



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

DEC – JAN 2016

## Possible New Page For Denver POMC

We have been seeing a new need in POMC. We've had several people voice an interest in having a spin off group for grand parents that now find them selves having to raise their grand children or help raise their grand children.

If this is you, please come to the January meeting. The grand parents group will split off into another room while the rest of the group completes the circle.

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*Just being there for  
someone can sometimes  
bring hope when all  
seems hopeless*

*Dave G Llewellyn*

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### Upcoming VOICE Meeting

The next VOICE meeting will be held on  
Monday January 11th. 6pm—8pm  
District 3 Denver Police Station  
1625 S University Blvd. Denver, CO  
Topic: TBD

There is a side of grief

Where the tears still flow

Where memories bring smiles,  
Not just sadness

Where blessings are recognized  
Not just struggles

Where joy and peace are  
present  
Not just sorrow

Where you are remembered  
Not just mourned

The grief tool box 2012



**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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 Littleton, CO 80127  
**POMCColorado@gmail.com**

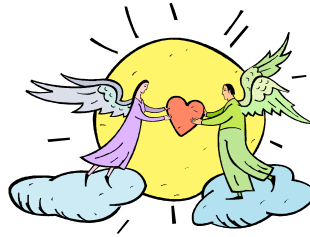
**Memorials & Birthdays:**  
 Phil Clark, 303 748-6395

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

**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.**

Cynthia Jones  
 In loving memory of  
**Nathan Leon**

**New Members**  
 Debbie & Bob Boggs  
 Christina & Rob Watson  
 Tina Ware  
 Sherry & Kevin Tallman

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

**Web Site**  
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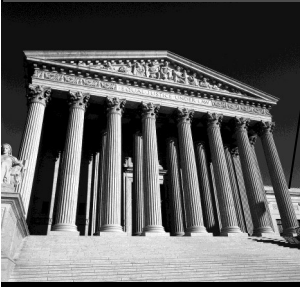
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# Trials & Hearings

There are no trials or hearings at this time.

## HANDLING HOLIDAY GRIEF How to Do the Holidays WITH Your Loved One

Submitted by [Gman8361](#)

The Holidays are here. And they hurt. We're going to talk about how to *include our loved one* in the holidays.

Our world tells us we have to move on. I'm sorry. I can't do that if it means moving on *without* my loved one. But what if I could actually move on *with* them, but in a new way? Holidays, more than any other time of year, remind us of our losses. We're keenly aware of who's missing. Seemingly everything reminds us of them. We bump into a memory with every step. We have holiday traditions. Whatever it is – special meals, decorating, house lights, the tree, stockings, presents, worship, etc. – we can't imagine it without our loved one. Nothing is the same. We wonder how we're going to celebrate anything at all.

Here's one option: *meet the holidays head on. Instead of letting the holidays use you, use them to honor your loved one and love those around you.*

How?

Be proactive. Plan specific ways to include and celebrate the one who passed. Here a few ideas:

Set up an empty chair honoring your loved one at the table

Put a candle in a prominent place and light it in remembrance

Have everyone bring a card that reminds them of the person. At an appropriate time, have each of them share their card with the group.

Put a present with their name on it under the tree. When you open gifts, pass the present around and have each person share a memory.

You know your loved one. You know your traditions. Be creative. Yes, these times will most likely be emotional. That's good. You're giving yourself and others a chance to grieve in a healthy way. In fact, if you don't celebrate your loved one somehow, chances are everyone's grief will leak out anyway, but in less desirable ways.

If we're willing, new traditions can be born this year – traditions that honor our loved ones and help us move on with them, in a new way. They'll always be a part of us. It would be a shame not to include them and give them a prominent place in our holidays.

Your life has changed forever. *These holidays might be difficult, but they can still be good.*

**This article applies to not only mothers, but all of us.**

## Who Is A Grieving Mother?

October 20, 2015 by Heather Blair

*Who is a grieving mother?*

Does she look different from one who is not?

Is her pain visible in the smile she sometimes forces...behind the eyes on the verge of tears?

Can you see the aging her body feels from the trauma of loss?

She's one who still pictures herself from before the loss and is sometimes caught off guard at the reflection looking back from the mirror.

*Who is a grieving mother?*

She's one who ignores a baby shower or birthday invitation one day, because the pain is still too raw.

And the next, celebrates the small milestones, for she knows how precious they are.

She's one who boxes up a lifetime of mementos in an afternoon to spare her husband the pain. Yet years later still can't dredge up the courage to go through them again.

*Who is a grieving mother?*

She's one who holds it together in the big things and falls apart over spilled milk. Who loves deeply those closest to her, but keeps her heart guarded for protection from others.

She's one who grimaces at the first laughs after loss, but later laughs louder than most. Who finds joy in the simple things and relishes every day moments.

