



STEERING COMMITTEE

CHAPTER LEADER
Stewart Levett - Acting

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/WELCOME PACKETS
Leta Levett
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR
Ron Agee
Daughter, Melody Victoria Agee

SC MEMBER
Jen Sutton
Son, Austin L. Sutton

TELEPHONE FRIENDS

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

CHAPTER HELP - 719-344-3216

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

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

ADULT CHILD / SUDDEN DEATH
CHAELE CHRISTIANSON - 719-687-6688

SUICIDE
JEN SUTTON - 719-354-0057 *

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

*Steering Committee

Welcome

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 support group is currently meeting on the 3rd **Friday** of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. We are meeting at the Universal Kempo Karate School located at 410K South 8th Street, directly behind the Taco Express.

Due to our current pandemic situation, all guests will be required to fill out a Covid-19 questionnaire and have their temperature taken. Masks will be required upon entering but may then be removed once you are seated. We ask that no food be brought into the school but individual, non-alcoholic drinks will be allowed.

We understand your pain; won't you let us help you through your grief?





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

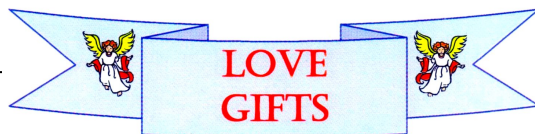
\$50 or more - Newsletter Sponsor. May include a full page for printing. Please remember to send your page "Copy Ready" as you would like to see it printed in the newsletter.

\$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!



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

Michaela Christianson
in memory of Damon Vincent Christianson

Chaplain Eugene Steinkirchner
Love Gift Donation - 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>

TCFPikesPeak

National - www.compassionatefriends.org



Welcome New Friends.

Kelly & Gustavo Duran - Son Giovanni Duran

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.

STATUS OF OUR MONTHLY MEETINGS

Our monthly support group is currently meeting on the 3rd **Friday** of each month at 7 p.m. Meetings are open to the parents, grandparents and older siblings of your loved one. **We are meeting at the Universal Kempo Karate School located at 410K South 8th Street, directly behind the Taco Express.**

Due to our current pandemic situation, all guests will be required to fill out a Covid-19 questionnaire and have their temperature taken. Masks will be required upon entering but may then be removed once you are seated. We ask that no food be brought into the school but individual, non-alcoholic drinks will be allowed.

We believe we have enough space and chairs to accommodate all who wish to attend but we do ask that you acknowledge your desire to attend by sending us a request at pikespeaktcf@gmail.com.

Last months meeting was attended by fifteen members. Won't you join us this month? Mark your calendars for Friday, September 18th at 7:00 p.m.

Departure of Chaela Christianson



We were recently informed that Chaela Christianson will be stepping down as our secretary and facilitator to our group.

Those of you that are familiar with Chaela know that she was so much more to the group than just our secretary and facilitator, she was our lady behind the scenes that virtually did everything. Chaela

took it upon herself to make sure everything was put in place and ready for our monthly meeting then locked up before we left for the evening. She kept us organized (I mean ORGANIZED) and kept all of us on the Steering Committee aware and up to date on future meetings and events within The Compassionate Friends community.

I believe I speak for all of us when I say how much we love and are going to miss you Chaela and we hope that you will continue to join us for those special occasions that, in the past you have given so much of your time and energy.

I'm Beginning

I'm beginning to know your children
From the things I heard you tell.
From the pictures that you've brought here
I think I know them well
Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your pain in my heart.
My thanks to you for listening
To words wrung from my soul.
We are The Compassionate Friends
That's all I need to know.

Jack Brown TCF Louisville



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Frank Eric Woods	Sep 1	Ruth Woods
Elijah Sharp	Sep 1	Jason & Lana Sharp
Ian Steele	Sep 2	Donna Vezakis
Jessica Rae McKenna-Simmons	Sep 5	Debbie McKenna
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	Emma Horn-Adams
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
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Evan Cronenwett	Sep 14	Kate & David Cronenwett
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 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
Courtney Marie Becker	Sep 23	Joseph Becker
Seth Herzog	Sep 23	Nancy Saltzman
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Kyndal North	Sep 24	Jordana North
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



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

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	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
Samuel Christensen	17 years	Sep 6	Stacy Christensen
Westly Cox	23 years	Sep 7	Karen Talbott
Nathan Luther Spangenberg	21 years	Sep 8	Lois Spangenberg
Tyler Hardy	18 years	Sep 9	Liz Hardy
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 and Greg Garrett
Ava Rose Wolfe	6 years	Sep 12	Kristy Wolfe
Desiree D'Gornaz	26 years	Sep 13	Louie & Edna D'Gornaz
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
Claire Palmer	21 years	Sep 17	JoAnn & Lawrence Palmer
Ryan Thompson	2 years	Sep 17	Yvette & Bob Thompson
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

