



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

AUG – SEPT 2016

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 new Rose Andom Center on Monday, Sept 26th from 11:00 a.m. to 2:00 p.m. The Rose Andum Center is located at 1330 Fox St.

Upcoming VOICE Meeting

The next VOICE meeting will be held on Monday October 17th. 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO
Topics: TBD
Q&A Session to follow

Guest Speaker In September

At our September meeting, we will have a guest speaker, Linda Coughlin Brooks.

She will be leading a conversation about The Physical, Emotional, Psychological Aspects Of Grief.

*I see the world
Through a veil of tears
Not always visible
Not always flowing
But always within me*

*I see the beauty
I see the love
I see the hope
I see the peace
I see the good
I see it all*

Through a veil of tears
-Tanya Lord

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



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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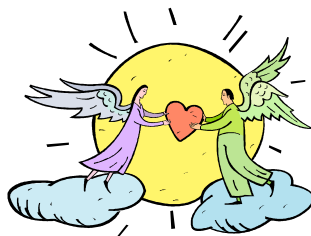
Memorials & Birthdays:
Phil Clark, 303 748-6395

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.

Teri Cox
In loving memory of
Brooklyn Ricks

Phyllis Pena
In loving memory of
Ricky Bobian

Rudy & Maria Maldonado,
sister Angela and brothers
Rudy Jr and Alex
In loving memory of
Jesse Maldonado

New Members

Nancy Plimpton

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

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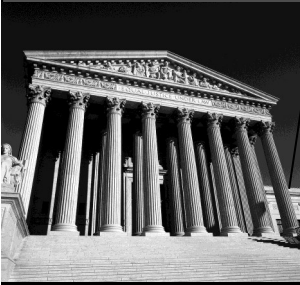
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Toll Free: (888) 818-POMC (7662)



Trials & Hearings

No Trial Updates

Don't Waste Your Pain

Submitted by ZellFred

There is a saying: ***“Don’t waste your pain”***.

What does it mean to not waste your pain?

For one: loss and pain sensitizes you to the pain of others. You can use your pain to effectively and sincerely come alongside someone else in pain with real understanding. It changes you from a sympathizer to an empathizer.

Sympathy is feeling compassion, sorrow, or pity for the hardships that another person encounters, while ***empathy*** is putting yourself in the shoes of another, feeling what they feel. And in my opinion you only really qualify as an empathizer through personal experience.

Don’t ever underestimate the power of just being there for someone else in pain. For most people in pain the most valuable take-away and comfort is knowing that someone understands what it is like and validates their pain. Even if our experiences are unique.

The pay-off for you? Taking the focus off yourself is a healing experience which will bring comfort and peace to your own soul.

-ZellFred

What the ‘Stages of Grief’ Don’t Always Tell You

Grief

One five-letter word carries a punch to the heart like nothing else.

Grief means loss. Grief means pain and suffering. Grief means mourning.

Grief means someone or something you love is gone.

Grief means a gaping hole in your heart.

Grief means that things will never be the same again.

I see posts about the “stages of grief” and the “grief process” — and I hate it. It makes it sound so sterile, so clinical, so neatly organized. I hear people wondering when someone will “get over” or “get past” their mourning and “move on with their life” — and I hate it. It makes it sound so easy.

It makes it sound as if having something or someone ripped out of your life isn’t profoundly life-altering, as if you aren’t living and breathing every day with something that has wounded your soul, as if you’re defective when someone feels your “official mourning period” should be over. As if the space in your heart that has someone’s name on it should be boarded up, or worse, cleaned up and ready for occupation, all the cobwebs of pain swept away.

As if it didn’t matter. As if that space could be filled up and smoothed over by time like patching a hole in the wall.

My niece, Sydney, died in a car accident 15 months ago on her 18th birthday. One moment, we were posting birthday wishes on her Facebook page, the next she was gone.

