



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



September, 2019

STEERING COMMITTEE

CHAPTER LEADER Currently Open

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

SC MEMBER/FACILITATOR
Ron Agee
Daughter, Melody Victoria Agee

SC MEMBER
Jenny Sutton
Son, Austin Sutton

TELEPHONE FRIENDS

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

DRUG / ALCOHOL LOSS
STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA
JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH
CHAELO CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT
RAYE WILSON - 303-814-9478

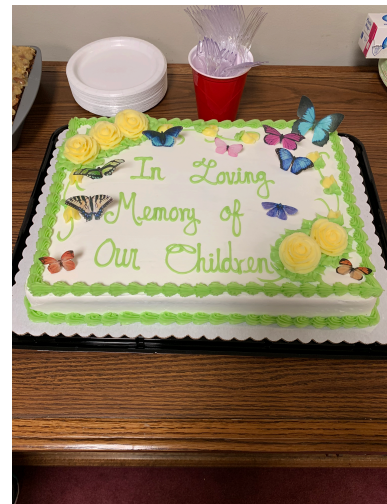
*Steering Committee

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?

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.

Our next meeting will be held on Sept. 19, 2019





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

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.

\$25 up to \$50 - A picture, if available, and dedication to be listed in the newsletter.

\$0 up to \$25 - A Love Gift acknowledgement. All 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!



Grief Recovery After a Substance Passing

Colorado Springs Chapter of GRASP

Support Group for those who love someone who died from substance use disorder.

Second Wednesday of Each Month

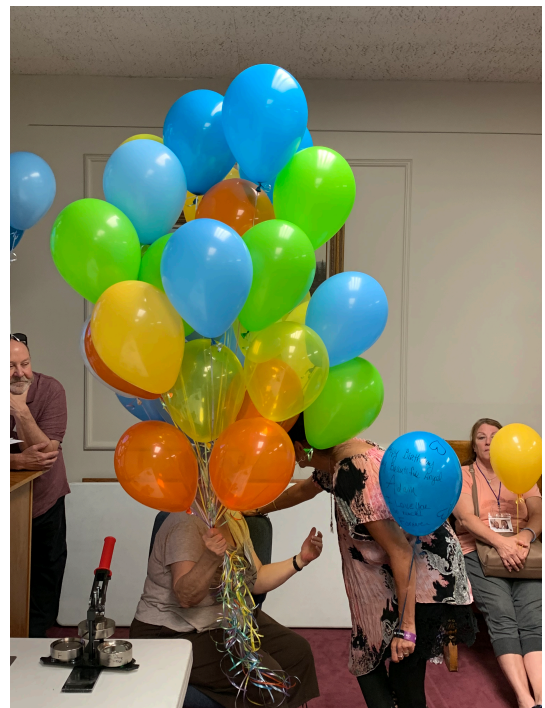
Springs Recovery Connection at
The Sanctuary Church, 1930 W. Colorado Ave.
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:

Sheri Barger: SheriBarger@icloud.com

Becca Wesselman: wesselwoman@q.com

(www.grasphelp.org)





A DEATH HAS OCCURRED

A death has occurred,
and everything is changed by this event.
We are painfully aware that life
can never be the same,
that yesterday is over,
that relationships once rich have ended.
But there is another way to look upon this truth.
If life went on the same without the presence
of the one who died,
we could only conclude that the life we here remember
made no contribution,
filled no space,
meant nothing.
The fact that this person left behind a place
that cannot be filled
is a high tribute to this individual.
Life can be the same
after a trinket has been lost,
but never the same
after the loss
of a treasure.



Paul Iron - TCF, Savannah, GA

A Season of Many Feelings

Fall is a season of many feelings
Autumn is here once again
As it comes every year.
And with the leaves
My falling tears.
This time of year is the hardest of all
My heart is still breaking,
Once again it is fall.
Memories once so vivid
Are seeming to fade.
My time spent with you
Seems some other age.
This season reminds me
Of grief and of pain.
But yet teaches hope
And joy once again.
For trees are still living
Beneath their gray bark,
And you my sweet child
Are alive in my heart.

