



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

DEC – JAN 2017

Upcoming VOICE Meeting

The next VOICE meeting will be held on
Monday January 23rd. 6pm—8pm
New Location
1325 S Colorado Blvd Denver, CO
Basement Conference Room

Topics: Parole Supervision
Q&A Session to follow



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.

My Christmas Wish

By Marizel Layco Beck

It's the time of year again.

Time to buy a fresh Christmas tree,
to hang beautiful Christmas ornaments,
to put twinkling Christmas lights around the
tree,
to lovingly give out presents,
to write and send heartfelt Christmas cards.

It's time to attend Christmas mass,
to go to Christmas parties,
to see relatives, old friends and meet new
ones.

It's the time of year where kids and adults alike
ask Santa for something they want; like a toy, a
tv, a cellphone...

But every year since you've been gone, all I ask
Santa is to have you back,
to be with you
to be able to hug you, kiss you,
to talk to you,
to listen to you talk and laugh,
to hang out with you like we used to do.

Dear Santa,

Please make my wish come true.

*Please have my loved ones come
down from Heaven,*

even just for one day,

even just on Christmas Day.....



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:

Phil Clark
10703 W Berry Pl
Littleton, CO 80127
POMCColorado@gmail.com

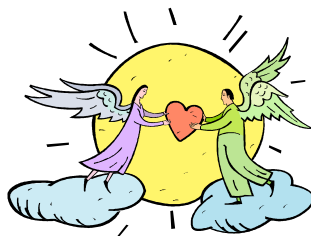
Memorials & Birthdays:
Phil Clark, 303 748-6395

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

**Healing & Bereavement
Resources:**
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.

Dana Mandell
In Loving Memory of
Leah Faye Mandell

Joseph & Agnes
Arredondo
In Loving Memory of
Jessica Ann Arredondo

New Members

Jim Wann
Jessica DelaCruz
Alex Baeza
Nancy Plimtao

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.....**Kaye Cannata**
720-366-4165

Treasurer**Bernadette Alness**
720-448-9555
BA77077@gmail.com

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

Bill Lusk
303-593-0784
wjluska@comcast.net

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

Other Contacts.....**Everett & Linda
Donelson**
720-508-4268

Caryl & Charles Harvey
970-854-2665

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

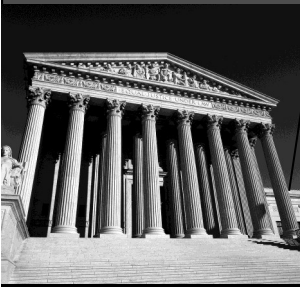
Email: natlpomc@pomc.org

Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

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



Trials & Hearings

No Trial Updates

*The parties have ended
The resolutions all made
But the pain of the grief
Does not seem to fade*

*Wishing you memories
That give your heart wings
With the love that is shared
And the hope that it brings*

*Wishing you laughter
For the memories all past
And the truth that they
Will forever and ever last*

*Wishing you tears
When needed to be shed
And the feelings and thoughts
That need to be said*

*Wishing you arms
That are willing to hold
And ears that will listen
To all your feelings told*

*Today instead of wishing
Each other a happy New Year
Let's wish ourselves peace and
Loved ones who stay near*

-Tanya Lord

A New Year and the Challenge of Grief

By Hello grief

Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on *New Year’s*. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when the media and others encouraged you to have a *HAPPY* New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January. Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person’s joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for YOU in a “new year”. Even if you haven’t consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next.

Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don’t necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one *but* you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything “wrong” on your list. Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This “something” will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/ trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don’t have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving.

I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a “new year” can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.

