



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

FEB – MAR 2018

POMC Board of Directors Needs You

Would you like to help your POMC chapter? We are coming up to that time of year where we looking for new board members.

If you're interested in helping out, please contact Phil at 303-748-6395 or at POMCColorado@gmail.com

New Mailing Address for POMC

To send donations, cards or letters, please note that our mailing address has changed.

POMC
9888 W Belleview Ave #103
Littleton, CO 80123



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

In this process, you learn to recognize triggers are everywhere and you figure out quickly what to brace yourself for. I've gotten good at that. What I can never prepare myself for is the ones that come completely out of no where and feel like a kick to the heart. I'm in the midst of one today. Maybe it's because I have had alot of triggers around me lately and whenever I close my eyes or let my mind rest I'm hit with every single thing I did wrong or could have done better. Self blame is the hardest part of grief to absolve. The I should Have, I could Have, the why didn't I moments. I live with regrets everyday and days like today... I just live with them harder.

- Author unknown



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

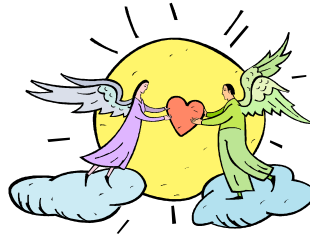
Memorials & Birthdays:
Phil Clark, 303 748-6395

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

**Healing & Bereavement
Resources:**
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.

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

Web Site
www.colorado-pomc.org

Leader**Phil Clark**
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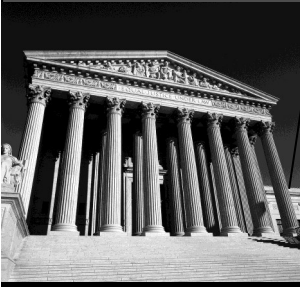
Office: (513) 721-5683

Fax: (513) 345-4489

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

New Members

Caroline Steinbresher



Trials & Hearings

Cynthia Thye let us know that the trial of Chase Nicholson in Iowa, has been delayed until June 4th. Cynthia's sister, brother in-law and niece were all killed in April 2017

Some of us have been through things so traumatic that the human mind isn't built to handle but we fight and persevere every single day and night. If that's not a strength I don't know what is.

You are a survivor.



Why We Talk About the Ones We've Lost

By John Polo

For all those who talk about their loved one. For all those who talk about their loss.

This is why we talk about them.

Hint: It is not for attention.

We talk about them because we love them. In life and in death.

We talk about them because they are still a part of us. And always will be.

We talk about them because the love we shared and the loss we endured have shaped us into the person we are today.

We talk about them because we find it therapeutic. For our minds, for our hearts and for our souls.

We talk about them because it helps us, and we hope it will help others.

We talk about them because the memories make us happy. And we need to feel that.

We talk about them because the memories make us sad. And we need to feel that.

We talk about them because we want the world to know the struggle of cancer.....Of suicide.....
Of murder.....Of drug addiction.....Of sudden death.....Of terminal illness.....The struggle of loss.

We talk about them because we want you to appreciate what you have. Because in hindsight, we may realize we didn't.

We talk about them because they are still ours. And we are still theirs.

We talk about them because in the day-to-day grind that is life, we sometimes feel them drifting away. And we think talking about them will make us feel closer to them today.

We talk about them because we want to.

We talk about them because we need to.

And yes, sometimes, we talk about them because nobody else is.

We carry on their legacies.

We may talk about them because we take that responsibility seriously.

When Michelle was sick and dying, she would often tell me of her fears that everyone would forget her. That she would become a distant memory. That nobody would speak of her anymore. That it would be like she never existed.

Nope. Not going to happen. Not on my watch. Not now. Not ever.

We talk about them because we won't let them be forgotten.

Birthdays Remembered

Randy Fleming	2	1	1960	Steven Johnson	3	8	1986
Heather Harper	2	2	1975	Shaniqua Coffman	3	8	1991
Mark Nicholson	2	3	1958	Nathan Bailey	3	10	1996
Martin Macias	2	3	1960	Amy Hill	3	11	1979
Sherri Majors	2	3	1969	Edward Perez	3	15	1946
Philisia Bunting	2	4	1974	Tina Abbott	3	15	1949
Tiffany Cuin	2	4	1981	Pedro A. Dominguez	3	16	1982
Ronald (Ron) Georgopulos	2	8	1954	Tina Sandoval	3	17	1972
Kay Lyn Robinson	2	9	1961	Megan Patricia Neylon	3	17	1982
Roxanne Logan	2	12	1952	Gerry Schwartzman	3	18	1938
Lorren Holcomb	2	14	1943	Paul A. Stone	3	18	1980
James Mora	2	14	1972	McKinley Dixon Jr	3	20	1975
Frank Sumpton, Jr	2	16	1973	Leslie Gonzales	3	20	1989
Anthony Taiitt	2	18	1960	Troy Baker	3	23	1977
Matthew Kechter	2	19	1983	Alex Incorvia	3	23	1990
Nephew Ryan Gray	2	19	1985	David Aric Rothrock	3	23	
Ryan Gray	2	19	1985	Anthony (Tony)Gonzales	3	24	1942
Charles Harris	2	20	1976	Andrew Just	3	25	1980
Cissy Foster	2	20	1979	Jesse Field	3	27	1979
PJ Pierce	2	20	1986	Kaci	3	27	1982
John Wann	2	21	1973	Jeffrey Smith	3	27	1992
Beulah Lawson	2	22	1927	Sid Wells	3	28	1961
Karla Winberg	2	22	1961	Andrea Weiss	3	28	1976
Monica Martinez	2	22	1974	Chad Harvey	3	30	1975
Michael McMullen	2	22	1980				
Lonnell Friend	2	24	1978				
David Michael Kelly II	2	26	1977				
Chris Irish	2	27	1971				
Miranoa Rose Linn Baca	2	27	1985				
Vanessa Gushard	2	28	1976				
Garett Cordova	3	1	1965				
Jennifer Manchego	3	1	1974				
Jeremy Campton Craft	3	2	1970				
Sindy Wong	3	2	1977				
Corey DePooter	3	3	1982				
Beth Haynes	3	5	72				
Danny Steve McQueen	3	5	1955				
Wayne Craig	3	6	1969				
John Rasser	3	7	1966				
Mark Francis	3	7	1978				
Michael Scott Reichert	3	8	1964				



