



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

FEB 2014–MAR 2014

A Message From Joe Cannata

I remember going to my first meeting at POMC. I went because a victim that I had attended some parole and court hearings with had asked me to drive her there. I had never been to a meeting before and had no intention of going back as I didn't think it would help me since it had been 15 years since my daughter, Lynn, had been murdered.

As I participated in my first circle, I listened to everyone's sad stories and heard about the various stages of the system they were in. Some cases were just getting ready to go to court. Some had already been sentenced. Some were getting ready to go to their first parole hearing. And some were still unsolved.

Like I said earlier, I had no intention of coming back when I went to my first meeting over ten years ago. But when the meeting was over, to my surprise, people lined up to talk to me. They asked me questions about how I had dealt with the loss of my daughter since it had been 15 years since her death. They asked me what to expect going through the court process, the parole process, and how I was preparing for his release from prison.

This is when I realized the POMC is not only there for us when we need the support. It is there for us to support others. When we no longer need the support we have an obligation to stay involved so that our experience will help others, just as others stayed involved to help us when we needed it.

Please stay involved. Unfortunately there will always be families that need your support. Thank You!

NEXT VOICE FORUM SET

The next quarterly forum of Victims Organized In Correctional Exchange (VOICE) will be held at the District 3 Denver Police Department, 1625 S. University Blvd., Denver. CO on Monday, April 14 from 6:00 – 8:30 PM.

The topic for the evening is TBD.

(Ample street parking is available)

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS

National Crime Victims' Rights Week – April 6 thru 12. Watch for schedule of events in our next newsletter.

POMC National Conference will be held on August 14-17 in Rochester, Minnesota at the Kahler Grand Hotel. The theme is "Rebuilding Shattered Lives, Renewing Hope for Tomorrow". More info to follow.

National Day of Remembrance is set for Thursday, September 25. Time and location TBD.

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Happy Valentine's Day

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POMC

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

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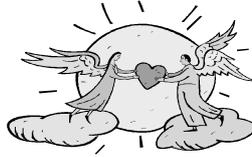
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Love Gifts



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

Peggy & Bob Luisier,
in memory of their daughter,
Jacine Gielinski

Rudy & Maria Maldonado,
in memory of their son,
Jesse Maldonado

Diane Francis,
in memory of her son,
Mark Francis

Erica Mulligan,
in memory of her son,
Michael Tarasiuk

Jerri & Don & brother Mark
Reichert,
In memory of their son & brother,
Michael Scott Reichert

Mary Jo Halfen,
in memory of her son,
Michael O'Fallen

Phyllis & Ciro Pena,
in memory of their son,
Ricky Bobian

Caryl Meitler,
in memory of her son,
Scott Clark

Cherri & Bill Lusk,
In memory of their son,
Bryan Lusk

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

Trials and Hearings:
Tom Rasser, 303 798-2841



Trials & Hearings

No trials and hearings at this time.

AFTER-LOSS CREED

Please be gentle with me for I am grieving.
 The sea I swim in is a lonely one,
 And the shore seems miles away.
 Waves of despair numb my soul as I struggle through each day.
 My heart is heavy with sorrow.
 I want to shout and scream and repeated ask, "Why?"
 At times, my grief overwhelms me, and I weep bitterly,
 So great is my loss.
 Please don't turn away or tell me to move on with my life.
 I must embrace my pain before I can learn to heal.
 Companion me through my tears and sit with me in loving silence.
 Honor where I am in my journey, not where you think I should be.
 Listen patiently to my story. I may need to tell it over and over again.
 It's how I begin to grasp the enormity of my loss.
 Nurture me through the weeks and months ahead.
 Forgive me when I am distant and inconsolable.
 A small flame still burns within my heart,
 And shared memories may trigger both laughter and tears.
 I need your support and understanding.
 There is no right or wrong way to grieve.
 I must find my own path.

by Jill Englar - Westminster, MD

Found in Valley of the Sun newsletter of POMC

New Members

Sunia Breningstall
 Colbi & Rose Kyle
 Addison Parker
 Holly Lange

Notes from Barb Kaptanian

GRIEVING IN COMMUNITY

Grief changes us; we will never be the same again! The shooting at Arapahoe High School puts us all in grief again. If anyone feels the pain of losing a child to homicide, who better than you? What do you do with those resurgent feelings of deep loss for your child? These catastrophic events, i.e. school shootings, bring back all too vividly memories of your own loss. It is times like this that remind all of us how connected we are and our connectedness reveals the importance of each life. We of all people deeply relate to other families who lose children to homicide – we're connected at the hip even if we don't know them!

Excerpts from recent newspaper articles bring to light the importance of “grieving in community”, the importance of not going it alone, the importance of being motivated by the sadness to come together to promote healing. A body of grievers is powerful!

