



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

AUG – SEPT 2017

29th Annual COVA Conference

October 22—25, 2017

Keystone, CO

For information, visit the COVA web site

www.coloradocrimevictims.org

Or call 303-861-1160

*Do not let your grief
be measured by his worth,
for then your sorrow
has no end.*

William Shakespeare

Submitted by Jeanne and Ray Keeler
Parents of Colin Ehlers

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

**Someone said.....
I don't know how you do it.
I said.....
I wasn't given a choice.**

Author unknown

National Day of Remembrance for Murder Victims

Congress designated Sept. 25th as the National Day of Remembrance for Murder Victims in 2007. The annual day is on the date that Lisa Hullinger was murdered. Lisa's parents, Robert and Charlotte formed Parents of Murdered Children following the 1978 murder. Lisa was 19 years old.

The annual Day of Remembrance gives us all the opportunity to remember those lost to homicide and honor their memories. The purpose of this event is to focus on the impact of murder on families and communities, and ways to support and serve survivors.

Families of murder victims are encouraged to bring a picture of their loved one to display. A representative from each family may present the name, date of birth and date of death of their loved one at the microphone.

This year, the
National Day of Remembrance
will be held at the Rose Andom Center
on Monday, Sept 25th from 11:30 a.m. to
1:00 p.m. The Rose Andum Center is
located at 1330 Fox St., Denver
Parking is limited and there are several pay lots
around the area. Please come a little early to
find parking.



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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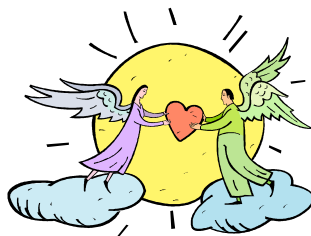
Memorials & Birthdays:
Phil Clark, 303 748-6395

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.

Nancy Plimpton in memory of her daughter,
Andrea Weiss

New Members

Cynthia Thye

Dawn Becker

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

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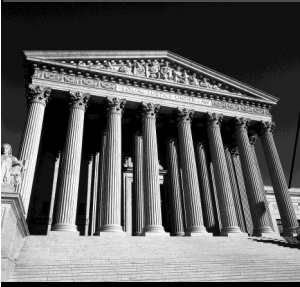
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Trials & Hearings

No new updates

Why We Talk About the Ones We've Lost

By John Polo March 27, 2017

For all those who talk about their late loved one. For all those who 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 shared and the loss we endured 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 need to 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 is.

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.

How Grief Has Changed My Perception of Time

By Patricia Mealer

When my grandson Konnor died, I felt as if time should have stood still. If not stopped, then the earth may have shuddered, paused on its axis. I could have felt the earth shift in the very sudden stillness of it at that very moment I was told of his death. Konnor is gone, the earth stopped moving. I could swear it to be true. Time stopped at that very moment.

Although everyone around me kept moving, I felt everything and everyone should have just frozen in time. I cannot for the life of me figure out why this is. Why I felt like the world should have stopped for my grief. I did not want that moment in time to remain still. I want the moments of Konnor alive to be stopped in time. I wanted him back. To keep him with me like moving pictures, only real life. A replay of scenes like they show you in the movies when someone is remembering moments of time, a do-over of time. Not enough time.

Moments of my life replay before me over and over as if in a dream. Let him be sitting beside me, smiling up at me. I want to turn back the clock.

Time is such a precious gift. More so when we have no idea how little of it we have to treasure. I think about my life now, void of my children except one. My three daughters all grown and out of the house and on their own. I don't see them enough. There never seems to be enough time to spend with them. My son is the only one left at home with me. I know I smother him. I can't help it. They were home and in the blink of an eye they are gone. I ask myself, "Did I hug them enough?" "Did I tell them I love them enough?" God forbid I leave this earth and they should ever question my love for them. There should be no cause for doubt. I will tell them time and time again.

They speak of death on the news. Every day people go to a concert or out for a walk on a summer night not expecting to be met with death. They may be a teenager or a woman my age and they go to sleep, never suspecting they will never wake up. Time has stopped for them. Somehow it must keep moving forward for those left in their wake. Time is ticking in tune with the beating of our hearts. Ultimately, it stops without warning. We never know when our time comes.

