



For the families and friends of those who have died by violence

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

APR – MAY 2017

With Mother's Day coming up and Father's Day right around the corner, one of the most asked questions is "What do I say when people ask me if I'm a mother / father?? Or "How many children do I have?"

At first, I had a difficult time with this as well. Mostly because I didn't want to make the person asking uncomfortable. Then I realized that I am, and always will be, a father of 2 beautiful daughters. Just because one was taken from me, does not make me any less a father.

I am proud to be Toni and Erica's dad.

I will always have two daughters. If that makes others uncomfortable, then that's too bad.

I do not go into details, I tell them that Toni was killed when she was 22, far too young.

I hope you have a good Mothers Day and know that your loved one is with you.

Do you have a poem or an article that you think would be good for the news letter? Please send them to me for consideration.
POMCColorado@gmail.com

In this edition, we have a poem written by one of our members, Jackie Corrigan for her brother Alex Incorvia.

The poem can be found on pages 4 and 5.

Pain changes you more profoundly than success or good fortune ever will. For it shapes your perception of life, your values and priorities, your goals and dreams. It makes you realize that you do not get to choose the events that unfold before your very eyes nor the sorrows that interrupt your life.

Pain makes you realize how much you have the ability to endure and still breath

-Narin Grewal



WHY WE ARE HERE

1. To support persons who survive the violent death of someone close, as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society's awareness of these problems.

POMC NEWSLETTER STAFF AND INFORMATION

This newsletter is published bimonthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors:

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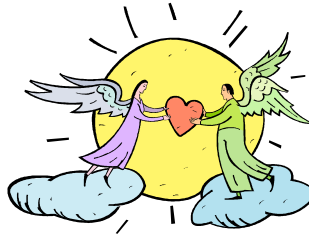
Memorials & Birthdays:
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Roster & Mailing List:
Joe Cannata, 303 345-7301

Healing & Bereavement Resources:
Nancy Rasser, 303-798-2841

Trials and Hearings:
Phil Clark, 303 748-6395
Joe Cannata, 303 345-7301

Love Gifts



Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.

Erika Mulligan
In loving memory of
Michael Tarasiuk

Veronica Duran
In loving memory of
Mel Gurule

Bob Luiszer
In loving memory of
Jacine Gielinski

Earl & Claudette Elder
In loving memory of
Cher Elder

Rita Waegele
In loving memory of
Christine Waegele

Gayle Sawhill
In loving memory of
Randy Fleming

New Members

Jeanne Rogers

FRONT RANGE CHAPTER INFORMATION AND NUMBERS "We Are Here to Help"

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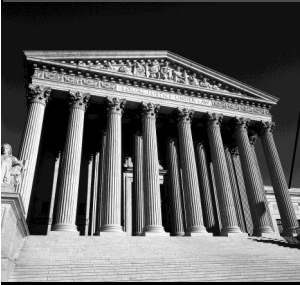
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Trials & Hearings

No Trial Updates

Why we talk about the ones we've lost

By John Polo

For all of those who talk about their loved one. For all those that talk about their loss.
This is why we talk about them.

Hint: It is not for attention

We talk about them because we love them. In life and in death

We talk about them because they are still a part of us...And always will be.

We talk about them because the love we share and the loss we endure have shaped us into the person we are today.

We talk about them because we find it therapeutic. For our minds, for our hearts and for our souls.

We talk about them because it helps us, and we hope it will help others.

We talk about them because the memories make us happy...And we need to feel that.

We talk about them because the memories make us sad...And we feel that.

We talk about them because we want the world to know the struggle.

Of cancer. Of suicide. Of drug addiction. Of murder. Of heart disease. Of sudden death. Of terminal illness.

The struggle of loss.

We talk about them because we want you to appreciate what you have. Because in hindsight, we may realize we didn't.

We talk about them because they are still ours....and we are still theirs.

We talk about them because in the day to day grind, that is life. We sometimes feel them drifting away..and we think talking about them will make us feel closer to them today.

We talk about them because we want to.

We talk about them because we need to.

And yes, sometimes, we talk about them because nobody else will.

We carry on their legacies.

We may talk about them because we take that responsibility seriously.

When Michelle was sick and dying, she would often tell me of her fears that everyone would forget her. That she would become a distant memory. That nobody would speak of her anymore. That it would be like she never existed.

Nope. Not going to happen. Not on my watch. Not now. Not ever.

We talk about them because we won't let them be forgotten

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Oh Brother

by Jackie J. Corrigan

And sometimes I see you walking down the road
 shifting your weight, your unique gait, taking it real slow,
 and sometimes I wish you would have done that more in life,
 slowed down, kept your feet on the ground, despite the strife,
 wish I could have kept you safe and free from harm,
 but your intensity and speed, I never could disarm
 you of and convey purely unconditional love,
 and what could I say, my brother?

sometimes I sit in silence waiting for a sign,
 and sometimes I wonder... am I out of line?
 calling you to visit... is it selfish?
 sometimes I turn on the radio so that you can choose a song,
 and some days every breath moves in and out all wrong

Feels like being strangled as I wrangle with what I saw in
 your eyes on some new March morning,
 some old forgotten photographs I look at
 In early morning,
 mourning, I'm mourning,

I'm drowning.
 Sometimes I cry, could lie down and die,
 I stare at midday sky, waiting for it to open
 for you to throw down a rope and
 maybe toss me a float and
 I sink I swim I flourish I flounder I flutter oh brother
 what's happened here?