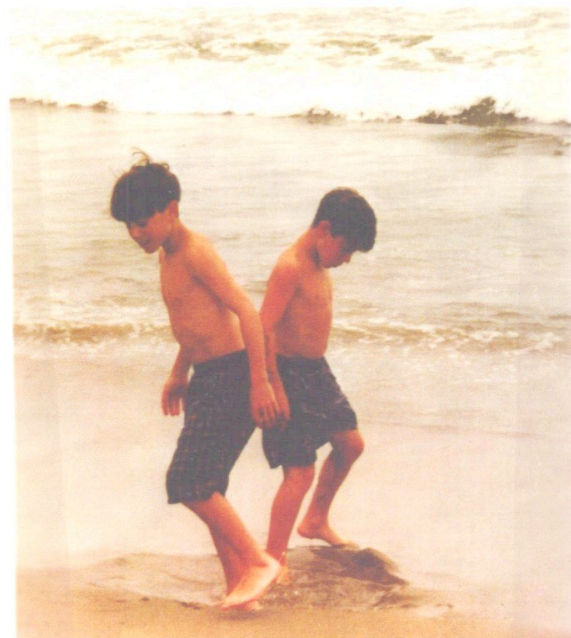


Nancy Saltzman Remembers...

"With each memory let our hearts be reminded that nothing can ever take away the beauty we have known for love remains a part of us forever."
(Flava)



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 watching the Davis Cup tennis tournament in Las Vegas when the plane crashed in bad weather near Westcliffe, CO. Although it has been 25 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. Seth would turn 36 and Adam 38 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.

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



Valley of the Butterflies

There is a sun-drenched valley,
light with the scent of clover and lilacs -
where the butterflies dance.
Leaping and swooping,
they reflect colors of every hue and dimension.
There are monarchs and skippers, swallowtails and
delicate spring azures.
Each dances its unique pattern of flits,
circles and dives.
There are no roads, paths, or gates
to broach the valley's entrance;
Yet it is visited often in thoughts and dreams.
Every parent who has sent forth a child,
and vainly waited for its return,
comes seeking in the valley of the butterflies and there
finds a beautiful spirit,
stretching its wings to the clouds
and brushing its feet on the grass,
dancing in swoops, flits and dives,
drying its dewy wings in the warm sunshine of forever.

Marcia Alig, TCF, Princeton NJ

Why Attend a Support Group?

- To meet others who share your experience with grief.
- To express feelings regarding your loss in a place without judgment.
- To honor the memory of your loved one.
- To learn how to cope with grief from those who have been there.
- To hear suggestions from others about what works when grieving.
- To gain hope and strength from others.
- To share your grief resources with others.
- To take an active role in the grieving process.
- To realize that you are not alone, and that you will survive this.

Wilmington NC TCF Chapter

In an effort to be good stewards of our resources, we want to send the newsletter to only those who want it. If you wish to discontinue the newsletter, please email pikespeaktcf@gmail.com and we will remove you from our mailing list.

Look at yourself in the mirror.

Say to yourself,
"It is hard to lose a child."

Say to yourself,
"It is reasonable to hurt,."

Say to yourself,
"Healing takes time."

Be Good To Yourself.
by Sascha Wagner

CAN IT BE FALL AGAIN ALREADY?

Kathy McCormick, TCF, Lower Bucks County, PA

Here we go again, that downward spiral into Fall that every bereaved parent dreads. For as sure as we turn the calendar page to October, here comes Halloween, followed by Thanksgiving and then (oh, NO!) Christmas and Hanukkah. As I contemplate my fourth fall without my child, I can tell that the pain will be less intense and come less often. This does not mean I love her less. It just means that no one can grieve as intensely as in the beginning for very long. Your body couldn't sustain it.

Take care of yourselves. Learn to be selfish if you need to be. Tell those closest to you what you need in order to get through this time. You will survive, whether you like it or not. We're here if you need us, *your compassionate friends*.

You Were On My Mind...

When I woke up this morning ...
you were on my mind. You were on my mind.
You with that genuine enthusiasm, like a kid with his first bicycle.
You with the curiosity and excitement that dads love to be there for.
There's so much of you still with me. Still with us!
It's not fair that we feel cheated or that we won't share your ways anymore.
But in reality, after all the tears and inner feelings of pain and sadness pass We will have joy and great happiness because we shared your days. Your laughter. You.
And when I wake up each morning it will be OK that you were on my mind... You are on my mind.
That's a special place for you to be, because it will be forever.

Michael Tyler, TCF Lighthouse Chapter, Lewes, DE



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

September, 2020

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