



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

DEC 2014 – JAN 2015

The ABC's Of Grief – A is for Anger & Acceptance

Submitted by [gm1965](#) | January 12, 2013 - 10:54pm

anger – n. A strong feeling of annoyance, displeasure, or hostility.

acceptance – n. An attitude of accepting a difficult or unpleasant situation because it cannot be changed or avoided.

Nobody experiences grief without experiencing anger. Anger is something that slowly brews in the background while you deal with the immediate shock of loss. There isn't an exact time when it comes to a full boil, it's different for each of us but it will happen and when it does, you better find a way to control it. Your anger may be justified or not, it may make sense or be completely illogical, but one thing is for sure, you must learn to live with it or else you will be consumed by it.

For me, anger took a while. Early on, I thought I could deal with the circumstances of Mack's death without getting angry, I was wrong. I understand now that anger is part of the grief journey, it's presence must be acknowledged. Today, I don't live with anger on a daily basis, however, there are some days when it shows up either unexpectedly or with knowing trepidation and I am forced to keep it in check. This doesn't mean that I don't allow myself to feel it or react to it, I have just figured out how long to let it linger before I coax it back into it's cage. Like so many other facets of grief, it takes time to learn to control your anger. Like a fuse, you have to allow it to follow it's course and then fade out. As I think about it now, I'm only fully realizing how much time has been spent in the past six and a half years, learning to manage my grief.

In order to find peace with your anger, you will first need to accept the 'new normal' (common grief term) that is now your life. After a loss, especially the loss of a child, you feel as if you will never adjust, as if you will never be able to accept living life without your child. My definition of acceptance does not in any way imply that you accept what has happened and move on. No, it means that you reach a point in your grieving when you feel as if you can move
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POMC's Big Turn Off

National POMC has an annual program to protest the airing of murder and violence as entertainment in prime time. On the second Wednesday in January, each year, they ask that everyone turn off their TV's during prime time. This year's Big Turn Off is Wednesday, January 14th.
Play a game with the kids, read a book, or even talk!

Surviving the holidays

– Phil Clark

The holidays can be a source of extreme stress and sadness for many of us. We don't need reminders that our child or loved one is not with us anymore, but the holidays seems to make the longing for them and their absence even worse. There are many ways to deal with the holidays, some people choose ignore them, some run away from them (which we did our first year), you can pretend that nothing has happened and try to go through the holidays as you always have. No matter how you choose to deal with the holidays, you will have to deal with them at some point. You will need to find what works best for you and your family.

Here are some suggestions.

If you have always had a Thanksgiving or Christmas gathering at your house, maybe it's time to pass the reigns to someone else.

Be a guest, instead of the host.

Change the location of the party or gathering.

Change up some of the traditions that you always do, make some new traditions.

If you decide to still host the gathering, let others bring some items so you don't have to do everything yourself.

No matter how to choose to deal with the holidays, there are some things that may help you survive the day. #1 – Give yourself permission to not attend. #2 – Give yourself permission to leave. #3 – Make sure you have an out. A place to step away from the festivities so that you can breathe, cry, take a deep breath and let some of the stress go. Let other family members know that you will try to attend, but you may not, or that you may need to step away. Let that person run interference for you when others notice you getting up and leaving.



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:

Cherri and Bill Lusk
22185 E Dry Creek Pl,
Aurora. CO 80016
ca.lusk@comcast.net

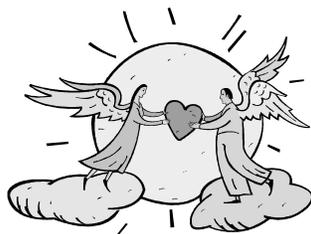
Memorials & Birthdays:
Cherri Lusk, 303 593-0784

Roster & Mailing List:
Robert Curnow, 303 948-3494

**Healing & Bereavement
Resources:**
Barbara Kaptanian, 303-792-5432

Trials and Hearings:
Tom Rasser, 303 798-2841

Love Gifts



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

No love gifts this period

New Members

Mindi Pyles
Grace & Bill Burchett

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

Web Site
www.colorado-pomc.org

Leader **Phil Clark**
303-748-6395
POMCColorado@gmail.com

Secretary **Nancy Rasser**
303-798-2841
nancyrasser@comcast.net

Treasurer **Tom Rasser**
303-798-2841
tomrasser@comcast.net

Board Members **Joe Cannata**
303-345-7301
kaknota@aol.com

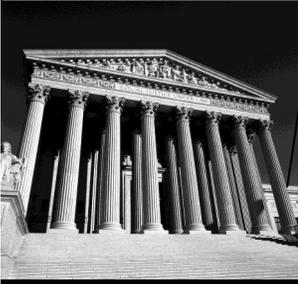
Barb Kaptanian
303-792-5432
bkaptanian@q.com