There is an aura in the air after such a tragedy as the death of a child. It's almost indescribable. There is a heaviness in the air, a bittersweet mist of sadness. Although the sun will shine at times, it can feel like a mockery, like it shines for those who know nothing of what the day could truly hold. It can feel like the clock ticks slower for us. Yet somehow the pages of a newspaper seem to curl up and yellow faster. It doesn't make sense. But it does. Time stands still, yet the world keeps turning.

We speed through life, rush to obtain all we can. Struggle to find what may bring us happiness. Such a shame that only in time do we learn it is in each other we find true happiness and love. Not in possessions or what items we hold in our hands but what bodies we hold close to our hearts. We need not waste more precious time with remorse. Love is stronger and more forgiving. Time waits for no one.

I still feel stuck in time since we lost Konnor. I long to go back and fix it. I am unable to comprehend the amount of time that has ticked by since he left us. I live in fear of losing someone else. I fear of dying in my sleep and leaving my son alone to fend for himself before he is ready to be on his own. I know I cannot live in fear. I can't go back in time. I am trying to live a more meaningful life. It does not matter what surrounds me, only what is within me. The world keeps turning and the clock keeping ticking. I want to live before I run out of time.

“One of the realities of grief and loss is that the rest of the world seems to keep on going forward, while we feel like we have been stopped in our tracks.” — Alan Wolfelt

Meditation on Patrick

In Loving Memory of Patrick Steven Murphy
Submitted by his mother, Cheryl Murphy

*He killed your body
My dear son*

But not your sweet spirit

*Your spirit lives on
In the hearts of us who love you*

*Someday, we'll be together again
And you will say,*

*“What's all the crying for?
I'm happy where I am!”*

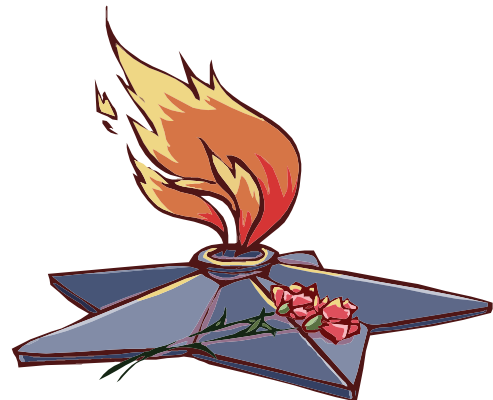
Birthdays Remembered

David Blea	8	1	1967	Beth Gallegos	9	10	1996
Tiff Vainey 5th	8	1	1984	Angel Delgado	9	12	1980
Bill Leis	8	3	1948	James Darrell Steele, Jr.	9	13	1969
Eddie Wayne Hairston	8	3	1961	Carolyn Walker	9	14	1966
Brandon Hurtado	8	3	1978	Ibrahim Bradley	9	14	1975
Cody Martell	8	4	1966	Alan Cardares	9	15	1975
Kevin	8	6	1971	Michael Tarasiuk	9	16	1962
Blaine Eric Noble	8	6	1974	Guy Oliver Morton	9	19	1956
H Gregory Jukiewicz	8	6	1975	Tami Krizman	9	19	1957
Jesse Maldonado	8	12	1977	Tyrone Anthony Bennett	9	19	1970
Earl Mitchell	8	13	1907	Nathan Leon	9	19	1985
Phillip Dearing	8	13	1980	A.J. Boik	9	20	1993
Carmina "Nina" Anderson	8	14	1930	Roderick Paulsen	9	22	1971
Lysa Beth Moser	8	14	1962	Patrick Murphy	9	22	1983
James Mendoza	8	14	1989	Amber Carlson	9	22	1989
Cindy Jolene Tiemann	8	15	1959	Jerry Baca	9	26	1968
Michelle Leigh Cosper	8	15	1973	Kip Merry	9	26	1973
Larry Heil	8	16	1962	Andre` Price Jr	9	28	1973
Leon Nuanes	8	17	1975	Jesus Diaz	9	28	1978
Angelina Sicola	8	17	1992	Jeffrey B. Packard	9	29	1955
Matthew Foley	8	19	1980	John LaRose	9	29	1958
Christy Marie Brown	8	20	1975	Gregory Scott Stone	9	30	1955
Gertrude Brown/Nussel	8	22	1906				
Joni Edwards	8	23	1962				
Aaron Tuneberg	8	23	1983				
Josh Harman	8	23	1984				
Justin Andrew Archuleta	8	26	1975				
Steven Robert Curnow	8	28	1984				
Heather Victoria Reyes	8	29	1975				
Rebecca Lynn Ochs	8	30	1971				
Geney Crutchley	9	1	1950				
John Tomlin	9	1	1982				
Tawni Nicholson	9	1	1992				
Joel England	9	4	1972				
Mark Smith	9	4	1973				
John Flores	9	5	1969				
Michael O'Fallon	9	8	1962				
Rob Stewart	9	9	1956				
Michael Allendorf	9	9	1963				
Paul Christopher Bueno	9	9	1965				
Jordan Shuford	9	9	1980				



