



# THE COMPASSIONATE FRIENDS

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



September, 2021

## STEERING COMMITTEE

### *CHAPTER LEADER - Acting*

**Stewart Levett**  
Son, Aaron Paul Levett

### *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

<b>Jen Sutton *</b>	<b>719-354-0057 - Normal Business Hours</b>
<b>Jane Gabriel *</b>	<b>719-282-1924 - Leave Message</b>
<b>Ron Agee *</b>	<b>719-308-7473 - Between 8 and 5</b>
<b>Ruby Doyle *</b>	<b>970-560-9434 - Daytime Hours</b>
<b>Stew Levett *</b>	<b>719-534-0350 - 9 to 3pm, 9pm to 11pm</b>
<b>Leta Levett *</b>	<b>719-531-5488 - 9 to 3pm except Thursday</b>
<b>Raye Wilson</b>	<b>303-814-9478 - Daytime Hours</b>

\*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.

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 and Seth Herzog

Michaela Christianson  
in memory of Damon Vincent Christianson

Kaelin Donald  
in memory of Kylie Kelleher

Chaplain Steinkirchner  
Love Gift Donation

### **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](mailto:nationaloffice@compassionatefriends.org)

### **WEBSITES:**

**Pikes Peak** - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

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

[TCFPikesPeak](https://www.facebook.com/TCFPikesPeak)

**National** - [www.compassionatefriends.org](http://www.compassionatefriends.org)



## CHAPTER NEWS

We will continue to have our in person meetings at the Kempo Karate school located at 410 South 8th Street directly behind the Taco Express. Each month we will have a different facilitator hosting the group with a wide range of topics to engage our members. These in person meetings will be held the 3rd Friday of each month starting at 7:00 p.m. Masks will be optional if you have been fully vaccinated and mandatory for those who have not. Refreshments can be brought/served but we ask that they be consumed on the carpeted area only.

We have been in contact with the First Baptist Church about hosting our meetings there again and they are ready to host us but only smaller rooms are available at this time. We will continue to be in touch with them and look forward to starting back up at the church in the near future.

Meetings are available to all members each month and we look forward to seeing you at our next meeting, **Friday, September 17th at 7:00 p.m.**



### Welcome New Friends.

**Jessie & Kevin Branford - Aiden Branford, son**

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.

### September 11th

I don't know about you but September 11th was a day that changed my life. The attack on the nation that day, which was 4 years and a month prior to my own sons passing, was a death in the family of sorts.

To this day the reminders and remembrances come from every news source, social media and special event programming shown at this time of year. While I'm compelled to watch, my reaction is always the same; horror, grief and the sickness in the pit of my stomach. But I continue to watch, continue to remember and continue to grieve.

Hearing the stories of the people who lost their lives on 9/11 is akin to the many children The Compassionate Friends honor daily. They came from all walks of life, all religions, all colors, all ages. And the nation became a bit stronger, embracing the grieving loved ones regardless of a persons station in life, much like The Compassionate Friends.

My feelings of love and sympathy go out to all those tragically affected by the events of 9/11 as it goes out each month to those parents who have lost a son or daughter, a loss that will forever change your life as 9/11 and the loss of my son due to unrelated circumstances changed mine.

Stew Levett - TCF, Pikes Peak Chapter, CO



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Elijah Sharp	Sep 1	Jason & Lana Sharp
Ian Steele	Sep 2	Donna Vezakis
Jessica Rae McKenna-Simmons	Sep 5	Mary McKenna
Paul Ketterson	Sep 5	Will & Betty Ketterson
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Shivam Mehta	Sep 9	Raj & Kanan Mehta
Dequan Maiik Hampton	Sep 10	Simona Hampton
Anton "Andy" George Horn	Sep 10	Emma Horn-Adams
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
Evan Cronenwett	Sep 14	Kate & David Cronenwett
Keith Hampton	Sep 14	Martha Hampton
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Melissa Sue Micke	Sep 17	Alice Micke
Michael Ornelas	Sep 17	Annette & Chris Ornelas
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 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

"The passage of time alone does not cause our grief to end,  
but its softening touch helps us to survive."

~ Wayne Loder ~





## 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
Brody Richard Cisneros	7 months	Sep 3	Julie & Will Cisneros
Harvey Nicole King	4 months	Sep 4	Jerima King
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
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	Tonia Hill & 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
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 Samulencik	26 years	Sep 28	Megan Samulencik
John Doles	29 years	Sep 30	James & Susan Appleman
Brandon Roy Hubschmitt	41 years	Sep 30	Delena & Don Hubschmitt



I am always moved by Nancy Saltzman's touching tribute to her family each year - Editor

"I go out to the world not knowing what awaits me,  
my family and loved ones within my heart feeding my spirit,  
strengthening me." (Tayoumana)

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 26 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.

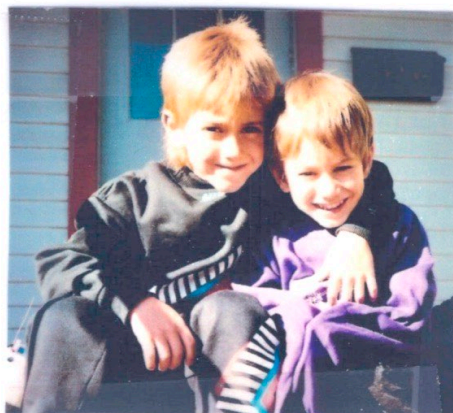
Seth had an infectious laugh and a big tooth smile. He was quick to give hugs and was a sensitive, thoughtful boy whose eyes brought people into his caring and warm world. The boys were good friends who truly loved each other.