Dan Hettinger's column in Faith Matters, Lone Tree Voice, writes:

“Foy Richey, a clinical pastoral education instructor, illustrates in a diagram... If your life is a circle, your loved one is another circle that overlaps your life. Some connect like the Olympic rings and other times it is almost like an eclipse. Erasing the portion of the circles that overlap, when that person is gone, that part of your life is missing. He goes on to add that it is not unusual to try and pass through that sadness quickly, as if we can somehow get past it and return to the same place, the way things were. But that is not healthy and it is impossible to be the same again.”

Hettinger states that “Grief looks like a dark and bottomless pit that lies in front of us. We fear we will never come out of it if we allow ourselves to go into the sadness, confusion and anger that come with life-changing grief. But it is in that place where we face the reality and begin to understand how to live life in a different way and how to live with a piece of us missing. It is also a place where God meets us. There is nothing that can replace the absence of someone dear to us and one should not even attempt to do so. One must simply hold out and endure it. At first that sounds very hard, but at the same time it is also a great comfort. For to the extent the emptiness truly remains unfilled one remains connected to the other person through it. It is wrong to say that God fills the emptiness...but much more leaves it precisely unfilled and thus helps us preserve, even in pain, the authentic relationship. The more beautiful and full the remembrances, the more difficult the separation. But gratitude transforms the torment of memory into silent joy. One bears what was lovely in the past not as a thorn but as a precious gift deep within, a hidden treasure of which one can always be certain. ...life matters; let sadness motivate you to find an answer and live in a way that values life.”

Michael Norton, another columnist in the Lone Tree Voice, believes that walking side by side in grief truly defines the essence of support, partnerships and love. He met another that had a shared experience and through talking about their stories they found they no longer had to go it alone, things became clearer, they walked the same path and the way moved forward. It's about finding someone who has walked in the same shoes, sharing stories, supporting one another, finding a level of comfort, listening, crying, talking, loving, hugging.

Ann Macari Healey, a staff writer for the Lone Tree Voice, has another slant on “grieving in community”. Again, the Arapahoe shooting, Arapahoe’s students led a remarkable healing campaign with wisdom and compassion far beyond their years. True to their school motto, “Warriors Always Take Care of Each Other”, they “...supported one another in big and small ways, seeking comfort in numbers and solace in shared experience. “ 200 students gathered at a nearby youth center to share stories and pray; the entire community of students were determined to take care of each other. They “...vowed the tragedy would not define them.” They admittedly realized it was not something they could handle alone, but being with others in the same situation helped them move past it. Kim Gorgens, an assistant professor of psychology at the U of Denver stated, “That the urge to gather as one – whether in celebration or sorrow – is an inextricable component of human nature... For as long as people have been tracking human behavior, that’s what people do in good times and in bad times.” Connection is essential to surviving the bad times. “The worst possible thing that undermines mental health is really that sense of powerlessness after any kind of tragedy, especially events like these, the catastrophic loss of a sense of safety.” Students have discovered that through their shared grief, they have become more resilient and have given themselves the grace to not immediately be ok.

Chris Michlewicz, columnist for Our Colorado News, reports of a foundation begun in Parker, CO, by Corrine O’Flynn who lost a daughter to an illness. The article reads, “Corrine O’Flynn knows all too well that the grief of losing a child is unfathomable to those who haven’t experienced it.” Amen I say to that! O’Flynn felt isolated after losing her daughter, Rowan, and lost the ability to connect with people or enjoy activities she once loved. Nothing mattered to her in the same way. Can you relate to this? I think so! And after time, she realized that she had even stopped talking to her husband. “The isolation was huge, it overwhelmed all other feelings” she said. She eventually, at the suggestion of a friend, joined a support group and from there began an online support organization to reach grieving parents. As an outgrowth of this she then created the Rowan Tree Foundation, a Parker-based nonprofit providing a platform of support for parents who have lost a child.

Luckily for us in Colorado, we can benefit from the foundation! Two signature events are held annually: a butterfly release in June and a candlelight vigil in December. The foundation “...orders monarch butterflies that are packaged individually and I (O’Flynn) read all of the children’s names, and at the end of the program, everyone opens their box and releases the butterflies into a field... A lot of people are crying at the beginning, but once they’re released, everybody is smiling.” Both events take place at the Rowan Tree Foundation Angel Memorial and Healing Garden along the Cherry Creek trail just west of McCabe Meadows Park at South Parker Road and Indian Pipe Lane. It’s a gathering place for those grieving the loss of a child. We too could go there – a place of solace perhaps, of peace, of memory – AND you may even meet another parent with whom you can connect and “grieve in community”. Bonding with others is a catalyst for healing, strength against adversity, and rebirth.