Other Contacts **Everett & Linda
Donelson**
720-535-7850

**Caryl & Charles
Harvey**
970-854-2665

POMC NATIONAL OFFICE
4960 Ridge Ave., Suite 2
Cincinnati, Ohio 45209

Email: natlpomc@pomc.org
Website: www.pomc.org
Office: (513) 721-5683
Fax: (513) 345-4489
Toll Free: (888) 818-POMC
(7662)



Trials & Hearings

There are no trials or hearings at this time.

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forward. This milestone in the grieving process can be achieved, I know because I'm there, but I had to come to terms with some very hard, cold facts before I was able to get to this place. They include the following:

1. I had to accept that I would never see Mack again in this lifetime. Brutal I know, I'm shaking my head as I write this but such an important hurdle to jump.
2. I had to realize that laughing out loud, being distracted and not thinking about Mack every waking second was NOTHING to feel guilty about. You have to learn to live with the altered life that is now yours. You will be grieving for the rest of your days so distractions are crucial and necessary for survival.
3. I had to accept that from now on, I would deal with sad days, bad days and blue days. These will always pass but they will also never stop coming.
4. I had to teach myself to stop asking 'why' and 'what if'. I don't even go there anymore; there are no answers that are going to satisfy and you may possibly drive yourself crazy.
5. I had to accept that life is not fair. I have heard and spoken these four words so many times in the course of my lifetime but they never seemed as true as when I lost Mack,

This is a process, a journey and each point reflects a stage that I worked hard to get to. During grief, you are tested time and time again and you falter, slip and stumble many times along the way. For so long, it's one step forward and two steps back but at some point, months and months even years down the road, you will come to a junction and have to decide which direction to go in. Those that continue along the same path just can't seem to push forward, they can't seem to reach any degree of acceptance and live in constant sadness. I spent some time in this state of misery, we all do while we're dealing with intense grief. I can't imagine living the rest of my life like that. I have a daughter and a husband who need me to be present in their lives. Ruby knows that I am always there for her, she knows that she can depend on me to be her mother. Even while learning to live without Mack, I never stopped being her mother just like my mother never stopped after my brother Ronnie died. We do it because we need the people in our lives to know that they still matter otherwise damage can be done and this type of damage, unintentional as it is, can leave permanent scars.

I hope that if and when you ever come to a crossroads on the grief journey, you choose to veer off course and start walking in a new direction that will allow you to manage your grief and live your life simultaneously. It takes a long time to reach this balance and at the same time understand that as balanced as you are, the sad, bad and blue days will always temporarily tip the scales. It's not easy and it will demand a tremendous amount of strength but you already know that you possess this strength, you couldn't have made it this far without it.

Notes from Barb Kaptanian

A Christmas Prayer for You

On the first day of Christmas

I pray for you joy in abundance and laughter,
for laughter cures our ills and joy makes our spirits soar

On the second day of Christmas

I pray for you a sigh when you need one, for a sigh clears the heart as a cough
clears the throat, and with a sigh comes acceptance of what we cannot change

On the third day of Christmas

I pray for you tears when you need them, for tears clear the eyes to see the stars
and cleanse the soul to let healing begin

On the fourth day of Christmas

I pray for you serenity, for fights and wars start in individual breasts
and that is where they must end

On the fifth day of Christmas

I pray for you wisdom, for our priceless gift is the gift of choice
and we should use it well every day, in word and deed

On the sixth day of Christmas

I pray for you patience, for most troubles pass if we wait them out
and success comes with persistence

On the seventh day of Christmas

I pray for you courage, for there may be many pitfalls and dangers ahead
and problems can only be solved when they are faced

On the eighth day of Christmas

I pray for you compassion, for we cannot help others until we understand them
and we cannot understand them until we walk in their shoes

On the ninth day of Christmas

I pray for you a willingness to work, for work turns dreams to reality,
whether the dreams are ours or belong to those we can help

On the tenth day of Christmas

I pray for you unwavering faith, for faith shapes our morals
and our destiny and draws us closer to God

On the eleventh day of Christmas

I pray for you a mind full of hope, for hope determines our attitudes,
sets our goals, and creates our ideals

On the twelfth day of Christmas

I pray for you a heart so full of love that every day you must give some away
to those whose paths you cross.

The author of that poem is unknown.