*Who is a grieving mother?*

She's one held hostage by dates on the calendar and unexpected triggers. And one who will always pause for sunsets, butterflies, and sweet signs from above.

She's one who lets go of friends unable to support her. And one who treasures those who didn't walk away.

*Who is a grieving mother?*

She's one who can experience an array of emotions on any given day. And one who wishes tears would come when numbness covers her.

She's one who screams at God one moment and clings to him the next. Who didn't expect her faith to grow so much from the most important unanswered prayer she ever spoke.

*Who is a grieving mother?*

She is one as complicated as the grief she carries.

**“Do not judge the Grieving Mother. She comes in many forms. She is breathing, but she is dying. She may look young, but inside she has become ancient. She smiles, but her heart sobs. She walks, she talks, she cooks, she cleans, she works, she IS but she IS NOT, all at once. She is here, but part of her is elsewhere for eternity.”**

~ Author Unknown

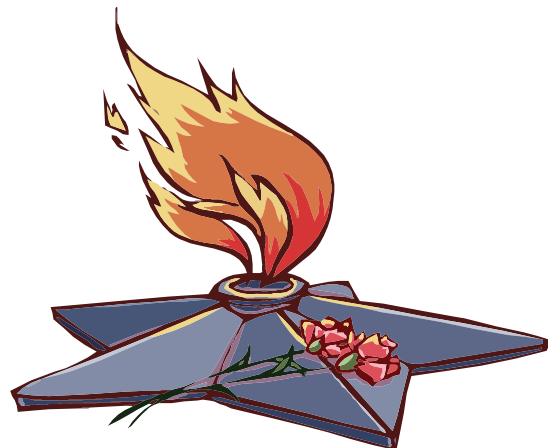
# Birthdays Remembered

<b>Rubon Norwood</b>	Dec	1	1938	<b>Aaron Richard</b>	Jan	18	1978
<b>Ethan Wolf</b>	Dec	1	1974	<b>Dylan Gushard</b>	Jan	21	1971
<b>Chad Ferguson</b>	Dec	1	1977	<b>Bryan D. Lusk</b>	Jan	24	1976
<b>Robert Mejia</b>	Dec	2	1979	<b>Leah Mandell</b>	Jan	29	1972
<b>Meglan Renaud</b>	Dec	3	1976	<b>Javad Marshall-Fileds</b>	Jan	29	1983
<b>Paul Anthony Ciaramitaro</b>	Dec	4	1959	<b>Cameron Weaver</b>	Jan	29	1989
<b>Kyra Harris</b>	Dec	7	1958	Heather Riccardi	Jan	30	1975
<b>Jason Trembath</b>	Dec	9	1974				
<b>Dale Morris</b>	Dec	11	1931				
Marilyn Gillespie	Dec	11	1951				
<b>Mel Gurule Jr.</b>	Dec	11	1959				
<b>Chandra Haak</b>	Dec	12	1975				
<b>Martel Thomas</b>	Dec	18	1947				
<b>Craig Jackman</b>	Dec	18	1964				
<b>Tammy Lamberty</b>	Dec	18	1970				
<b>Edward Gomez (Martinez)</b>	Dec	19	1986				
<b>Randy Arlin Russom</b>	Dec	20	1964				
<b>Desiree Holland</b>	Dec	20	1975				
<b>Frank Hernandez Jr</b>	Dec	21	1979				
<b>Michelle Vinson</b>	Dec	22	1968				
<b>Michelle Mellema-Witherell</b>	Dec	23	1967				
<b>Daniel Chavez</b>	Dec	25	1972				
<b>Diane J. Caldwell</b>	Dec	26	1950				
<b>Cindy Wilson/Langlois</b>	Dec	26	1954				
<b>Michael Adams</b>	Dec	26	1962				
<b>Michael L. Crouch</b>	Dec	27	1957				
<b>Brandon Sigala</b>	Dec	28	1983				
<b>Linda Zambotti</b>	Dec	29	1954				
<b>Emily Rilly</b>	Dec	29	1991				
<b>Jan Mariano</b>	Jan	1	1952				
<b>Sarah Robinson</b>	Jan	3	1985				
<b>Neal Eldrenkamp</b>	Jan	5	1959				
<b>Lori Jean Burritt</b>	Jan	6	1953				
<b>Alan Friedman</b>	Jan	9	1951				
<b>Thad "T.J." Tigges</b>	Jan	9	1968				
<b>Marlon Horton</b>	Jan	10	1984				
<b>Judy Gushard</b>	Jan	11	1945				
<b>Angie Fite</b>	Jan	11	1970				
<b>Mitch Anderson</b>	Jan	11	1975				
<b>Ricky Bobian</b>	Jan	15	1974				
<b>Heather Moore</b>	Jan	16	1974				
<b>Jacine Gielinski</b>	Jan	16	1975				
<b>Carrie Lee Gonzales</b>	Jan	17	1957				
<b>Jason Paiz</b>	Jan	17	1979				