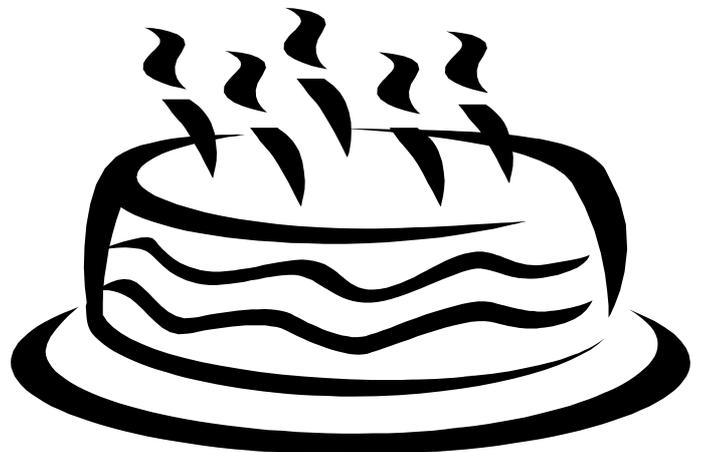
The Rowan Tree Foundation is there to help, free of charge. For more information email staff@rowantreefoundation.org or call 720 588 8693. www.rowantreefoundation.org Also on Facebook.

Maybe I’ll see you at the butterfly release!

Blessings, Barb

Birthdays Remembered

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



In Memoriam

Louis Muradian (Unborn), February, 1985
Brandon Gushard, February 1, 1987
David Michael Kelly II, February 1, 1996
Marilyn Gillespie, February 2, 2010
Jackie Maldonado, February 3, 2002
Robert Ursetta, February 4, 1995
Bryan D. Lusk, February 5, 2007
Levon George Griego, February 6, 1985
Ruth Ortega's son, February 6, 1985
Amber Bullington, February 6, 2000
Alan Cardares, February 7, 2013
Ada Johnson, February 9, 1983
Garett Cordova, February 11, 2002
Kevin Johnson, February 16, 2003
Vera Escobedo, February 16, 2008
Marco Escobedo, February 16, 2008
Clair Weaver, February 17, 1991
Antoinette "Toni" Clark, February 17, 2008
Gertrude Brown/Nussel, February 20, 1992
Aaron Richart, February 20, 1999
Carmina "Nina" Anderson, February 21, 1973
Peter Beaupre`, February 23, 1995
McKinley Dixon Jr, February 25, 1994
Erin Golla, February 27, 2002
Robert Zajac, February 27, 2002
Sheldon Sullivan, March 1, 1998
Mark Francis, March 1, 2002
Maria Cordova, March 1, 2003
Maria Fierro, March 1, 2003
Alice Jane Hensley, March 3, 2001
Martin Macias, March 4
Mark Smith, March 4, 1995
Ron Haynes, March 4, 2006
Ronald Overstreet, March 4, 2006

James Mora, March 7, 1992
Andrew Just, March 7, 1998
Ruby Sparks, March 8, 1981
Gloria Bailey, March 8, 1981
Ralph Earl Pettis, March 9, 1986
Harold Lee Prelow, March 9, 1996
Alan Friedman, March 10, 1989
Carrie Lee Gonzales, March 11, 1984
Larry Heil, March 12, 1991
Roxanne Logan, March 12, 1995
Scott Clarke, March 14, 2011
Roderick Paulsen, March 15, 1997
Eddie Garcia, March 15, 1998
Nathan Jones, March 17, 2013
Lee Pumroy, March 18, 1993
Sherri Majors, March 18, 1996
Theodore C. Carleton, March 18, 1996
Meglan Renaud, March 21, 1989
Guillermo Quinones, March 21, 2012
Lori Jean Burritt, March 22, 1990
Paul Hurtado Jr, March 22, 1990
Michelle Vinson, March 28, 1992
Cher Elder, March 28, 1993
Paris Lamar Davis, March 29, 1998
Jennifer Behling, March 31, 2006



ANNOUNCEMENTS

February 15 -Board Meeting – 6:00 PM
Support Group at 7:30 PM

March 15 - Support Group at 7:30 PM

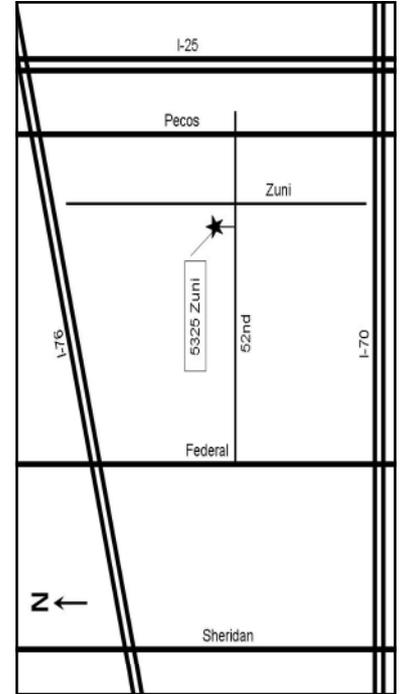
April 14 - VOICE Forum
(see Pg 1 for details)

August 14-17 - National POMC Conference

September 25 - National Day of Remembrance for
Murder Victims

ADDRESS SERVICE REQUESTED

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