



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

APR – MAY 2018

POMC Board of Directors Needs You

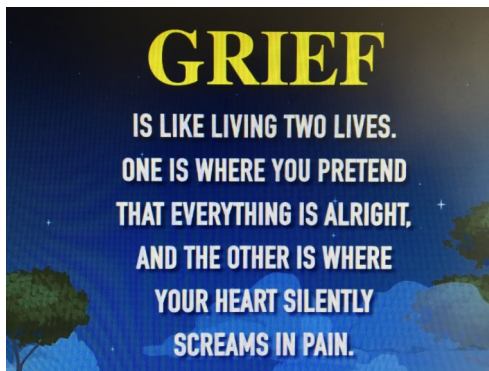
Would you like to help your POMC chapter? We are coming up to that time of year where we looking for new board members.

If you're interested in helping out, please contact Phil at 303-748-6395 or at POMCColorado@gmail.com

New Mailing Address for POMC

To send donations, cards or letters, please note that our mailing address has changed.

POMC
9888 W Belleview Ave #103
Littleton, CO 80123



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



This years National POMC Conference is being held in the Washington DC area. For more information, go to POMC.com.

The 2019 National Conference will be held in DENVER COLORADO!!

We are looking forward to hosting the National Conference. This will give a lot more of us the opportunity to attend.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

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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 10703 W Berry Pl
 Littleton, CO 80127
POMCColorado@gmail.com

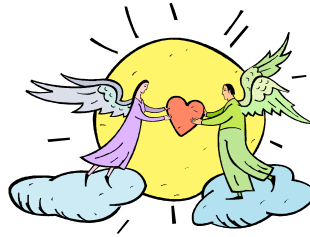
Memorials & Birthdays:
 Phil Clark, 303 748-6395

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.

New Members
 Cheryl Bradley

 Emily Gibson

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

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www.colorado-pomc.org

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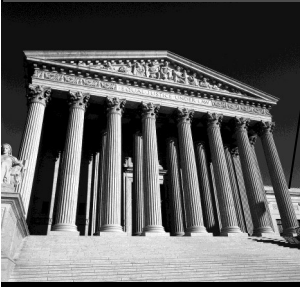
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Toll Free: (888) 818-POMC (7662)



Trials & Hearings

Cynthia Thye let us know that Chase Nicholson has entered a guilty plea and sentencing is set for April 30th. Cynthia's sister, brother-in-law and niece were all killed

Take the pain

Directed by Taylor Sheridan

An excerpt from the movie Wind River, two fathers talking

I'd like to tell you it gets easier....it doesn't

If there's any comfort...is.... getting used to the pain I suppose.

Went to a grief seminar in Casper, did you know that? I don't know why. Just wanted the bad to go away....wanted answers to questions that couldn't be answered.

The counselor came up to me after the seminar and sat next to me and said something that stuck with me. I don't know if it's what he said or how he said it.

He says "I've got some good news and I've got some bad news. The bad news is you're never going to be the same...you'll never be whole...not ever again. You lost your daughter and nothings ever replace that. Now the good news is, as soon as you accept that and you let yourself suffer.....you allow yourself to visit her in your mind. You'll remember all the love that she gave, all the joy she knew."

The point is Martin, that we can't steer from the pain. If you do, you rob yourself....you'll rob yourself of every memory of her. Every last one. From her first step to her last smile. You'll kill them all.

Take the pain Martin, hear me? Take it. It's the only way you'll keep her with you.

<https://www.youtube.com/watch?v=-kBk0cleO6M>

WHAT IS NORMAL AFTER YOUR CHILD DIES?

Normal by Kimberly Hartwell

Normal is having tears waiting behind every smile when you realize someone important is missing from all the important events in your family's life.

Normal is trying to decide what to take to the cemetery for Birthdays, Christmas, Thanksgiving, New Years, Valentine's Day, etc.

Normal is feeling like you can't sit another minute without getting up and screaming, because you just don't like to sit through anything anymore.

Normal is not sleeping very well because a thousand what if's & why didn't I's go through your head constantly.