My sister’s first child. The first to be imagined when taking pregnant belly pictures. The cousin who was a few months older than my son, who grew up with my children, who was smart and goofy and stubborn and believed things would always get better if you persevered and hung on. The older sister to two other beautiful girls and the one who usually had a kind word for anyone struggling.

I’ve learned things about grief I never thought I would and that I never wanted to, and I’ve watched my sister suffer immeasurably. Time doesn’t heal all wounds, and some scars like to reopen. Grief isn’t neat and organized — it’s messy. It’s seeing a girl who looks like her from the back and crying in the shopping mall because it hit you like a sledgehammer blow that she’s gone. Again.

It’s watching your sister in pain you can’t take away....Ever.

Grief isn’t something that we “get past” or “get over” so much as we learn to live in spite of. It’s learning to breathe and walk all over again....And again....And again. It comes and goes like waves. The holes in our hearts are like the sand on the beach. It erodes and it fills with the tide, but it’s never actually exactly the same again. And like the tide, it doesn’t really stop. And the truth is, you don’t want it to. Because grief is the price we pay for deep love. Mourning means we had something worth missing.

And that's OK. Because the alternative is never having had that beauty in your life.

Some days — even years from now — the pain will stun you, but some days you can smile at a memory without it being through tears. Some days the pain of them not being here will be a physical ache, others you'll feel as if they're smiling and standing right by you and others you'll feel numb. Some days you will be OK, and some days you will not. And some days you will be all of those at once.

And that's OK, too.

See, the thing that the "stages of grief" forgets to tell you is that it's a continuous cycle rather than a procession from Door 1 to Door 2 to Door 3 and so on. And not everyone will visit those stages in order, and some will skip a door or two. There's no time limit on grief because there's no limit on love, and there's no right or wrong way to mourn. Those feelings you think you should be over aren't right or wrong — they just are, they're valid. And letting yourself feel them is a part of healing.

Sydney believed there would be better days. This is my tribute to her. I believe sharing this will help some of us persevere until we find them.

Persevere

Persevere

**Though the road be
Paved with heartaches
And disappointments,
Lost chances,
Faded dreams —
For each new day
Brings new chances,
Brighter days,
Another dream,
And new choices.**

Persevere

**And LIVE life
For all it's worth
In joy and in sorrow,
For the next day
May be yours.**

In memory of Sydney 3/12/1997-3/12/2015.