In Memoriam

Sid Wells	8	1	1983	Leah Mandell	9	21	1989
Colin Ehlers	8	1	1998	Paula Ross Stiner	9	21	1994
Robert James Schoen	8	4		Randy Fleming	9	23	1983
Damon J. Murphy	8	6	1991	Chad Harvey	9	23	1998
Donald Hubbard	8	7	2011	Mark Anthony David Johnsen	9	25	2005
Joel England	8	8	1998	Michael E. Duran Jr	9	28	1983
Rickey Ritter	8	11	2006	Troy Baker	9	28	2000
Robert A. Vinci	8	14	1990	Angela Harold	9		1994
Mary Anne Southwick	8	14	1993				
James Darrell Steele, Jr.	8	14	1995				
Rodney Lee	8	14	1999				
Ray (Paisano) Linebarger	8	16	1993				
Micheala Carol Hanson	8	18	1988				
Charley Richards	8	21	1992				
Michelle Leigh Cospers	8	23	1988				
Matthew Worden	8	24	1995				
Tami Krizman	8	24	1995				
Paul Anthony Ciaramitaro	8	25	1988				
Tammy Lamberty	8	26	1994				
Devon Smeltz	8	26	2016				
Mary Buso	8	27	1993				
Marcos Torres	8	27	2005				
Michael Ned	8	28	1992				
Brandon Cruz Sigala	8	28	2011				
James Mendoza	8	30	2009				
Ricky Bobian	8	30	2009				
Cissy Foster	9	1	1993				
Isaiah Vialpando	9	2	2015				
Sindy Wong	9	3	1997				
Alexi Kaptanian	9	4	1994				
Jordan Hood	9	4	2008				
Dale Morris	9	5	1985				
Tami Medina	9	8	1994				
Michael Nigg	9	8	1995				
Sarah Robinson	9	8					
Nicole Holm	9	9	1998				
Heather Harper	9	10	1991				
Katie Bailey	9	10	1998				
Nathan Bailey	9	10	1998				
Paul A. Stone	9	10	1998				
Michael Tarasiuk	9	11	1980				
Gary Carlson	9	13	1994				
Daniel Walsh	9	15	1996				
Neal Eldrenkamp	9	18	1997				
Stephanie Bechtold	9	20	1991				



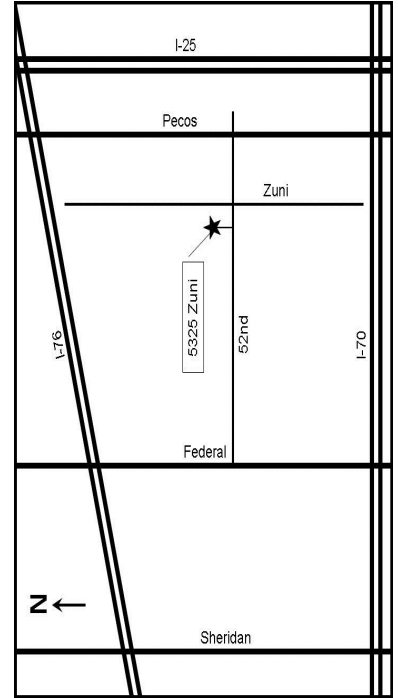
ANNOUNCEMENTS

- Aug 19 - Support Group at 7:30 PM
- Sept 16 - Board Meeting at 6:00
Support Group at 7:30 PM
- Sept 25 - National Day of Remembrance 11:30 am
- Oct 21 - Support Group at 7:30 PM



ADDRESS SERVICE REQUESTED

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LITTLETON, CO
80160-0375



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.