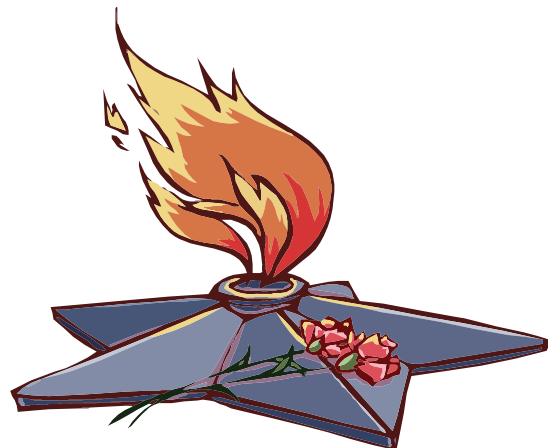
Birthdays Remembered

Rubon Wayne Norwood	12	1	1938	Jason Paiz	1	17	1979
Ethan Wolf	12	1	1974	Aaron Richart	1	18	1978
Chad Ferguson	12	1	1977	Isaiah Vialpando	1	20	1995
Robert Mejia	12	2	79	Bailey Davidson	1	20	2005
Meglan Renaud	12	3	1976	Dylan Gushard	1	21	1971
Paul Anthony Ciaramitaro	12	4	1959	Bryan D. Lusk	1	24	1976
Kyra Harris	12	7	1958	Leah Mandell	1	29	1972
Jason Trembath	12	9	1974	Javad Marshall-Fields	1	29	1983
Dale Morris	12	11	1931	Cameron Weaver	1	29	1991
Marilyn Gillespie	12	11	1951	Heather Riccardi,	1	30	1975
Mel Gurule Jr.	12	11	1959				
Chandra Haak	12	12	1975				
Christa Benton	12	15	1978				
Martel Thomas	12	18	1947				
Craig Jackman	12	18	1964				
Tammy Lamberty	12	18	1970				
Edward Gomez (Martinez)	12	19	1962				
Randy Arlin Russom	12	20	1964				
Desiree Holland	12	20	1975				
Frank Hernandez Jr	12	21	1979				
Michelle Vinson	12	22	1968				
Michelle Mellema-Witherell	12	23	1967				
Daniel Chavez	12	25	1972				
Diane J. Caldwell	12	26	1950				
Cindy Wilson/Langlois	12	26	1954				
Michael Adams	12	26	1962				
Michael L. Crouch	12	27	1957				
Brandon Cruz Sigala	12	28	1983				
Linda Zambotti	12	29	1954				
Emily Reilly	12	29	1991				
Jan Mariano	1	1	1952				
Sarah Robinson	1	3	1985				
Neal Eldrenkamp	1	5	1959				
Lori Jean Burritt	1	6	1953				
Alan Friedman	1	9	1951				
Thad "T.J." Tigges	1	9	1968				
Marlon Horton	1	10	1984				
Judy Gushard	1	11	1945				
Angie Fite	1	11	1970				
Mitch Anderson	1	11	1975				
Ricky Bobian	1	15	1974				
Heather Moore	1	16	1974				
Jacine Gielinski	1	16	1975				
Carrie Lee Gonzales	1	17	1957				



In Memoriam

Leroy Martinez II	12	2	1993	Thad "T.J." Tigges	1	25	2001
Yvonne Cossio	12	2	1993	Garry Gene Bailey	1	26	1996
Steve Murgatroyd	12	4	1993	Robert Hayden	1	26	1999
Wayne Craig	12	4	1998	Edward Gomez (Martinez)	1	27	1997
John Rasser	12	5	1996	James Springer Jr	1	27	2002
Terry Sheeran	12	5	1999	Judy Gushard	1	30	1987
Cody Martell	12	10	2002	Dylan Gushard	1	30	1987
Dennis Meredith	12	11	1992	Vanessa Gushard	1	30	1987
Byris Williams	12	11	2004				
Matt Ownbey	12	12	2000				
Fernando Sanchez	12	12	2004				
Cindy Jolene Tiemann	12	16	1987				
Frank Hernandez Jr	12	17	1998				
Jerry Baca	12	18	2008				
Megan Patricia Neylon	12	19	1998				
Michelle Mellema-Witherell	12	20	1992				
Heather Moore	12	21	1995				
Michael McMullen	12	22	2007				
Polly Elizabeth Sullivan	12	25	1998				
Martha Munoz	12	26	1998				
Paul Christopher Bueno	12	28	1999				
Damon A Roberts	12	30	1992				
Michael L. Crouch	12	31	1986				
Christine Marie Zablocki-Alicata	12	31	1986				
Phillip Mc Cain	1	1	1994				
Michael Cates	1	1	1994				
Brad Amack	1	1	1998				
Jordan Shuford	1	1	2002				
Ashley Raguindin	1	1	2012				
Tiff Vainey 5th	1	2	2006				
Robert Mejia	1	3	2004				
Conrad Duran	1	3	2010				
Cindi Talor	1	4	1996				
Christa Benton	1	6	2016				
Steven Johnson	1	7	1995				
Mary Rogers	1	8	2001				
David Gonzales Shuker	1	11	2004				
Elvin Landrum	1	12	1996				
Gina Padilla	1	13	1996				
Gary Clark	1	14	1988				
Cameron Weaver	1	14	2013				
Jolene Romero	1	15	1994				
Ryan C. McDaniel	1	16	1996				
Kimberlie Rose Urstadt	1	16	2011				
Josh Harman	1	18	1999				
Jamie Paine	1	20	1997				
Eric Martinez	1	20	2001				
Craig Jackman	1	21	1981				
John Flores	1	21	1989				
Nate Tallman	1	21	2014				
Page Ten Brook	1	23	1997				
Nick Thelley	1	23	2004				
Chris Mains	1	25	1999				



ANNOUNCEMENTS

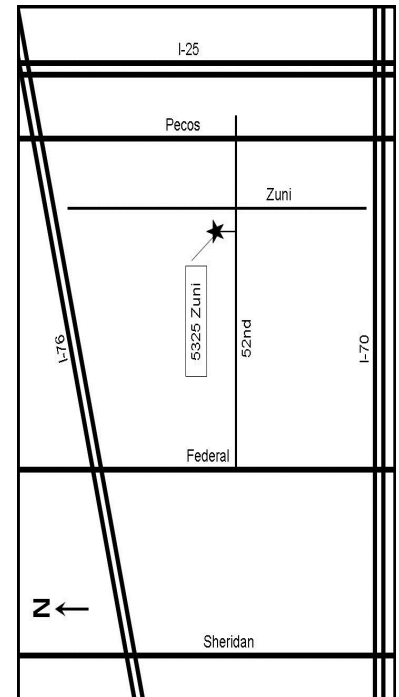
Dec 17 - Support Group at 7:30 PM

Jan 21 - Board Meeting at 6:00
Support Group at 7:30 PM

Jan 23 - Voice Meeting 6:00 PM
Agenda: Parole Supervision
See Page 1 for new address

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. The entrance to parking is on 52nd.