



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

AUG – SEP 2018

*The 2018 National POMC Conference
was held in the Washington DC area.*

*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.
More information to come.*

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

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

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 Aodom Center
on Tuesday, Sept 25th from 11:30 a.m. to
1:00 p.m. The Rose Aodom 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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 10703 W Berry Pl
 Littleton, CO 80127
POMCColorado@gmail.com

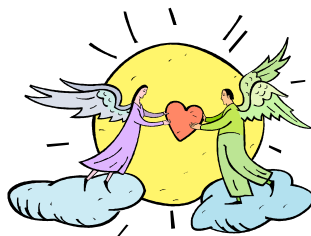
Memorials & Birthdays:
 Phil Clark, 303 748-6395

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

Healing & Bereavement Resources:
 Phil Clark, 303-748-6395

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

Kim and Bob Greer

Tiffany and Andy Starrett

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

Web Site
www.colorado-pomc.org

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 POMCColorado@gmail.com

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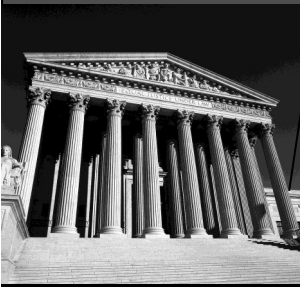
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Office: (513) 721-5683

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



Trials & Hearings

I miss you so much each day.
Often I find myself walking around
the house looking for you because
I've come across something that I
just want to share with you.
And then I realize the bitter truth that
you are no longer here amongst us.
And every single time without fail,
this painful realization knocks the life
out of me making me fall to the ground
with tears streaming down my cheeks.

Narin Grewal

www.touchinsouls.com

How can anyone expect me to be who I was before?

By Ruth Harris

*If you know what I have been through and you said "I can't even imagine"
 If you took time to go to the service and you said "Call me if you need anything"
 If you sent a card or brought a casserole
 Of you called a handful of times for a couple of months
 If you went home and thanked God for your family
 If you said a prayer for me or even shed a tear*

*How could you ever say you miss the person I used to be?
 Don't you think I do too?*

*If you never lost a child, be it yours or a grand, a brother or a sister
 If you never had to kiss your cold child goodbye for the last time
 If you never had to pick up their things to never be used again
 If you never had to make phone calls to notify people of your great loss
 If you never had to cry yourself to sleep while living a nightmare
 If you never had to watch your family fall apart knowing there was nothing you could do
 If you never had to read an autopsy or place an obituary*

*How can you ever think that I could be back to how I was?
 Don't you know that I would if I could?*

*If you went back to work a week after my loss'
 If you went on vacation or sang in the shower within a year
 If you went grocery shopping and did not breakdown sobbing uncontrollably
 If you look forward to the holidays
 If you don't fear listening to the radio.....*

*If you do not envy all other families around you
 If you don't live life divided in before and after
 If you can't feel the real and constant ache in your chest*

*How could you ever expect me to move on?
 And where do you want me to go without my child?*

*If you don't speak of my child
 If you go on as normal like nothing happened
 If you talk in front of me of things about your children
 If you take family pictures and your child is not missing
 If you don't have an Angelversary on your calendar with your child's name
 If you don't fight back the tears at family gatherings amongst all the laughter and joy
 If you never said "I wonder that my child would look like and what they would be doing"
 If you never think about being reunited away from this earth
 If you have had one day that you didn't cry or scream the word "Why?"*

*How could you understand or even have a clue of what I go through?
 Any why would you think that it could be so easy to do?
 To act like my life was not shattered and torn in two!
 If I could, it would make it better for you
 The person I used to be dies with my child and left me with the shell that you recognize
 And I am trying to build another version of myself
 But it is so hard to do when you only want the old me and who I used to be
 So please, don't ask the impossible and please be patient
 I have never had to do this and I hope you never have to too*

*Don't wait for me to be who I was before, that person had their child, and I can't make it
 like that now or evermore.*

