



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

JUNE—JULY 2015

Anger — Notes from a mother

By Ruth Harris

Anger is a natural emotion when we lose a child, sibling or grandchild, like all the other emotions that are a part of us now. Some of us may get a heaping helping of it and some may only get a little, and we might touch on it from time to time throughout our lives as this grieving thing is not linear, and for some we may be consumed by it, and may even let it define us and the legacy of our loved one. I can only speak from my own experience and what I have learned along this journey. So here it is.... As human beings, most of us need to blame someone for what has happened to us, to our child, sibling or grandchild, and we do not want to blame them, they are not here to defend themselves, so we look for someone else to blame, a place to put that anger....and some of us do have a legitimate place to put the blame, a drunk driver, a murderer, medical incompetence, someone too afraid to call for emergency help, neglect, society, carelessness, recklessness, and even ourselves, and the list can go on and on, and there are some of us that have on occasion gone ahead and got angry with our loved one who left us (I have twice).

For me, I couldn't be angry with God, because He was the one who gave me this child to watch over in the first place. In my heart, I knew all of our loved ones are on loan, but that didn't soften the blow at all. So "I" made a conscience decision to be angry at my sons ex-wife and his uncle; the three people who hurt him the most and who I felt aided in his depression which lead to his demise. It was my choice to be angry and I felt I had the right

no matter what anyone else said...my choice...my right...yes it was...but...as time went on, that anger got heavier and heavier, and started to consume me.

Someone who loves me told me that holding onto anger was like drinking poison and expecting the other person to die, it wasn't affecting the people I was angry with, only me. As I sat and thought about those words, I realized they were right and that all the anger in the world wasn't ever going to bring my son back or change anything.Continued on page 3

Thank You for your Service

After being Board Members for many years, Barb Kaptanian has decided to retire. Barb has been working diligently by supporting those bereaved, keeping up with correspondence and contributing to the POMC news letter. Barb will continue to submit articles for the news letter periodically.

Thank you Barb for all that you have done.

POMC National Conference

Sign up now for the POMC National Conference in Las Vegas, July 30—August 2, 2015.

“Remember the Past, Treasure the Present,
Embrace the Future”

Go to www.POMC.org for more details

Voice Meeting

Join Us on Tuesday, July 13th from 6 p.m. to 8 p.m.
Topic: Department of Corrections —Victim Service Unit
District 3, Denver Police Station
1625 S University Blvd
Denver



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:

Cherri and Bill Lusk
22185 E Dry Creek Pl,
Aurora. CO 80016
ca.lusk@comcast.net

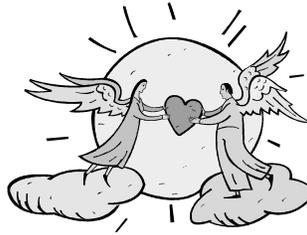
Memorials & Birthdays:
Cherri Lusk, 303 593-0784

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

**Healing & Bereavement
Resources:**
Nancy Rasser, 303-798-2841

Trials and Hearings:
Tom Rasser, 303 798-2841

Love Gifts



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

No love gifts this period

New Members

- Michael Kirlan
- Marti & Wayne Kohnke
- Susan Weatherly

**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
ca.lusk@comcast.net

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

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

Caryl & Charles Harvey
970-854-2665

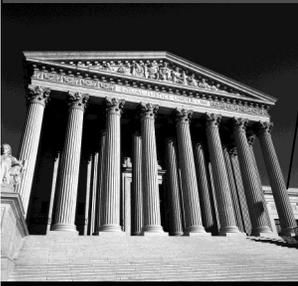
POMC NATIONAL OFFICE
4960 Ridge Ave., Suite 2
Cincinnati, Ohio 45209

Email: natlpomc@pomc.org
Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

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



Trials & Hearings

There are no trials or hearings at this time.

Anger.....Continued

The one thing it was doing was keeping me from honoring my precious child's legacy in love and light. Only "I" could change my view and put that energy towards changing the things that I was angry about, like changing laws, educating people about the cause of my loss and what we can do to make a difference. Do it in my child's name, in his honor, so that one day when I meet up with my son again and he asks me what I have done since he has been gone, I can tell him that "I" made sure that his death was not in vain, that "I" wasn't sitting back waiting for someone else to fix it, that "I" did everything within my power to make him proud of me. I also had my Husband tell me that my son was with me wherever I was, and that if "I" was stuck in bed or in anger, then "I" was keeping my son stuck there with me; and believe me that is not what "I" want for my son.

