



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



September, 2017

STEERING COMMITTEE

CHAPTER LEADER

Laraine Asaro-Anderson

Son, Michael Edward Anderson

MAILINGS & DATABASE

Jane & Steve Gabriel

Son, Jonathan Steven Gabriel

TREASURER

Ruby Doyle

Son, Patrick Michael Doyle

NEWSLETTER EDITOR & EMAILINGS

Stewart Levett

Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

Chaela 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

LARAIN ASARO-ANDERSON - 719-344-3216 *

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA

JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH

CHAE LA CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON - 303-814-9478

MOTORCYCLE DEATH

STEVE SEIFERT - 719-331-6455

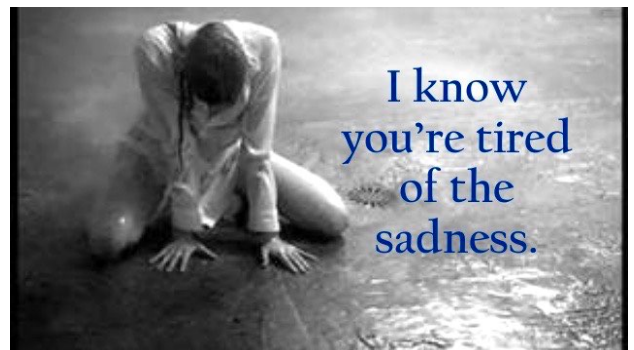
*Steering Committee

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 21, 2017.

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.





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Seeking Contributors

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 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.

Button, Button, We'll Make You A Button!

We have purchased a photo button machine and we are ready to start making your picture buttons. Bring 2 copies of the SAME picture to your next meeting and we will have it ready for you the following month. THIS IS A FREE SERVICE TO YOU.

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 requesting one photo button per family to get started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. Also, for those who have lost more than one child, we will gladly make a button for each child.

When Will I Want to Be Here?

Years ago, I read a lovely novel, *The Magic of Ordinary Days*, by Ann Howard Creel. Back then, I truly did appreciate the magic of ordinary days. I did. I greeted each day with purpose and a very long "to do" list. I fixed breakfast for my family, packed school lunches, awakened grumpy children, went to the school bus stop, folded laundry, emptied the dishwasher, walked the dog, shopped for groceries, made PTA calls, scheduled doctor appointments, showed up for my volunteer shift in the library. Then, I greeted the school bus (or waited for the front door to open), and dealt with the chaos of after-school snacks, music lessons, sports practices, homework, family dinner, baths, and bedtime stories. I was so grateful to be a full time mom. Even navigating the challenges, the bumps in the road, the injuries and illnesses, the disappointments with the school system....it all felt so purposeful, so significant. It was magical.

So, now that I have no choice but to take on the cloak of bereaved parent, is it worse because once life held such promise, such hope? I know I can no longer bear to look often at Facebook; the accounts on my "wall" of ordinary days bring me to my knees. I loved ordinary. It makes me so sad that my ordinariness has vanished.

The challenge now is how to be on the planet when I don't want to be here. I am on the planet; I get out of bed, I function on some level. But I don't want to. It's the wanting to be here piece that I have lost. So, I keep reading the books, seeing the counselor, going to TCF conferences, and working to stay in relationships with people I care about. I am deliberately trying to not lose hope that maybe, one day; I'll want to be here.

~Peggi Johnson TCF Piedmont Chapter, VA



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Welcome New Friends.

Labe & Jenny Sutton -
Son Austin Sutton
Luci Abrahamson (Bereaved Sibling) -
1) Douglas Micheal Gratton
2) Anthony Paul Gratton
Lionel & Geri Martinez -
Son Jeremiah Martinez

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.

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.

Digital Picture Frame - If you've been to one of our monthly meeting then you've noticed our large digital picture frame displaying picture of our children. Should you be interested in adding your child's picture to our display, please bring a picture to scan to our meeting or (preferred) email the picture, along with child information to Stew Levett at PikesPeakTCF@gmail.com
Pictures will be returned after they have been scanned and your child's slide completed.