This is the Holiday Season, the Christmas Season, Chanukah..... a time of remembrance and traditions throughout the ages. Not knowing what is traditional to each one of you, I can only pray for you what is common to all mankind: a prayer of peace, love, joy and hope, for that is what the human heart longs for. This is one time in the year everyone listens to the message of glad tidings, prays for peace and good will, and trusts that the new year ahead will bring peaceful resolution to a troubled world. I pray your holiday season will bring you what you hope for, that it will be filled with some laughter, family, friends, fond remembrances and peace in your heart. Whatever you celebrate and believe, may it be fruitful, bountiful, and filled with love. Fill your heart with the love you shared with your child and let your heart smile.

New resources for grieving are coming to our community in the metro area and I urge you to acquaint yourself with them for now, future reference, suggestions for family/friends, whatever your needs are. And what I'm excited about is that these resources are finally addressing child/teen grief, sibling grief, as well as adult grief! Amen! It's about time! Children are often the forgotten mourners. Listed below are some resources you may want to investigate. There are meetings all over the metro area in varying areas of interest. Please take some time to research these organizations; they may prove to be a valuable outlet for you.

There is a community grief & loss calendar with varying events - contact:

krawlings@sympathysolutions.com or info@sympathysolutions.com

Keira Marie Rawlings can email you the calendar upon request

www.heartlightcenter.org 720 748 9908

Varying grief and loss groups are available

In the Boulder/Broomfield/Lafayette/Louisville area contact: TRU Community Care for grief workshops/ groups for adults, children and teens at 303 442 0961 or 877 986 4766

for further information. Or email Richard Mercer at richardmercerc@trucare.org

This organization has a wide variety of options.

On a recent visit to a park I had never visited, I discovered the loveliest memorial dedicated in memoriam to the 200+ thousand victims that died at Babi Yar, Kiev, Ukraine, USSR 09-29-41 thru 11-06-43. Deep sadness fills me with the atrocities of the past, in my own life, and in what is happening in the world today. I lift up all peoples that are suffering such devastating and horrific circumstances and for all those who have lost, and especially for you my friends in POMC. Here's the memorial:

A grove of trees has been planted at the site:

In this grove at Babi Yar, each tree stands tall. Each a living memorial to men, women, children — the majority Jews with Ukrainians and others.

In every leaf their lives: In every branch their families: In every rooted trunk their past.

Life courses even when leaves have fallen. Memory persists even after presence parts.

Can we not learn from the trees? Each stands alone — yet, flourishes in the benevolent

shade of others. Seasons change; so must we.. Winter's madness must not dry the sap of loving life again.

Still the aching sadness... Innocents... People who loved... Forever silenced by Nazi terror...

Sharing eternally... A tragedy for all humanity... Remember

We are the same. Our children are the innocents. Forever loved. Their loss a tragedy for all humanity. Sharing our loss with all those who have also lost. Let us remember..... **Blessings to all. Barb**

