CHAPTER LEADER

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

MULTIPLE LOSSES

LORI DARBY 464-4703

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 15, 2016.

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!



We are always looking for material from our chapter members to include in this newsletter. It is the perfect way to share your child, grandchild or sibling with all of us. Tell us about the special things you did in their memory or simply tell us the special things you will always remember and keep close to your heart. It is a beautiful way for us to get to know more about your loved one. It unites us as a bereaved family and it will help us all to become closer. Where there is unity, there is strength, strength that we can give to and draw from one other.

We would also welcome any book reviews. If you have read a book that has helped you on your journey please tell us about it. There are many, many grief books out there. Some will be more healing than others. It is so helpful to be guided to the right ones. Please forward any writings, poems, book reviews etc. to Stew Levett PikesPeakTCF@gmail.com or you may use the U.S. Mail and send it to me at 160 El Dorado Ln., Colorado Springs, CO 80919.



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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 the plane crashed in bad weather near Westcliffe, CO. Although it has been 21 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 love of 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.

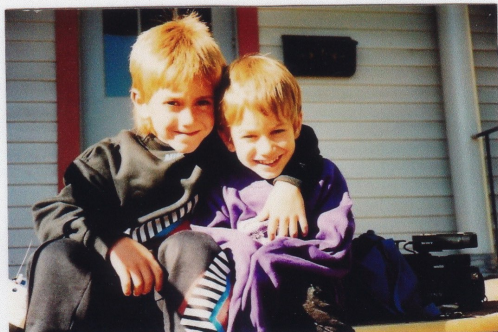
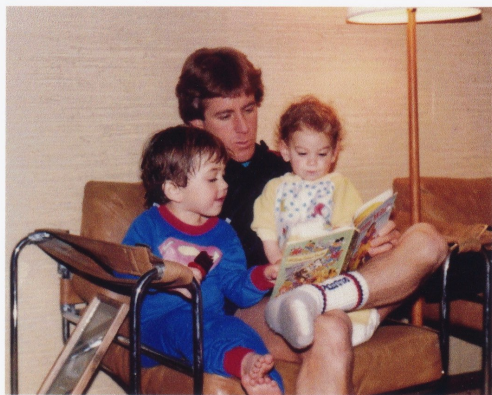
Seth had an infectious laugh and a big tooth smile. He was quick to give hugs and was a sensitive, thoughtful boy whose eyes brought people into his caring and warm world. The boys were good friends who truly loved each other.

Joel 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.

Missing you still and always...Nancy Saltzman, wife and mother

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

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





Welcome New Friends.

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.



**Nancy Saltzman - In Loving Memory of Adam William & Seth Michael Herzog
Michael & Colleen Bracchi - In Loving Memory of Sam Bracchi.**

Chaela Christianson - In Loving Memory of Damon Vincent Christianson

Chaplain Gene Steinkirchner - CSPD

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:

Pikes Peak - www.TCFPikesPeakChapter.org

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

National - www.compassionatefriends.org

THE FINAL FLIGHT

To fly, what excitement it brings!
To control the wheel and panel
Flying into the setting sun,
Through stormy cloud,
And back home again.
Letting go of the earth
And it's hold on you.
Gravity has no power
Over God-made or man-made wings.
Loving to soar
Above everything that held you captive,
Looking at the world, and saying,
"No more will you have me!"
Love for the freedom to fly into eternity....
If only we could
Make the flight, too.
by Nancy Yates, TCF Augusta GA



Button, Button, We'll Make Your Button!

Hey, guess what? We have purchased a photo button making machine and we are ready to start making your picture buttons. So, bring 2 copies (In case we make a mistake) of the SAME picture to your next meeting and we will have it ready for you the following months meeting.

Please bring your pictures to any of our monthly meetings. We will need a 3"x5" or 4"x6" photo of your child but would prefer NOT using the original photo. We suggest using Walgreens who can quickly make good 4"x6" copies from your original.

For best results make sure the photo of your child is centered and not too close to the edge or the results may not turn out as expected.