# In Memoriam

<b>Leroy Martinez II</b>	Dec	2	1993	<b>John Flores</b>	Jan	21	1989
<b>Yvonne Cossio</b>	Dec	2	1993	<b>Nate Tallman</b>	Jan	21	2014
<b>Steve Murgatroyd</b>	Dec	4	1993	<b>Page Ten Brook</b>	Jan	23	1997
<b>Wayne Craig</b>	Dec	4	1998	<b>Nick Thelley</b>	Jan	23	2004
<b>John Rasser</b>	Dec	5	1996	<b>Chris Mains</b>	Jan	25	1999
<b>Terry Sheeran</b>	Dec	5	1999	<b>Thad "T.J." Tigges</b>	Jan	25	2001
<b>Dennis Meredith</b>	Dec	11	1992	<b>Garry Gene Bailey</b>	Jan	26	1996
<b>Fernando Sanchez</b>	Dec	12	2004	<b>Robert Hayden</b>	Jan	26	1999
<b>Cindy Jolene Tiemann</b>	Dec	16	1987	<b>Edward Gomez (Martinez)</b>	Jan	27	1997
<b>Frank Hernandez Jr</b>	Dec	17	1998	<b>James Springer Jr</b>	Jan	27	2002
<b>Megan Patricia Neylon</b>	Dec	19	1998	<b>Judy Gushard</b>	Jan	30	1987
<b>Megan Patricia Rapacz</b>	Dec	19	1998	<b>Dylan Gushard</b>	Jan	30	1987
<b>Michelle Mellema-Witherell</b>	Dec	20	1992	<b>Vanessa Gushard</b>	Jan	30	1987
<b>Heather Moore</b>	Dec	21	1995				
<b>Michael McMullen</b>	Dec	22	2007				
<b>Polly Elizabeth Sullivan</b>	Dec	25	1998				
<b>Martha Munoz</b>	Dec	26	1998				
<b>Paul Christopher Bueno</b>	Dec	28	1999				
<b>Damon A Roberts</b>	Dec	30	1992				
<b>Michael L. Crouch</b>	Dec	31	1986				
<b>Christine Marie Zablocki-Alicata</b>	Dec	31	1986				
<b>Phillip Mc Cain</b>	Jan	1	1994				
<b>Michael Cates</b>	Jan	1	1994				
<b>Brad Amack</b>	Jan	1	1998				
<b>Jordan Shuford</b>	Jan	1	2002				
<b>Ashley Raguindin</b>	Jan	1	2012				
<b>Tiff Vainey</b>	Jan	2	2006				
<b>Robert Mejia</b>	Jan	3	2004				
<b>Conrad Duran</b>	Jan	3	2010				
<b>Cindi Talor</b>	Jan	4	1996				
<b>Steven Johnson</b>	Jan	7	1995				
<b>Mary Rogers</b>	Jan	8	2001				
<b>David Gonzales Shuker</b>	Jan	11	2004				
<b>Elvin Landrum</b>	Jan	12	1996				
<b>Gina Padilla</b>	Jan	13	1996				
<b>Gary Clark</b>	Jan	14	1988				
<b>Cameron Weaver</b>	Jan	14	2013				
<b>Jolene Romero</b>	Jan	15	1994				
<b>Ryan C. McDaniel</b>	Jan	16	1996				
<b>Josh Harman</b>	Jan	18	1999				
<b>Eric Martinez</b>	Jan	20	2001				
<b>Jamie Paine</b>	Jan	20	1997				
<b>Craig Jackman</b>	Jan	21	1981				

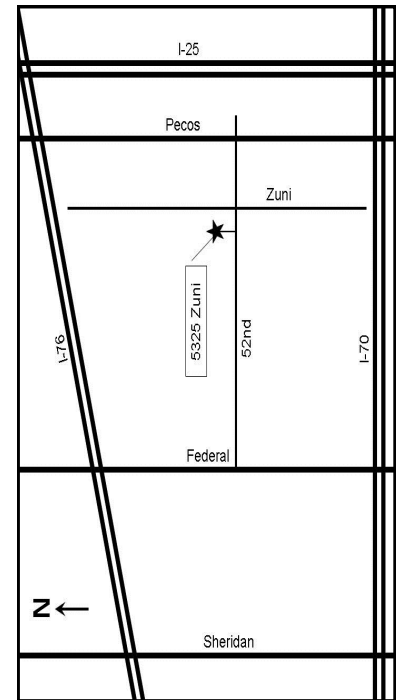


# ANNOUNCEMENTS

- Dec 19 - Support Group at 7:30 PM
  
- Jan 11 - VOICE Meeting 6:00 PM  
 District 3 Denver Police Station  
 1625 S University Blvd. Denver, CO  
 Topic: TBD
  
- Jan 16 - POMC Board Meeting 6:00 PM  
 Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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 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