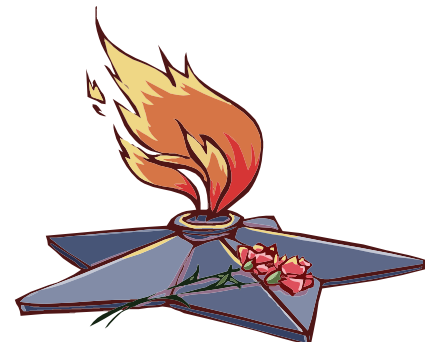
Birthdays Remembered

David Blea	8	1	1967	Jordan Shuford	9	9	1980
Tiff Vainey 5th	8	1	1984	Beth Gallegos	9	10	1996
Bill Leis	8	3	1948	Angel Delgado	9	12	1980
Eddie Wayne Hairston	8	3	1961	James Darrell Steele, Jr.	9	13	1969
Brandon Hurtado	8	3	1978	Carolyn Walker	9	14	1966
Cody Martell	8	4	1966	Ibrahim Bradley	9	14	1975
Kevin	8	6	1971	Alan Cardares	9	15	1975
Blaine Eric Noble	8	6	1974	Michael Tarasiuk	9	16	1962
H Gregory Jukiewicz	8	6	1975	Guy Oliver Morton	9	19	1956
Trevin Eno	8	10	1970	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 Cospier	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				
Andrew Jenicek	9	5	1990				
Michael O'Fallon	9	8	1962				
Rob Stewart	9	9	1956				
Michael Allendorf	9	9	1963				
Paul Christopher Bueno	9	9	1965				



In Memoriam

Sid Wells	8	1	1983	Gary Carlson	9	13	1994
Colin Ehlers	8	1	1998	Daniel Walsh	9	15	1996
Robert James Schoen	8	4		Neal Eldrenkamp	9	18	1997
Damon J. Murphy	8	6	1991	Stephanie Bechtold	9	20	1991
Donald Hubbard	8	7	2011	Leah Mandell	9	21	1989
Joel England	8	8	1998	Paula Ross Stiner	9	21	1994
Trevin Eno	8	8	2017	Randy Fleming	9	23	1983
Rickey Ritter	8	11	2006	Chad Harvey	9	23	1998
Robert A. Vinci	8	14	1990	Kurt Moore	9	24	2017
Mary Anne Southwick	8	14	1993	Mark Anthony David Johnsen			
James Darrell Steele, Jr.	8	14	1995		9	25	2005
Rodney Lee	8	14	1999	Michael E. Duran Jr	28	1983	
Ray (Paisano) Linebarger	8	16	1993	Troy Baker	9	28	2000
Micheala Carol Hanson	8	18	1988	Angela Harold	9		1994
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				



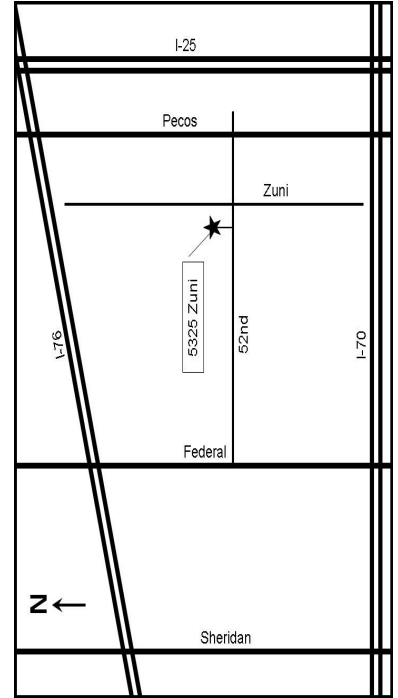
ANNOUNCEMENTS

- Aug 18 - Support Group at 7:30 PM
- Sep 15 - Board Meeting at 6:00
Support Group at 7:30 PM
- Sep 25 - National Day of Remembrance
for Murder Victim
11:30 - 1:00 At the Rose Andom Center
1330 Fox St
- Oct 20 - 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.