We are initially requesting one photo button per family to get us started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. This is still new to us so we request that you bring two pictures just in case we make a mistake with the first one. Also, for those who have lost more than one child, we will gladly make a button for each child.





Remembering Our Children On Their Birthdays - September

Child's Name	Date of Birth	Compassionate Friend
Elijah Sharp	Sep 1	Jason & Lana Sharp
Paul Ketterson	Sep 5	Will & Betty Ketterson
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Shivam Mehta	Sep 9	Raj & Kanan Mehta
Anton "Andy" George Horn	Sep 10	Levi & Emma Horn
Pierce Ford	Sep 11	Jeff & Cookie Ford
Sam Skaggs	Sep 11	Jennifer Skaggs
Nicholle Guy	Sep 11	Lezlee Guy
Fermin A. Vialpando	Sep 12	Sundae F. Vialpando
Kimberly Elizabeth Pratt	Sep 12	Pam Bilberry
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Michael Ornelas	Sep 17	Annette & Chris Ornelas
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Melissa Sue Micke	Sep 17	Alice Micke
Wade Lehman	Sep 17	Lori Lehman
Naomi Katherine Schwartz	Sep 18	Tim & Sonoko Schwartz
Sam Bracchi	Sep 19	Michael & Colleen Bracchi
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Seth Herzog	Sep 23	Nancy Saltzman
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Derrick Shane Moore	Sep 28	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby	Sep 28	David Derby
James Michael Burroughs	Sep 29	Arlene & Charles Burroughs
Chris Hatfield	Sep 30	Cathy Hatfield
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores
Casey Olivia-Dyan Siegel	Sep 30	Lawrence & Shonda Siegel

But Norman Rockwell Never Painted Me.....

At this time of year, it always seems that I see the families of other people's dreams. Everywhere I look, every ad I see, shows the joyful reunions of family. With the table laden, good times abound while families reunite and gather around. But Rockwell never painted an empty chair and a family mourning the one who's not there. A season that once was celebrated now makes us feel more isolated.

I need TCF so that I can see that there are others just like me whose feelings about holidays are mixed, at best, whose strength of will is put to the test. We love those whom we still hold near, but thought of one out of reach brings us to tears. Even now, amidst the love and gladness, this time of year brings certain sadness. I no longer have the "Average" family, so that's why Rockwell never painted me.

Kathy Hahn TCF, Lower Buck County, PA



Remembering Our Children On Their Anniversaries - September

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
Westly Cox	23 years	Sep 7	Karen Talbott
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, Tonia Page
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
Jason Fields	32 years	Sep 22	Teresa Fields
JT Tills	4 weeks	Sep 22	Sarah Gleeson
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
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 Samulenck	26 years	Sep 28	Megan Samulenck
John Doles	29 years	Sep 30	James & Susan Appleton



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.



HEALING WORDS

The Gate to Tomorrow

There is a gate that each of us has unknowingly passed through. This gate opens only one way.....once we have passed through this gate we cannot return to the other side. Each of us stepped through the gate at a different time and in a different way. This gate opens to the world of parents whose children have died; it is their gate to every tomorrow.

There is no other place that compares with life in this world beyond the gate: there is no sorrow like the sorrow inside the gate. The numbing pain and perpetual agony we experience when first stepping through this gate are so overwhelming that we often don't immediately realize that there will be no return. But we'll never return to life before the gate.

The new-world inside the gate is populated with friends who are strangers and strangers who are friends. Our perspective on life has changed forever. Few of our friends from life before the gate will linger with us now; these people are now the strangers. Our pain is all encompassing; they have lives to live, things to do, plans to make, happiness to capture. We are no longer part of their picture. Rare is the friend who stands by us inside the gate.....stands by us until one of us dies and leaves the world inside the gate.

The strangers who are now friends live inside the gate with us. Some have just come through the gate; others have been here a long long time. But these strangers who are now friends share our experience; they understand our need to talk about our children, each life and each death. They applaud our tiny advances toward acceptance and serenity and peace. Although we can never go back to life before the gate, we now have our compassionate friends.... ..once strangers but now kindred souls who share our lives and our world.