It's the movement that's hard to bear
 The movement of this body in space
 or the movement of this family in time,
 feeling your absence, it's like a collapsing,
 a collision, or shipwreck

I fold my arms across my chest
 much more often ever since you left,
 since you've been gone, since I'd been told,
 since I crumbled on the floor of my kitchen
 with disbelief I simply could not hold,

since overflowing with trauma
 and flooding with fogginess,
 the thoughts that wail like sirens
 the feelings that sail like foghorns,
 the sights I wish I could remember,
 the sounds I wish I could forget,
 the words that settle in the depth of my soul,
 the soil of my psyche, the toil of regret,
 the memories that make me human

As I look for you in
 bitter brittle midnight sky,
 spreading your wings,
 an angel with a halo
 or a crow that sings,
 that caws and cries
 and calls out a warning,
 warning, are you warning me?
 In early morning,
 mourning, I'm mourning again,
 where could you be?

These things hit hard like hurricane, like neon flame,
 like wildfire, like wind,
 like a tornado or a cyclone, something cyclic
 I could easily get stuck or sucked up in,
 swallowing, suffocating,
 sometimes I feel like I could choke,
 stutter, stagger, fall back again,
 is there a time we could revisit when
 there was something I said
 that could have landed differently on your ears,
 something that I did over the years,
 could we try this again in another lifetime, oh brother?

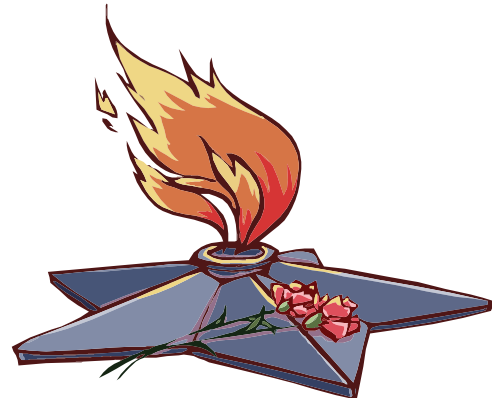
Birthdays Remembered

Maria Cordova	4	1	1974	Patricia "Trisha" Green	5	3	1977
Maria Fierro	4	1	1974	Trisha Green	5	3	1977
Dennis Sanchez	4	1	1977	Melodie Robertson	5	3	2000
James Sanchez	4	1	1987	Jennifer Behling	5	4	1980
Martin "Marty" Lawrence Martinez				Jacob Wiens	5	6	1991
	4	3	1962	Roy Cozby	5	10	1940
Troy Krause	4	3	1967	Michael Cates	5	11	1975
Mary Rogers	4	3	1983	Lindsey Kay Creason	5	12	1993
Latoya Cisneros	4	4	1985	Sgt Tim Mossbrucker	5	15	1958
David Gonzales Shuker	4	5	1979	Ennis Walton	5	17	1970
Daniel Walsh	4	6	1976	Rebecca Lynn Gonzales	5	20	1989
Casey Korgan	4	6	1990	Vera Escobedo	5	21	1966
Gary McGee	4	7	1970	Mark Anthony David Johnsen			
Larry Carmichael	4	8	1961		5	22	1987
Kris Kirk	4	8	1970	Page Ten Brook	5	24	1966
Kim Hadley	4	8	1975	Eric Martinez	5	24	1978
Greg Swazo	4	8	1982	Nate Tallman	5	24	1988
Michael Kramer	4	10	1960	Christopher Aragon	5	26	1960
Guillermo Quinones	4	10	1982	Jordan Miranda	5	26	1991
Ivory Mefford	4	11	1981	Jack Koller	5	27	2009
Nolan Ware	4	11		Abdul Mohammad	5	28	1953
Stephanie Bechtold	4	13	1989	Annamarie Villalobos	5	28	1965
Amanda Anders	4	14	1995	Michael Julius Ford	5	29	1984
Mary Buso	4	16	1913	Gary Carlson	5	31	1962
Dennis Meredith	4	17	1956	Joseph Seara	5	31	1977
Chris Mains	4	20	1972				
Rodney Lee	4	22	1988				
Falon Watson	4	22	1998				
Carlos Luna	4	24	1969				
Tiffany Brill Jarmon	4	26	1975				
Kevin Blunt	4	27	1973				
Michael Nigg	4	28	1969				
Jolene Romero	4	28	1975				
Cher Elder	4	30	1972				
Alan Michael Conner	5	1	1980				
Cody Faust	5	1	1982				
Carold Peoples III	5	1	1987				
Jackie Maldonado	5	2	1962				
Steve Murgatroyd	5	2	1962				
Jeff Walker	5	3	1972				
Terrance Mayo	5	3	1976				