What would "I" want him to be doing if it were me that left this world? Would I want him angry and carrying that with him? No, no I wouldn't. I actually thought about what he would think of me, and how he would be very disappointed in me, or even blaming himself for how I have turned out. I had to realize that the world can be an ugly place and can eat us or our children up with no concern for the aftermath, but it can also become a better place because of our children and because of our efforts to make the needed changes. If we can show that by doing everything in love and not anger, even in our pain, then who can be against us? Anger is okay as long as you don't stay there too long. Anger can be a tool of motivation for you to use, to change the world or at least your area of it. I couldn't and didn't save my Starfish, but I certainly can try and help to save someone else's, and I can do it in my son's name. I can view things differently if "I" put forth the hard work, and since I have been viewing it differently, it has been way different. I feel more enlightened, and I feel like I have a purpose bigger than myself and bigger than my anger. I know that we are all different people, with different stories and lifestyles, and that this journey is an individual process. We will walk it in our own way and our own time, but I know that the words of others have helped me along the way. So take from this what you want and leave the rest. Forever Russell's Momma, Ruth

“Father’s Day – Conflict”

An excerpt from the book: “Grieving Dads” by Kelly Farley

Here we are, another event that is about to occur that triggers emotions in men that have lost a child (or have lost a dad for that matter), Father’s Day. Since I have lost two children during different times of the year, I have the pleasure of dealing with multiple event triggers throughout the year. It seems like my wife and I are constantly thinking about birthdays, death days, Holidays, Father’s and Mother’s Day.

I was telling my wife that I was struggling with writing a topic about Father’s Day this year. I was looking for something profound to write about, something that will strike a cord and be different from other Father’s Day topics. My wife said, “Why, does it have to be “so powerful, speak from the heart and the truth about these types of days.”” Excellent point. As our conversation went on, we started to discuss how for her, Mother’s Day is an internal conflict. She wants to be recognized as a mother, but she also struggles with the fact she has no living children.

I thought about that for a while and I have to say this internal conflict occurs on most of these trigger days. You do not want anyone to forget you are a father or that you have lost a child, but it’s also a tough day. Bittersweet from the standpoint that I am proud to be their daddy, but it’s hard not to be able to spend the day with them or get a phone call wishing you Happy Father’s Day. I often get annoyed during these times because I rarely get a Father’s Day wish from my direct family, but I know others in the family are receiving them. It’s like since my children are dead, I am no longer a Father. That is the conflict, I know they don’t believe that, but sometimes I allow myself to think they do. It goes back to the internal struggle of do we acknowledge the day or do we not.

Over the years, my wife and I have decided to acknowledge these days by giving cards that are not only from each other, but also from Katie and Noah. Sure it triggers emotion, but is that such a bad thing? I have come to learn that it’s not. I believe they deserve for me to feel the pain of losing them. I don’t mean all day, every day, but just for a moment.

I was on a phone call yesterday with a guy that I do business with as part of my job. I know he lost a baby to SIDS 25 years ago. I asked him, “How are you with Father’s Day?” He responded with “I am ok with it, it took me a while to get to the point, but it doesn’t trigger the emotion it did early on”. I thought about what he said and I agreed with what he said. Although the day was tough early on, it has become a day where I feel a strong sense of pride to be the dad of my two beautiful babies. I love the feeling of being their dad. Yeah, I wish they were here to spend the day with me, but I know they’re with me in other ways.

Wishing each and every one of you a Happy Father’s Day.

HOLD ON TO ME

At the most devastating point in your life, when you lost your child or your loved one, the heart cries out - it cries out WHY? It cries out in anguish, anger, deep sorrow, inexpressible lament. The heart breaks, it knows no words, it screams, it sobs, it has no rest. Down to the pit of brokenness with nowhere to turn; the loss is so horrific that the ramifications can last a lifetime. What to do? A very individual question and most often a very lonely place. During this time, depending upon your philosophical and religious point of view, maybe there is no place to turn but to God. Only He can sooth the soul, turn mourning into joy once again, bring a peace that surpasses human understanding. Hold on to HIM when there is nothing to hold on to. He will hold on to you.

The singing group POINT OF GRACE believes that our yesterdays hold broken and irreversible things. We have losses and lost opportunities that will never return, but God can transform the destructive anxiety into a constructive thoughtfulness for the future. You may not be at that point right now, but one day you will be. As you walk through your grief, you will some day be able to let your loss rest, and where better to let it rest than in the sweet embrace of God.

Point of Grace sings HOLD ON TO ME

1995 O’Ryan Music, Inc. Word Music/a Div of Word, Inc./ASCAP

A quiet conversation - A solitary prayer
 Listening in the silence - And knowing You are there
 Emptying my troubled heart - My secret hopes and fears
 You speak to me in whispered words - That the heart alone can hear
 I love you so - Won’t let you go - Hold on to Me

I could never offer You the praise that You deserve
 The thanks for all you’ve given me - And with nothing in return
 But I will give my life to You - My moments and my days
 If only for the peace I find - Every time I hear You say
 I love you so - Won’t let you go - Hold on the Me

Keep me near this day - Never let me stray
 From Your everlasting sweet embrace - hold on - hold on to me
 Another conversation - Another quiet plea
 Stumbling for a way to say how much You mean to me
 And once again You give me more than I can give to You
 So I’ll just say these simple words - Cause it’s all I know to do
 I love you so - Don’t let me go - Hold on to me