In Memoriam

Louis Muradian	2	0	1985	Andrew Just	3	7	1998
Brandon Gushard	2	1	1987	Ruby Sparks	3	8	81
David Michael Kelly II	2	1	1996	Gloria Bailey	3	8	1981
Marilyn Gillespie	2	2	2010	Ralph Earl Pettis	3	9	1986
Jackie Maldonado	2	3	2002	Harold Lee Prelow	3	9	1996
Robert Ursetta	2	4	1995	Alan Friedman	3	10	1989
Abraham Hansen	2	4	2017	Carrie Lee Gonzales	3	11	1984
Bryan D. Lusk	2	5	2007	Larry Heil	3	12	1991
Levon George Griego	2	6	1985	Roxanne Logan	3	12	1995
Ruth Ortega's son	2	6	1985	Scott Clarke	3	14	2011
Amber Bullington	2	6	2000	Roderick Paulsen	3	15	1997
Alan Cardares	2	7	2013	Eddie Garcia	3	15	1998
Ada Johnson	2	9	1983	Nathan Leon	3	17	2013
Garett Cordova	2	11	2002	Lee Pumroy	3	18	1993
Heather Riccardi,	2	15	2014	Sherri Majors	3	18	1996
Kevin Johnson	2	16	2003	Theodore C. Carleton	3	18	1996
Marco Escobedo	2	16	2008	Meglan Renaud	3	21	1989
Vera Escobedo	2	16	2008	Guillermo Quinones	3	21	2012
Chris Stockwell	2	16	2017	Lori Jean Burritt	3	22	1990
Clair Weaver	2	17	1991	Paul Hurtado Jr	3	22	1990
Toni Clark	2	17	2008	Natalie Lynn Boggs	3	27	2013
Gertrude Brown/Nussel	2	20	1992	Michelle Vinson	3	28	1992
Aaron Richart	2	20	1999	Cher Elder	3	28	1993
Carmina "Nina" Anderson	2	21	1973	Paris Lamar Davis	3	29	1998
Peter Beaupre`	2	23	1995	Alex Incorvia	3	29	2016
McKinley Dixon Jr	2	25	1994	Jennifer Behling	3	31	2006
Terrell Ephriam	2	26	2014				
Erin Golla	2	27	2002				
Robert Zajac	2	27	2002				
Jordan Miranda	2	29	2016				
Sheldon Sullivan	3	1	1998				
Mark Francis	3	1	2002				
Maria Cordova	3	1	2003				
Maria Fierro	3	1	2003				
Falon Watson	3	1	2014				
Alice Jane Hensley	3	3	2001				
Mark Smith	3	4	1995				
Ron Haynes	3	4	2006				
Ronald Overstreet	3	4	2006				
Martin Macias	3	4					
James Mora	3	7	1992				



ANNOUNCEMENTS

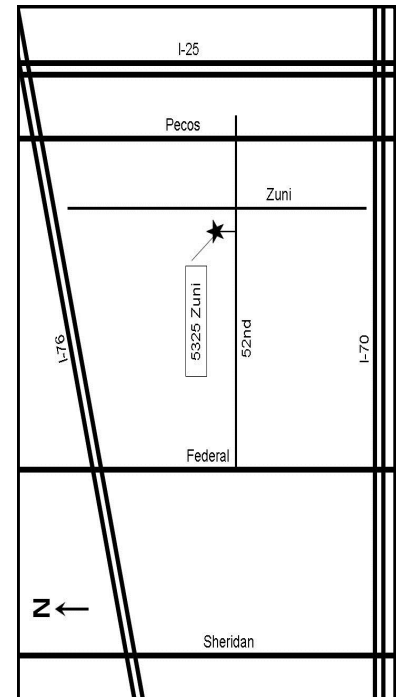
Feb 17 - Support Group at 7:30 PM

Mar 17 - Board Meeting at 6:00
Support Group at 7:30 PM

Apr 21 - 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.