Normal is continuously reliving that horrible day of learning of your child's death through your eyes and mind, holding your head to make it go away.

Normal is having the TV on the minute you walk into the house to have noise, because the silence is deafening.

Normal is every happy event in your life always being backed up with sadness lurking close behind, because of the hole in your heart.

Normal is telling the story of your child's death as if it were an everyday, commonplace activity, and then seeing the horror in someone's eyes at how awful it sounds. And yet realizing it has become a part of your "normal."

Normal is coming up with the difficult task of how to honor your child's memory on their birthday and holidays, and survive these days. And trying to find the balloon or flag that fit's the occasion. "Happy Birthday"? Not really.

Normal is my heart warming and yet sinking at the sight of something special my child loved. Thinking how he would love it, but how he is not here to enjoy it.

Normal is having some people afraid to mention my child.

Normal is making sure that others do remember him.

Normal is after the funeral is over everyone else goes on with their lives, but we continue to grieve our loss forever.

Normal is seeing other families who are "whole" and thinking of how lucky they are. And thinking back on memories of when we were a whole family and knowing that it will never be that way again because our family chain was broken.

Normal is weeks, months, and years after the initial shock, the grieving gets worse, not better because with every passing day, you miss them more.

Normal is not listening to people compare anything in their life to this loss, unless they too have lost a child. Nothing compares. Nothing.

Losing a parent is horrible, but having to bury your own child is unnatural... a complete nightmare that you never wake up from.

Normal is taking pills, and trying not to cry all day, because you know your mental health depends on it.

Normal is realizing that you do cry every day.

Normal is being impatient with everything and everyone but someone stricken with grief over the loss of their own child.

Normal is sitting at the computer crying, sharing how you feel with chat buddies who have also lost a child.

Normal is not wanting to hear that my child is in a better place because although I know he is in heaven, I will never understand why my beautiful child was taken from this earth. It makes absolutely no sense to this grieving mother.

Normal is being too tired to care if you paid the bills, cleaned the house, did the laundry or if there is any food... too tired to even get ready to go to the doctor to find out why you're so tired.

Normal is asking God why he took your child's life instead of yours.

Normal is knowing you will never get over this loss, not in a day nor a million years.

Normal is having therapists agree with you that you will never "really" get over the pain and that there is nothing they can do to help you because they know that only bringing your child back from the dead could possibly make it "better".

Normal is learning to lie to everyone you meet and telling them you are fine. You lie because it makes others uncomfortable if you cry.

You've learned it's easier to lie to them than to tell them the truth that you still feel empty and it's probably never going to get any better -- ever.

And last of all...

Normal is hiding all the things that have become "normal" for you to feel, so that everyone around you will think you're doing better.