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>

TCFPikesPeak

National - www.compassionatefriends.org



Nancy Saltzman

In Loving Memory of

Adam, Seth & Joel Saltzman

Chaplain Gene Steinkirchner - CSPD

Chapter Gift

Michaela R. Christianson

In Loving Memory of Her Son

Dameon Vincent Christianson



Remembering Our Children On Their Birthdays - September

<u>Child's Name</u>	<u>Birthday</u>	<u>Compassionate Friend</u>
Elijah Sharp	Sep 1	Jason & Lana Sharp
Ian Steele	Sep 2	Donna Vezakis
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
Keith Hampton	Sep 14	Martha Hampton
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Michael Ornelas	Sep 17	Annette & Chris Ornelas
Wade Lehman	Sep 17	Lori Lehman
Melissa Sue Micke	Sep 17	Alice Micke
Naomi Katherine Schwartz	Sep 18	Tim & Sonoko Schwartz
Sam Bracchi	Sep 19	Michael & Colleen Bracchi
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Seth Herzog	Sep 23	Nancy Saltzman
Courtney Marie Becker	Sep 23	Joseph Becker
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
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores
Casey Olivia-Dyan Siegel	Sep 30	Lawrence & Shonda Siegel
Chris Hatfield	Sep 30	Cathy Hatfield



Remembering Our Children On Their Anniversaries - September

<u>Child's Name</u>	<u>Forever Age</u>	<u>Date of Death</u>	<u>Compassionate Friend</u>
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
Nathan Luther	21 years	Sep 8	Lois Spangenberg
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 & 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
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
Noah Christian Wilder	15 years	Sep 19	Nicole Wilder
Jeffrey Russell Schumaker	31 years	Sep 20	John & Vera Shumaker
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	11 months	Sep 22	Sarah Gleeson
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Anadelia Vega	16 years	Sep 22	Dale Vega
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
Seth Herzog	11 years	Sep 24	Nancy Saltzman
Adam Herzog	12 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



Remembering Our Children On Their Anniversaries - September

<u>Child's Name</u>	<u>Forever Age</u>	<u>Date of Death</u>	<u>Compassionate Friend</u>
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 Gleason
John Doles	29 years	Sep 30	James & Susan Appleman

THOUGHTFUL POEMS

BORROWED HOPE

Lend me your hope for a while,
I seem to have mislaid mine.
Lost and hopeless feelings accompany me
daily.
Pain and confusion are my companions.
I know not where to turn.
Looking ahead to the future times
Does not bring forth images of renewed hope.
I see mirthless times, pain-filled days, and
more tragedy.
Lend me your hope for awhile,
I seem to have mislaid mine.
Hold my hand and hug me,
Listen to all my ramblings.
I need to unleash the pain and let it tumble
out.
Recovery seems so far and distant,
The road to healing, a long and lonely one.
Stand by me. Offer me your presence,
Your ears and your love.
Acknowledge my pain, it is so real and ever
present.
I am overwhelmed with sad and conflicting
thoughts.
Lend me your hope for awhile.
A time will come when I will heal,
And I will end my renewed hope to others.

Author Unknown, TCF - Ireland

Missing You

No words I write can ever say,
How much I miss you every day.
As time goes by the loneliness grows,
How I miss you, nobody knows!
I think of you in silence, I often speak your
name.
But all I have are memories and photos in a
frame.
No one knows my sorrow. No one sees me
weep.
But the love I have for you,
Is in my heart to keep.
I've never stopped loving you—I know I
never will.
Deep inside my heart, you are with me still.
Heartaches in this world are many,
But mine is worse than any.
My heart still aches as I whisper low,
"I love you and I miss you so."
The things we feel so deeply, are often the
hardest things to say.
But I just can't keep quiet any more, so I'll
tell you anyway.
There is a place in my heart, that no one
else can fill.
I love you so, my precious girl
And I always will.