In Memoriam

Phillip Rose Jr	4	1	1992	Stoneham Farris	4	30	1996
Christopher Aragon	4	2	1994	Chandra Haak	5	1	1991
Dylan Lee Newman	4	3	2007	Tina Abbott	5	1	2003
Annamarie Villalobos	4	6	2011	Karla Winberg	5	2	1981
Aaron Tuneberg	4	8	2014	Angelina Sicola	5	2	2013
Phillip Dearing	4	9	2002	Kyra Harris	5	3	1987
Chelsea Strauss	4	9	2010	Christy Marie Brown	5	4	1995
Yvette Strong	4	10	1992	Danny Stanazyk	5	5	2005
Jared Whitney	4	11	1997	Eddie Hairston, Jr.	5	6	1978
Mitch Anderson	4	11	2001	Kay Lyn Robinson	5	8	1979
Gerry Schwartzman	4	13	2011	Frankie Paul	5	8	1998
Kris Kirk	4	14	2014	Rubon Wayne Norwood	5	9	1988
Andrea Weiss	4	15	2015	Anthony (Tony)Gonzales	5	10	1990
Beth Haynes	4	16	1994	Lori Bases	5	11	2000
Paul Klein	4	17	1993	Heather Victoria Reyes	5	15	1998
Terrance Mayo	4	17	1995	Ronald Eugene Hinson Jr	5	18	1988
Carold Peoples III	4	17		Alie Berrelez	5	18	1993
Douglas "Dougie" Charles	4	19	2000	Jeffrey Smith	5	18	1993
Cynthia Mc Queen	4	20	1983	Leslie Ann Russell	5	20	1991
Cassie Bernall	4	20	1999	Carlos Luna	5	21	1992
Corey DePooter	4	20	1999	Christy Birmingham Barry	5	23	1989
Dan Rohrbough	4	20	1999	Beth Gallegos	5	23	1998
Daniel Mauser	4	20	1999	Britt Mackay	5	23	2007
John Tomlin	4	20	1999	Isaiah Gargia	5	23	2012
Matthew Kechter	4	20	1999	Shaniqua Coffman	5	26	1993
Rachel Scott	4	20	1999	Jeremy Campton Craft	5	26	1995
Steven Robert Curnow	4	20	1999	Geney Crutchley	5	26	2002
Desiree Holland	4	20	2002	Shaundra Schell	5	28	1990
Nephew Ryan Gray	4	20	2014	John C. Abeyta	5	29	1993
Ryan Gray	4	20	2014	Kaci	5	29	2008
Abdul Mohammad	4	20	2015	Kevin	5	29	2011
Jesse Field	4	21	1998	Linnea Dick	5	30	2008
Monica Martinez	4	22	1991	Ivory Mefford	5	30	2009
Ethan Wolf	4	23	1996	Brandy DuVall	5	31	1997
Chris Waters	4	23	2013				
Jon-Paul Lewis	4	24	2010				
Charles Harris	4	24	2013				
Andrew Sheppard	4	25	2008				
Nolan Ware	4	25	2015				
Gail Garcia-Hererra	4	27	1984				
Nancy Begg Shoupp	4	28	1990				
Dan Suazo	4	28	1995				
Sgt Tim Mossbrucker	4	28	1995				
Rob Stewart	4	28	2010				
Jacine Gielinski	4	29	1997				



ANNOUNCEMENTS

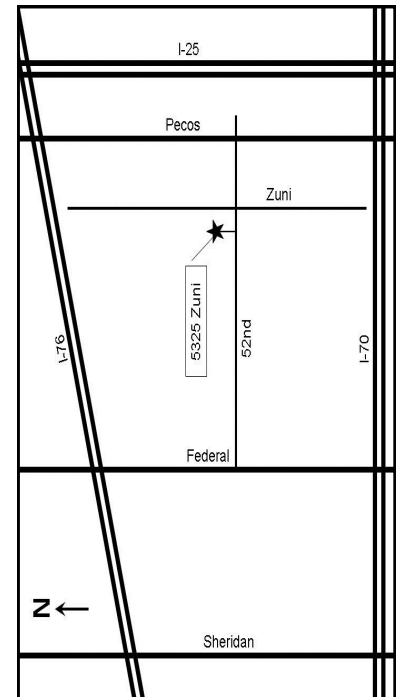
Apr 15 - Support Group at 7:30 PM

May 20 - Board Meeting at 6:00
Support Group at 7:30 PM

June 17 - Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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LITTLETON, CO
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We meet in the cafeteria of the CenturyLink Building at 5325 Zuni in Denver on the 3rd Saturday. The entrance to parking is on 52nd.