Life will not be the same again, yet life can be good again. Inside the gate we will each find ourselves with the help of our compassionate friends. They listen carefully to stories about our child. They know our child's name better than they know our name. And that's how we want it to beremember our children. Remember with us.

Annette Mennen Baldwin - TCF Katy, TX
In memory of Todd Mennen





THOUGHTFUL POEMS

Autumn

In the fall
When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly in the fall; 'Tis then I
miss you most of all.

Lily de Lauder - TCF Van Nuys, CA

Memories

The certain special memories
That follow me each day.
Cast your shadow in my life
In a certain way.
Sometimes the blowing wind
Or the lyrics of a song
Make me stop and think of you
Sometimes all day long
Memories are good to have
To share and keep in my heart.
Just knowing that you're still inside
Makes sure we'll never part.

Collette Covington - TCF Lake Charles, LA

There Is A Grief

There is a grief that ages the face
And hardens the heart
Yet softens the spirit...
A grief that casts shadows on the eyes
Yet broadens the mind...
A grief that keeps the pain and has no words
But increases the understanding...
There is a grief that breaks the heart
And wounds the soul,
That lasts and lasts and can shatter in a minute
But will inspire for a lifetime.

~Author Unknown~

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 Seven T's of Grief

1. **Truth:** Tell it, regardless of how terrible the facts may be and how hard it is to talk about. Don't hide the truth about how you lost the person you loved. This generally applies to all kinds of tragedy.
2. **Trust:** Allow it. Don't let the painful circumstances surrounding the death of your child prevent you from talking with friends about your loss. It's very important to find people to trust to whom we can talk about what's going on in our lives.
3. **Therapy:** Which some completely believe in- not only traditional therapy of the talking kind, but also body therapy, massage, art therapy, music therapy, physical therapy, which can be therapy without even having the tag I on it. Because loss can be a physical shock as well as a mental and emotional shock.
4. **Treasure:** Hold on. Don't stop treasuring your child.
5. **Thrive:** Keep looking at life with your eyes wide open. Don't give in to the temptation to use alcohol or other addictive substances to blunt or blur your sadness. Tremendous loss is also the opportunity for a fill in your life. It could be learning compassion for other people. It could be learning compassion for yourself.
6. **Treat:** Nurture yourself. Give yourself the gift of kind understanding, and taking care of ourselves when we're in a fragile circumstance and when we have miles to go, because these things don't end in a week. They stay with us.
7. **Transcend:** The work always reminds me of spring because the earth transcends from the apparently dead circumstances. The spring comes and the sun comes and the flowers start to bloom, and the world really transcends death.

THE BACK TO SCHOOL PRESSURE COOKER

Labor Day can put siblings into their own back to school pressure cooker. Whether this is the first year, or later, our kids may be dealing with questions and comments from peers, teachers, and/or counselors about their brother or sister. Or perhaps no one is talking because no one knows what to say. Feelings of loneliness, being different, being "left out" can surface, and sibling rivalry? Remember if you will how intense it could get between all your children. What kind of competition existed between them during the school year, or what comparisons were made: athletics, grades, friendships, extra activities? That kind of emotion is often forgotten when a child dies. But as your children go back to the classroom, to the athletic field, they may see those reminders each day. When they bring home these feelings, positive and negative, they need a place to express them without being judged, or compared to their sibling. We want to remember good. But we have to remember that no child was always good! To forget that is to make a martyr of our dead child - possibly at the expense of our living children. Our surviving children need special support at this time of year, too. They need to be reassured that they are still lovable - that they can be forgiven for any anger or resentment they may feel toward their brother or sister... that perfection is not a requirement for loving. They need to be reassured that they are separate, unique individuals, not imperfect replacements for the child who died. They need a safe place to talk, to let out their own concerns and anxieties and fears. They too are grieving and need a lot of support, especially during this back to school rush.

Cindy Cooper - TCF St. Louis, MO



The Compassionate Friends
Pikes Peak Chapter
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September 2016

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