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

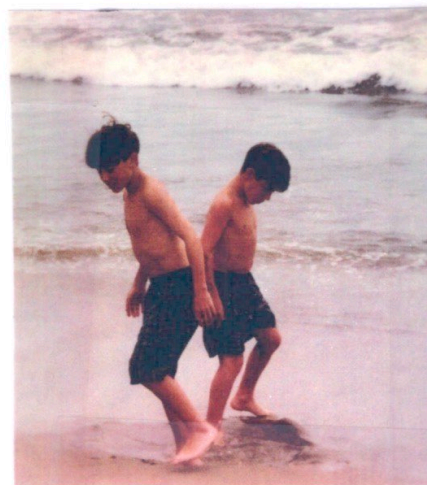
**Adam William Herzog**

October 5, 1982 -  
September 24, 1995



**Seth Michael Herzog**

September 23, 1984 -  
September 24, 1995





# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



September, 2021  
Page 7

## Cheerios

Sometimes opportunity sleeps in catastrophic calamities. Sometimes there is hope for the heart in a little bowl of Cheerios. Whether or not we actually see this opportunity, or use it in some sort of positive fashion, is a choice. What motivates mending lives ravaged by the death of a child that died too soon? Swim through the grief or sink into oblivion seems like the only choices of necessity as the mother of invention proclaims that no other options exist. Or it might be a little box of Cheerios that had never contained anything but a simple, round breakfast cereal.

Moments of time have drifted by the stationary heart as the relentless river of tears has decreased or maybe even ceased altogether. The persistent push of that heavy weight of an imaginary knee on the chest that prevented a full breath still happens but not as often. The anniversary dates are obvious, but experience has taught that anticipation is sometimes worse than the actual day commemorating the event. The calendar moves from one day to another, returning again in a seamless, sad circle that often softens as we struggle to survive. The details that framed the death of a child may eventually surrender to a curious fuzzy blur of time and circumstance. We are healing as the woeful, debilitating waves of pain eventually may have more distance between them, allowing a breath or securing a deep sigh now and then.

Moms and Dads try to get ready for that first year of life without their precious child in familiar ways that they utilized in the past for other notable normal events. Sometimes the best-laid plans just don't work. You are not going crazy as you arrange then rearrange, organize then reorganize the days of significance that occur throughout the year. To be lost in a familiar world is the rule, not the exception, for the agonizing bereaved parent. Some of the efforts work while many of them do not. The day that parenthood was first announced, the actual birth, or the date that life changed forever demand recognition and at times cannot be willed away, though the attempt to do so may be applauded. Experience helps parents adjust expectations for the special days. As the Mom or Dad moves further away from their saddest reality, they may then feel the tiny hopeful signs of a kind of profound healing or just getting a little better drifting over them, embracing a little peace. We don't get over it as we never get over "it", but rather we go through it. We survive.

Then the unexpected occurs and the sighting of a little box of Cheerios, as innocent as your child, brings you to your knees with oh, so fond memories of happy times that are startling, visible and real, and gone. Cheerio moments that jump off a grocery shelf shouting memories of yesterday and stomps your heart with arrogant immunity reminding the sad soul there are no tomorrows the way we want, the way it used to be. First came your smile as the remembrance was fond and takes you to pretty thoughts, then in the same motion cruelly crushes the spirit with the inescapable thought of finality. My child is gone from here forever.

The Cheerios have such power to bring back a beautiful, now special fun memory eternally captured in a parent's mind and soul. How he loved this simple circular cereal. He formed the round bit of food in his mouth then giggled as he discovered he could breathe with his mouth shut if he held that little Cheerio between his tiny angelic lips. Everyday there was something new, but the Cheerio scene replayed itself as the "Hey, Dad look at this" seemed cuter than the day before. A child and a parent were sharing fun. Whoever thought how priceless that moment could be? Whoever thought it would ever end? Whoever thought...

"Don't choke on your food" and the classic perfunctory "don't play with your cereal" uttered not as an order so much as responsible parental adult speak attached to an obvious grin comes to mind as my only comment. We did chuckle as my little guy urged me to try it. Surrendering to his request, I tried, inspiring his comment, "the Cheerio has a mustache hat" he could barely get that comment out between laughs. Giggles all around.

Little kid fun just being what he was supposed to be, innocent, perfection. That memory will never eliminate the fact that he is not here, but today, at this moment, it softens the other not-so-good memories. To focus on the good little boy playing with his Cheerios is the memory of choice, and today it surpassed and suppressed all the others. Thank you, my little one, and please save some Cheerios for me.

—Pat O'Donnell, Brian's Dad, Bereaved Mustached Dad



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



September, 2021

Copyright © 2021 - All Rights Reserved  
The Compassionate Friends, Inc.

Dated Material - Please Deliver Promptly - Return Service Requested