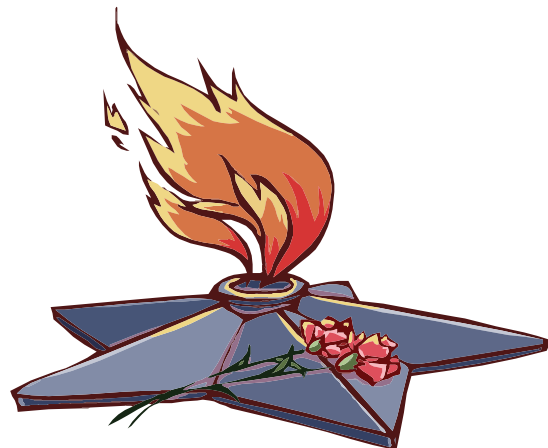
Birthdays Remembered

David Blea	8	1	1967	Angel Delgado	9	12	1980
Tiff Vainey 5th	8	1	1984	James Darrell Steele, Jr.	9	13	1969
Bill Leis	8	3	1948	Carolyn Walker	9	14	1966
Eddie Wayne Hairston	8	3	1961	Ibrahim Bradley	9	14	1975
Brandon Hurtado	8	3	1978	Alan Cardares	9	15	1975
Cody Martell	8	4	1966	Michael Tarasiuk	9	16	1962
Kevin	8	6	1971	Guy Oliver Morton	9	19	1956
Blaine Eric Noble	8	6	1974	Tami Krizman	9	19	1957
H Gregory Jukiewicz	8	6	1975	Tyrone Anthony Bennett	9	19	1970
Jesse Maldonado	8	12	1977	Nathan Leon	9	19	1985
Earl Mitchell	8	13	1907	A.J. Boik	9	20	1993
Phillip Dearing	8	13	1980	Roderick Paulsen	9	22	1971
Carmina "Nina" Anderson	8	14	1930	Jerry Baca	9	26	1968
Lysa Beth Moser	8	14	1962	Kip Merry	9	26	1973
James Mendoza	8	14	1989	Andre` Price Jr	9	28	1973
Cindy Jolene Tiemann	8	15	1959	Jesus Diaz	9	28	1978
Michelle Leigh Cosper	8	15	1973	Jeffrey B. Packard	9	29	1955
Larry Heil	8	16	1962	John LaRose	9	29	1958
Leon Nuanes	8	17	1975	John Larose	9	29	1958
Angelina Sicola	8	17	1992	Gregory Scott Stone	9	30	1955
Matthew Foley	8	19	1980				
Christy Marie Brown	8	20	1975				
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				
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				
Beth Gallegos	9	10	1996				



In Memoriam

Sid Wells	8	1	1983	Randy Fleming	9	23	1983
Colin Ehlers	8	1	1998	Chad Harvey	9	23	1998
Robert James Schoen	8	4		Mark Anthony David Johnsen	9	25	2005
Damon J. Murphy	8	6	1991	Michael E. Duran Jr	9	28	1983
Donald Hubbard	8	7	2011	Troy Baker	9	28	2000
Joel England	8	8	1998	Angela Harold	9		1994
Rickey Ritter	8	11	2006				
Robert A. Vinci	8	14	1990				
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				
Charley Richards	8	21	1992				
Michelle Leigh Cospers	8	23	1988				
Tami Krizman	8	24	1995				
Matthew Worden	8	24	1995				
Paul Anthony Ciaramitaro	8	25	1988				
Tammy Lamberty	8	26	1994				
Mary Buso	8	27	1993				
Marcos Torres	8	27	2005				
Michael Ned	8	28	1992				
Brandon Cruz Sigala	8	28	2011				
Rick R	8	30	2009				
Ricky Bobian	8	30	2009				
James Mendoza	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				
Nathan Bailey	9	10	1998				
Paul A. Stone	9	10	1998				
Katie Bailey	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				
Leah Mandell	9	21	1989				
Paula Ross Stiner	9	21	1994				

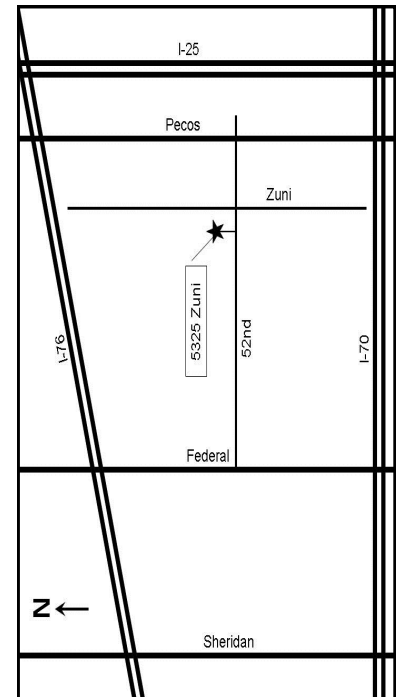


ANNOUNCEMENTS

- Aug 20 - Support Group at 7:30 PM
- Sept 17 - POMC Board Meeting 6:00 PM
Support Group at 7:30 PM
- Sept 26 - National Day of Remembrance
Rose Andom Center 11a.m.—2 p.m.
1330 Fox St

ADDRESS SERVICE REQUESTED

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80160-0375



We meet in the
cafe/teria of the
CenturyLink Building
at 5325 Zuni in Denver on
the 3rd Saturday