Cinda Schake TCF, Butler, PA

I Went To Your Funeral Today

I went to your funeral today.
There were so many chairs.
I looked at your picture wall,
Such a beautiful girl.

I spoke to your little brother,
Lord, how much he's grown.
The ushers have started to put up extra chairs,
The people are coming in droves.

At sixteen you took your own life,
Depression got the best of you.
How you must have suffered with your sorrow and sadness
To end your life so suddenly.

There's not enough chairs to go around
So the people are standing along the back wall.
Your Dad gave a beautiful, tearful eulogy
And your Mom spoke of her love and your illness.

We were handed lady bugs to put into the garden.
What a funny tribute to you.
Who knew you liked bugs and all living things?
I'll bet the flowers did.



I didn't know you but a couple of years.
You shared my sons name.
A life so precious, gone too soon.
So I went to your funeral today.

Stew Levett - TCF, Pikes Peak Chapter

GRIEF IS LIKE A RIVER

My grief is like a river – I have to let it flow,
But I myself determine Just where the banks will go.
Some days the current takes me In waves of guilt and pain,
But there are always quiet pools Where I can rest again.
I crash on rocks of anger – My faith seems faint indeed –
But there are other swimmers Who know that what I need
Are loving hands to hold me When the waters are too swift,
And someone kind to listen When I just seem to drift.
Grief's river is like a process Of relinquishing the past.
By swimming in Hope's channel, I'll reach the shore at last.

Cynthia G. Kelley TCF Cincinnati, OH



THE COMPASSIONATE FRIENDS

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Supporting Family After a Child Dies



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.

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

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.

PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

Once again we request that you contact us to have your child's slide included in our memorial. Our library contains hundreds of pictures and slides, many of which the families of these children have moved out of the region or are no longer with us. For this reason we will only use slides from the past 10 years (2009) unless notified by you for your child's slide inclusion.

DEADLINE FOR SUBMISSIONS IS SUNDAY, DEC. 1st.
More detailed information in our October Newsletter.



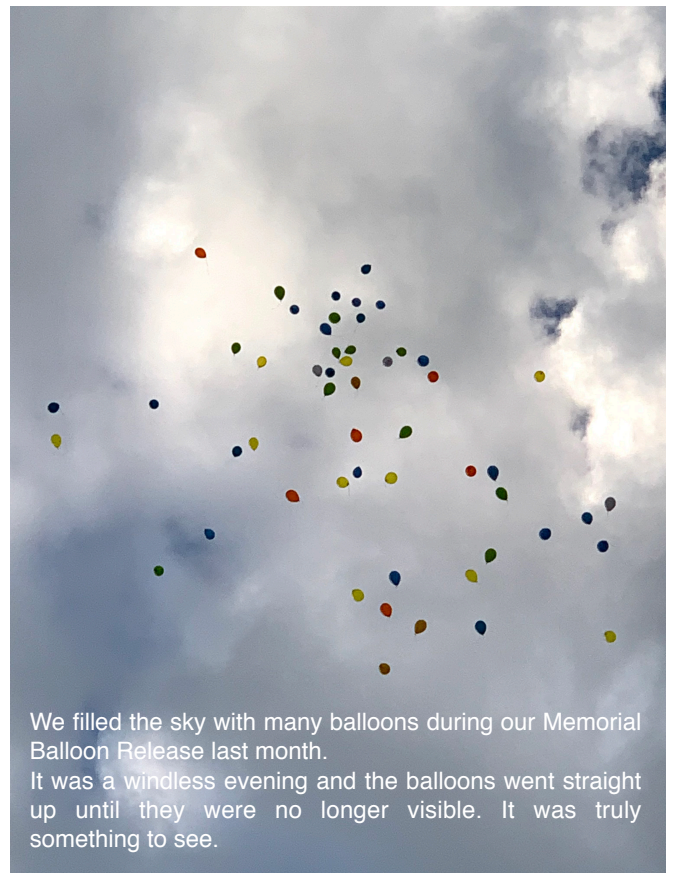
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Nancy Saltzman in memory of her sons
Adam William Herzog
&
Seth Michael Herzog