Author Unknown

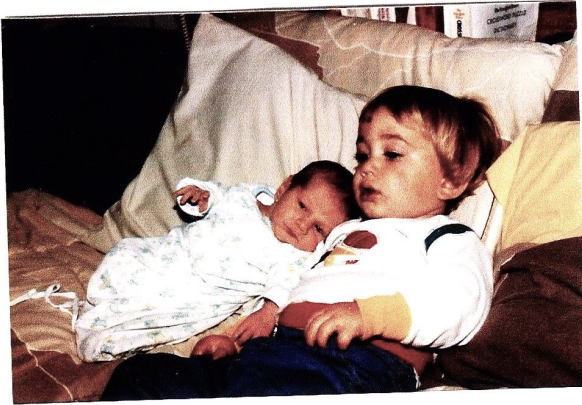


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ADAM WILLIAM HERZOG
October 5, 1982 — September 24, 1995



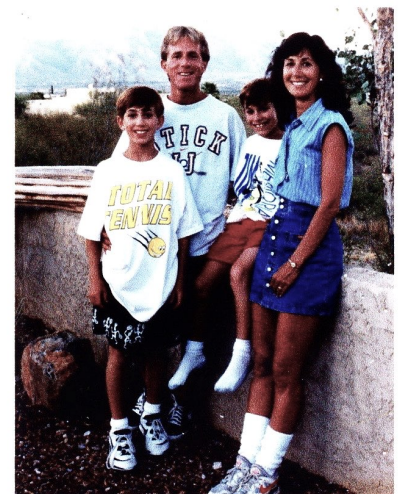
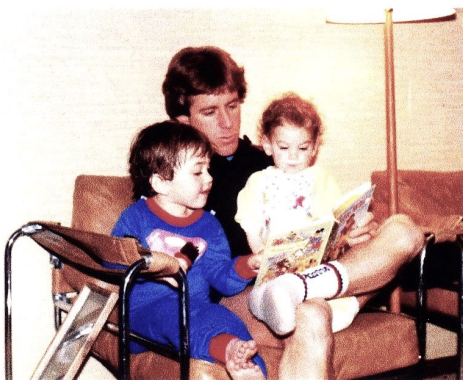
SETH MICHAEL HERZOG
September 23, 1984 — September 24, 1995

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 22 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 33 and Adam 35 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)



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 electronically scanned and added to our electronic Child Remembered "Picture Frame" displayed at monthly meetings and then returned to you.

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, Ruby Doyle 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 Ruby Doyle, 6552 Lange Drive Colorado Springs, Co 80918 ⇒
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: Ruby Doyle – 6552 Lange Dr. – Colorado Springs, CO 80918

Contributor Name & Address: _____

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

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No



HEALING WORDS

That Darn Yellow School Bus

By Alan Pedersen

He asked me if there was something wrong with him. He thought he had been doing a little better these past few weeks. He was on his way to work and stopped at a red light when a school bus pulled up next to him. He said, "I made the mistake of looking up and seeing faces of happy beautiful children."

Instantly he was so emotional he could barely drive. He had to pull the car over and collect himself. This is his first new school year, since his daughter Reagan died.

I assured him he is not alone and he is not crazy, he is human and he is grieving and we never know what might take our breath away when we least expect it.

The feel of Fall in the air, the back to school signs, families shopping for school supplies can all trigger us in strong ways. Those of us farther down the road gain experience and can brace ourselves, but we still get blindsided easily too.

This grief journey is filled with reminders of happy times and fond memories. Our challenge is how we balance embracing the good memories we have had with the pain of acknowledging what we no longer have. It is back to school time....Can you relate?

Alan Pedersen is the Executive Director of The Compassionate Friends/USA



Challenge and Change

As I look back over the past six years since our son died, I realize how much I have changed. When we talk about grieving, we often forget to mention that we grieve, too, for the person we were before our child died. We might have been energetic and fun loving, but now are serious and absorbed.

Our friends and family miss the old us, too, and their comments show it. "Don't you think it's time to return to normal?" "You don't laugh as much as you used to." They are grieving for the person who will never be the same again.

Like the caterpillar that shrouds itself in a cocoon, we shroud our- selves in grief when a child dies. We wonder, our families wonder – when will we come out of it? Will we make it through the long sleep? What hues will we show when we emerge? If you've ever watched a butterfly struggle form the safety of the cocoon, you'll know that the change is not quick or easy – but worth the effort.

We begin to mark our struggle from the cocoon of grief when we begin to like the new us. When our priorities become different and people become more important than things; when we grasp a hand that reaches and reach in turn to pull another from the cocoon, when we embrace the change and turn the change into a challenge, then we can say proudly, "I have survived against overwhelming odds." Even though my child's death is not worth the change in and of itself, the changes and the challenges give me hope that I can be happy. I can feel fulfilled again. I can love again.

Sherry Mutchler TCF/Appleton, WI



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