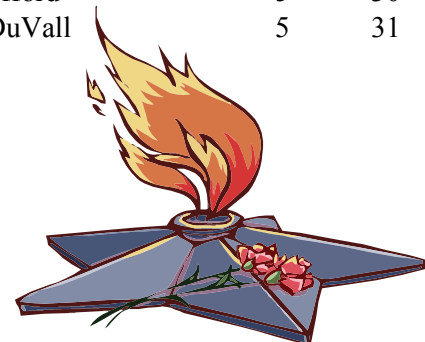
Birthdays Remembered

Maria Cordova	4	1	1974	Terrance Mayo	5	3	1976
Maria Fierro	4	1	1974	Patricia "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" Martinez	4	3	1962	Jacob Wiens	5	6	1991
Troy Krause	4	3	1967	Roy Cozby	5	10	1940
Mary Rogers	4	3	1983	Michael Cates	5	11	1975
Latoya Cisneros	4	4	1985	Lindsey Kay Creason	5	12	1993
David Gonzales Shuker	4	5	1979	Sgt Tim Mossbrucker	5	15	1958
Daniel Walsh	4	6	1976	Ennis Walton	5	17	1970
Casey Korgan	4	6	1990	Rebecca Lynn Gonzales	5	20	1989
Gary McGee	4	7	1970	Vera Escobedo	5	21	1966
Larry Carmichael	4	8	1961	Mark Anthony David Johnsen			
Kris Kirk	4	8	1970		5	22	1987
Kim Hadley	4	8	1975	Page Ten Brook	5	24	1966
Greg Swazo	4	8	1982	Eric Martinez	5	24	1978
Michael Kramer	4	10	1960	Nate Tallman	5	24	1988
Guillermo Quinones	4	10	1982	Christopher Aragon	5	26	1960
Ivory Mefford	4	11	1981	Jordan Miranda	5	26	1991
Nolan Ware	4	11		Jack Koller	5	27	2009
Stephanie Bechtold	4	13	1989	Abdul Mohammad	5	28	1953
Amanda Anders	4	14	1995	Annamarie Villalobos	5	28	1965
Mary Buso	4	16	1913	Michael Julius Ford	5	29	1984
Dennis Meredith	4	17	1956	Gary Carlson	5	31	1962
Chris Mains	4	20	1972	Joseph Seara	5	31	1977
Rodney Lee	4	22	1988				
Falon Watson	4	22	1998				
Carlos Luna	4	24	1969				
Anne Elise Gibson	4	24	1996				
Tiffany Brill Jarmon	4	26	1975				
Kevin Blunt	4	27	1973				
Michael Nigg	4	28	1969				
Jolene Romero	4	28	1975				
Devon Smeltz	4	28	1996				
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				



In Memoriam

Phillip Rose Jr	4	1	1992	Sgt Tim Mossbrucker	4	28	1995
Christopher Aragon	4	2	1994	Rob Stewart	4	28	2010
Dylan Lee Newman	4	3	2007	Jacine Gielinski	4	29	1997
Annamarie Villalobos	4	6	2011	Stoneham Farris	4	30	1996
Aaron Tuneberg	4	8	2014	Chandra Haak	5	1	1991
Phillip Dearing	4	9	2002	Tina Abbott	5	1	2003
Chelsea Strauss	4	9	2010	Karla Winberg	5	2	1981
Yvette Strong	4	10	1992	Angelina Sicola	5	2	2013
Jared Whitney	4	11	1997	Kyra Harris	5	3	1987
Mitch Anderson	4	11	2001	Christy Marie Brown	5	4	1995
Gerry Schwartzman	4	13	2011	Danny Stanazyk	5	5	2005
Kris Kirk	4	14	2014	Eddie Hairston, Jr.	5	6	1978
Andrea Weiss	4	15	2015	Kay Lyn Robinson	5	8	1979
Beth Haynes	4	16	1994	Frankie Paul	5	8	1998
Charla Nicholson	4	16	2017	Rubon Wayne Norwood	5	9	1988
Mark Nicholson	4	16	2017	Anthony (Tony)Gonzales	5	10	1990
Tawni Nicholson	4	16	2017	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				



ANNOUNCEMENTS

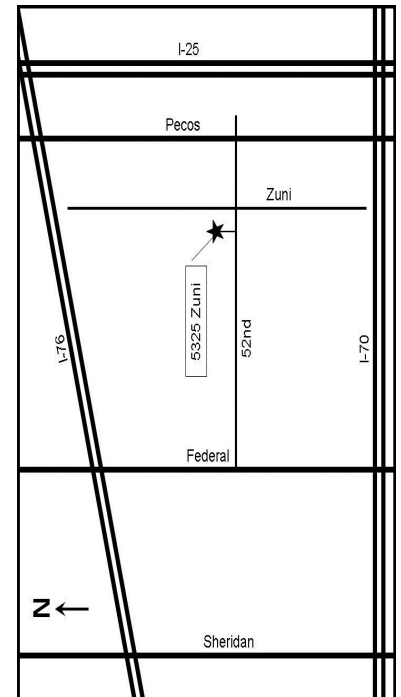
Apr 21 - Support Group at 7:30 PM

May 19 - Board Meeting at 6:00
Support Group at 7:30 PM

Jun 16 - Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

POMC
9888 W Bellview Ave. #103
LITTLETON, CO
80123



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.