Birthdays Remembered

Rubon Wayne Norwood, December 1, 1938

Ethan Wolf, December 1, 1974

Chad Ferguson, December 1, 1977

Robert Mejia, December 2, 1979

Meglan Renaud, December 3, 1976

Paul Anthony Ciaramitaro, December 4, 1959

Kyra Harris, December 7, 1958

Jason Trembath, December 9, 1974

Dale Morris, December 11, 1931

Marilyn Gillespie, December 11, 1951

Mel Gurule Jr., December 11, 1959

Chandra Haak, December 12, 1975

Martel Thomas, December 18, 1947

Craig Jackman, December 18, 1964

Tammy Lamberty, December 18, 1970

Edward Gomez (Martinez), December 19, 1986

Randy Arlin Russom, December 20, 1964

Desiree Holland, December 20, 1975

Frank Hernandez Jr, December 21, 1979

Michelle Vinson, December 22, 1968

Michelle Mellema-Witherell, December 23, 1967

Daniel Chavez, December 25, 1972

Diane J. Caldwell, December 26, 1950

Cindy Wilson/Langlois, December 26, 1954

Michael Adams, December 26, 1962

Michael L. Crouch, December 27, 1957

Brandon Cruz Sigala, December 28, 1983

Linda Zambotti, December 29, 1954

Emily Reilly, December 29, 1991

Jan Mariano, January 1, 1952

Sarah Robinson, January 3, 1985

Neal Eldrenkamp, January 5, 1959

Lori Jean Burritt, January 6, 1953

Alan Friedman, January 9, 1951

Thad "T.J." Tigges, January 9, 1968

Marlon Horton, January 10, 1984

Judy Gushard, January 11, 1945

Angie Fite, January 11, 1970

Mitch Anderson, January 11, 1975

Ricky Bobian, January 15, 1974

Heather Moore, January 16, 1974

Jacine Gielinski, January 16, 1975

Carrie Lee Gonzales, January 17, 1957

Jason Paiz, January 17, 1979

Aaron Richart, January 18, 1978

Bailey Davidson, January 20, 2005

Dylan Gushard, January 21, 1971

Bryan D. Lusk, January 24, 1976

Leah Mandell, January 29, 1972

Javad Marshall-Field, January 29, 1983

Cameron Weaver, January 29, 1991

Heather Riccardi, January 30, 1975



In Memoriam

Leroy Martinez II, December 2, 1993
Yvonne Cossio, December 2, 1993
Steve Murgatroyd, December 4, 1993
Wayne Craig, December 4, 1998
John Rasser, December 5, 1996
Terry Sheeran, December 5, 1999
Dennis Meredith, December 11, 1992
Matt Ownbey, December 12, 2000
Fernando Sanchez, December 12, 2004
Cindy Jolene Tiemann, December 16, 1987
Frank Hernandez Jr, December 17, 1998
Jerry Baca, December 18, 2008
Megan Patricia Neylon, December 19, 1998
Michelle Mellema-Witherell, December 20, 1992
Heather Moore, December 21, 1995
Michael McMullen, December 22, 2007
Polly Elizabeth Sullivan, December 25, 1998
Martha Munoz, December 26, 1998
Paul Christopher Bueno, December 28, 1999
Damon A Roberts, December 30, 1992
Michael L. Crouch, December 31, 1986
Christine Marie Zablocki-Alica, December 31, 1986
Michael Cates, January 1, 1994
Brad Amack, January 1, 1998
Jordan Shuford, January 1, 2002
Ashley Raguindin, January 1, 2012
Tiff Vainey 5th, January 2, 2006
Robert Mejia, January 3, 2004
Conrad Duran, January 3, 2010
Cindi Talor, January 4, 1996
Steven Johnson, January 7, 1995
Mary Rogers, January 8, 2001

David Gonzales Shuker, January 11, 2004
Elvin Landrum, January 12, 1996
Gina Padilla, January 13, 1996
Gary Clark, January 14, 1988
Cameron Weaver, January 14, 2013
Jolene Romero, January 15, 1994
Ryan C. McDaniel, January 16, 1996
Kimberlie Rose Urstadt, January 16, 2011
Josh Harman, January 18, 1999
Jamie Paine, January 20, 1997
Eric Martinez, January 20, 2001
Craig Jackman, January 21, 1981
John Flores, January 21, 1989
Page Ten Brook, January 23, 1997
Nick Thelley, January 23, 2004
Chris Mains, January 25, 1999
Thad "T.J." Tigges, January 25, 2001
Garry Gene Bailey, January 26, 1996
Robert Hayden, January 26, 1999
Edward Gomez (Martinez), January 27, 1997



ANNOUNCEMENTS

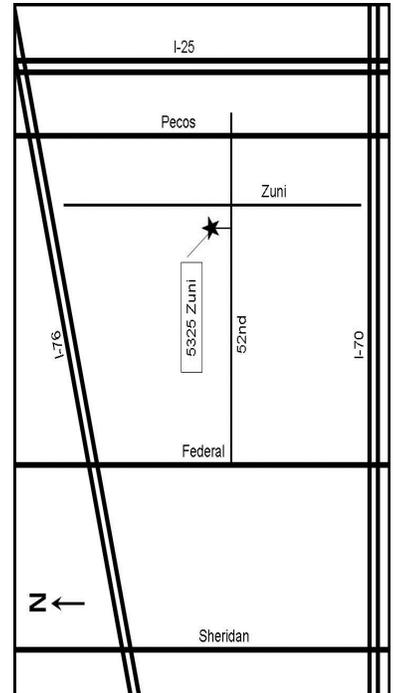
December 20 - This year, we will be meeting at 6:00 p.m. for those that would like to hang their Christmas ornaments on our POMC tree and sing some carols. We will have our regular support meeting at 7:30 p.m. This is our final meeting of the year and we will start the meeting off with some POMC business.

January 12, 2015 - Voice Meeting - 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd., Denver, CO
Topic TBD

January 17, 2015 - January meeting 7:30 p.m., we will vote in nominees for the board of directors.

ADDRESS SERVICE REQUESTED

POMC
P. O. BOX 375
LITTLETON, CO
80160-0375



We meet in the
cafeteria of the
CenturyLink Building
at 5325 Zuni in Denver on
the 3rd Saturday