Chaela Christianson in memory of
Damon Vincent Christianson

Chaplain Eugene Steinkirchner
Love Gift Donation - CSPD



We filled the sky with many balloons during our Memorial Balloon Release last month. It was a windless evening and the balloons went straight up until they were no longer visible. It was truly something to see.



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Elijah Sharp	Sep 1	Jason & Lana Sharp
Ian Steele	Sep 2	Donna Vezakis
Paul Ketterson	Sep 5	Will & Betty Ketterson
Jessica Rae McKenna-Simmons	Sep 5	Debbie McKenna
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Shivam Mehta	Sep 9	Raj & Kanan Mehta
Anton "Andy" George Horn	Sep 10	Levi & Emma Horn
Dequan Maiik Hampton	Sep 10	Simona Hampton
Nicholle Guy	Sep 11	Lezlee Guy
Sam Skaggs	Sep 11	Jennifer Skaggs
Pierce Ford	Sep 11	Jeff & Cookie Ford
Fermin A. Vialpando	Sep 12	Sundae F. Vialpando
Evan Cronenwett	Sep 14	Kate & David Cronenwett
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Keith Hampton	Sep 14	Martha Hampton
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 and Sonoko Schwartz
Sam Bracchi	Sep 19	Michael & Colleen Bracchi
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Sarah Lowes Robertson	Sep 21	Barbara Ball
Bryan Sasz	Sep 21	Bill, Donna & Stephanie Sasz
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Seth Herzog	Sep 23	Nancy Saltzman
Courtney Marie Becker	Sep 23	Joseph Becker
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Nicholas Bettke	Sep 25	Bruce Bettke
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
Casey Olivia-Dyan Siegel	Sep 30	Lawrence & Shonda Siegel
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores

In most cases, suicide is a solitary event and yet it has often far-reaching repercussions for many others. It is rather like throwing a stone into a pond; the ripples spread and spread.

Alison Wertheimer



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	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-Zornes
Brody Richard Cisneros	7 months	Sep 3	Julie & Will Cisneros
Harvey Nicole King	5 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
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 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
Evan Cronenwett	1 day	Sep 14	Kate & David Cronenwett
Kalli Rose James	3 weeks	Sep 14	Lindsey James
Eugene Harris, Jr.	23 years	Sep 15	Stacey Burciago, Gene Harris, Tonia Page
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 Schumaker
Joanna Lyn Terry	18 years	Sep 20	Jack & Joyce Terry
Zachary Nathaniel McClary	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
Anadelia Vega	16 years	Sep 22	Dale Vega
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
William Murphy	29 years	Sep 23	Deb Murphy
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
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 Appleman
Brandon Roy Hubschmitt	41 years	Sep 30	Delena & Don Hubschmitt





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



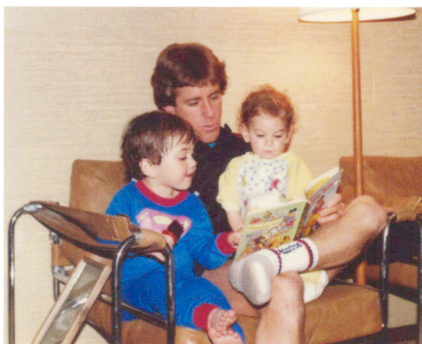
SETH MICHAEL HERZOG
September 23, 1984 — September 24, 1995

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 24 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 35 and Adam 37 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)

September, 2019



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

The Compassionate Friends

Worldwide Candle Lighting

Join us on December 8, 2019

"...that their light may always shine."