



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

DEC – JAN 2019



The 2019 National Conference
will be held in DENVER

COLORADO this coming August!!

We have recently met with people from the National POMC Office and started the planning phase. The convention will be from August 8–11 at the Denver Tech Center Marriott. This years theme is "Together We Climb The Mountain To The Peak Of Hope"

This is your chance to meet with other POMC members from across the country. We will keep you updated as plans are being made. More information to come.



Still Celebrate With Me

By Ruth Harris 11/25/18

*Please smile when you think of me
and gather 'round the tree*

*For this year I watch you from above
and send you all my love*

*It's still my gift to you
that I am there in all you do*

*So sing a song of Silent Night
as I am only out of site*

*Let my light shine through the things you do
as you make more memories anew*

*Remember Christmas past
and our joy that will forever last*

*Kiss the family, each and every member
and spread the joy of which I am the sender*

*Dry your eyes of all the tears
and think of special times over all our years*

*It's different as can be
bat you can still celebrate with me*



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:

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

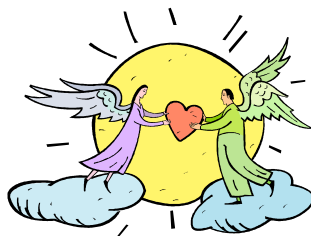
Memorials & Birthdays:
 Phil Clark, 303 748-6395

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

Healing & Bereavement Resources:
 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.

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

New Members

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

Web Site
www.colorado-pomc.org

LeaderPhil Clark
 303-748-6395
 POMCColorado@gmail.com

Secretary.....Kaye Cannata
 720-366-4165

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

Bill Lusk
 303-593-0784
 wjlusk@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

"On this bald hill the new year hones its edge.
Faceless and pale as china
the round sky goes on minding its business.
Your absence is inconspicuous,
nobody can tell what I lack."

~Sylvia Plath,
Parliament Hill Fields



www.whatsyourgrief.com

"God gave us memory so that we might
have roses in December." ~ J.M. Barrie



WWW.WHATSYOURGRIEF.COM

We talk about them because we're proud.

We talk about them because they deserve to be remembered.

We talk about them because even though they are not physically with us, they are never far from our mind.

We talk about them because they are part of us, a part that we could never ignore or disown.

We talk about them because we love them still and always will. Forever.

Nothing will ever change that.

Author unknown



Birthdays Remembered

Rubon Wayne Norwood	12	1	1938	Carrie Lee Gonzales	1	17	1957
Ethan Wolf	12	1	1974	Jason Paiz	1	17	1979
Robert	12	2	1979	Isaiah Vialpando	1	20	1995
Meglan Renaud	12	3	1976	Dylan Gushard	1	21	1971
Paul Anthony Ciaramitaro	12	4	1959	Bryan D. Lusk	1	24	1976
Jason Trembath	12	9	1974	Leah Mandell	1	29	1972
Dale Morris	12	11	1931	Cameron Weaver	1	29	1989
Mel Gurule Jr.	12	11	1959				
Chandra Haak	12	12	1975				
Christa Benton	12	15	1978				
Charla Nicholson	12	16	1962				
Craig Jackman	12	18	1964				
Tammy Lamberty	12	18	1970				
Jake	12	18	2007				
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				
Linda Zambotti	12	29	1954				
Doug Bradley	12	29	1967				
Emily Rilly	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				
Zoey Espinoza	1	15	2003				
Heather Moore	1	16	1974				
Jacine Gielinski	1	16	1975				



In Memoriam

Leroy Martinez II	12	2	1993	Josh Harman	1	18	1999
Yvonne Cossio	12	2	1993	Jamie Paine	1	20	1997
Steve Murgatroyd	12	4	1993	Eric Martinez	1	20	2001
Wayne Craig	12	4	1998	Craig Jackman	1	21	1981
John Rasser	12	5	1996	John Flores	1	21	1989
Terry Sheeran	12	5	1999	Nate Tallman	1	21	2014
Cody Martell	12	10	2002	Page Ten Brook	1	23	1997
Dennis Meredith	12	11	1992	Nick Thelley	1	23	2004
Matt Ownbey	12	12	2000	Chris Mains	1	25	1999
Fernando Sanchez	12	12	2004	Thad "T.J." Tigges	1	25	2001
Cindy Jolene Tiemann	12	16	1987	Garry Gene Bailey	1	26	1996
Frank Hernandez Jr	12	17	1998	Robert Hayden	1	26	1999
Megan Patricia Neylon	12	19	1998	Edward Gomez (Martinez)	1	27	1997
Megan Patricia Rapacz	12	19	1998	James Springer Jr	1	27	2002
Michelle Mellema-Witherell	12	20	1992	Drake Smith	1	27	2018
Heather Moore	12	21	1995	Judy Gushard	1	30	1987
Michael McMullen	12	22	2007	Dylan Gushard	1	30	1987
Polly Elizabeth Sullivan	12	25	1998	Vanessa Gushard	1	30	1987
Martha Munoz	12	26	1998				
Doug Bradley	12	28	2017				
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				
Tiff Vainey 5th	1	2	2006				
Robert	1	3	2004				
Cindi Talor	1	4	1996				
Christa Benton	1	6	2016				
Steven Johnson	1	7	1995				
Mary	1	8	2001				
Marquis Garcia	1	10	2017				
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				



ANNOUNCEMENTS

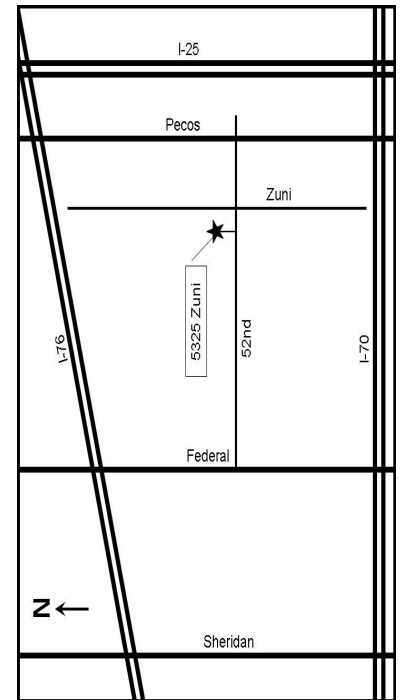
Dec 15 - Support Group at 7:30 PM

Jan 19 - Board Meeting at 6:00
Support Group at 7:30 PM

Feb 16 - 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.