When there is nowhere to turn, hold on to Him, with all you’ve got! Barb

Birthdays Remembered

- Cindi Talor** June 2, 1975
Gail Garcia-Hererra June 3, 1960
Brad Amack June 4, 1971
Jesse Harris Pejko June 4, 1986
Clair Weaver June 5, 1940
Jim Gardner June 7, 1949
Kathleen Annette David June 7, 1958
Jackie Gallegos June 7, 1966
Terrell Devonta Ephriam June 7, 1993
Michael Ned June 11, 1964
Mary Anne Southwick June 13, 1933
Danny Stanazyk June 14, 1978
Paris Lamar Davis June 14, 1981
Scott Clarke June 16, 1976
Donna Wayne June 21, 1967
Nick Thelley June 22, 1972
Pamela Sue Alger Stone June 25, 1959
Daniel Mauser June 25, 1983
Robert Ursetta June 26, 1970
Jared Whitney June 26, 1971
Raymond Albert Nieto June 26, 1976
Terry Sheeran June 27, 1957
Nancy Begg Shoupp June 29, 1963
Eddie Hairston, Jr. June 30, 1938
Michael E. Duran Jr July 1, 1961
Micheala Carol Hanson July 1, 1987
Henry Kellie July 1
Leroy Martinez II July 4, 1973
Joseph Nelson July 4, 1982
Garry Gene Bailey July 5, 1972
Matthew Boysen July 7, 1980
Dan Suazo July 8, 1957
David Wesley Stewart July 8, 1967
Pamela Blandon July 9, 1957
Alice Jane Hensley July 9, 1965
Brandon Gushard July 9, 1969
Dylan Lee Newman July 10, 1986
Michael J. Loughrey July 11, 1954
Russina Vale July 12, 1975
Kevin Johnson July 12, 1978
Nathan Engle July 12, 1986
Amber Bullington July 13, 1981
Toni Clark July 14, 1985
Jesse Lamblin July 15, 1981
Denice Ann Hightower/Benson July 16, 1975
Elvin Landrum July 19, 1953
Byris Williams July 21, 1988
Levon George Griego July 23, 1984
Ruth Ortega's son July 23, 1984
Justin Maggard July 24, 1988
Alexi Kaptanian July 25, 1972
Jordan Hood July 25, 1990
Ali Muhammad Sparks July 26, 1971
Marco Escobedo July 27, 1963
Brandy DuVall July 28, 1982
Paul Hurtado Jr July 29, 1948
Kimberly Greene-Medina July 30, 1977



In Memoriam

- Latoya Cisneros** June 1, 1999
David Wesley Stewart June 2, 1992
Lindsey Kay Creason June 3, 1993
James Sanchez June 5, 2011
Nathan Engle June 5, 2011
Russina Vale June 5, 2015
Daniel Chavez June 6, 1993
Jeff Walker June 7, 1997
Shashan S Ortiz June 8, 1986
Jodi Carrigg June 9, 1996
Miranoa Rose Linn Baca June 9, 2006
Chris Irish June 10, 1994
David Blea June 12, 1997
Edward Perez June 12, 2004
Pamela Sue Alger Stone June 13, 1982
Donna Wayne June 13, 1986
Lonnell Friend June 16, 1993
Matthew Boysen June 18, 1998
David Aric Rothrock June 19, 1994
Jason Paiz June 19, 1997
Javad Marshall-Fields June 20, 2005
Chad Ferguson June 20, 2010
PJ Pierce June 21, 2005
Leslie Gonzales June 23, 1999
Rebecca Lynn Gonzales June 23, 1999
Katheryn Gonzales June 23, 1999
Cathlynn Morse's son June 23, 2002
Robert Grau June 24, 2008
Eddie Wayne Hairston June 25, 1995
Kip Merry June 26, 1991
Michael Julius Ford June 26, 2006
Andre` Price Jr June 27, 1995
Randy Wesely June 29, 1988
Tiffany Cuin June 30, 2008
Guy Oliver Morton June 1975
Emily Reilly July 1, 1998
Lynn Cannata July 2, 1987
Carolyn Walker July 3, 1987
Laura Hetes July 3, 1992
Angie Fite July 5, 1998
Marlon Horton July 5, 2002
Cindy Stewart July 6, 1999
Jennifer Mesa July 8, 1987
Jeffrey B. Packard July 8, 1991
Lysa Beth Moser July 8, 2001
Leon Nuanes July 11, 1990
Tyrone Anthony Bennett July 11, 1993
Jesus Diaz July 11, 1998
Jackie Gallegos July 12, 1994
Jennifer Manchego July 14, 1992
Kim Hadley July 15, 1993
Brooklyn Jean Ricks July 15, 1995
Brooklyn Ricks July 15, 1995
Patricia "Trisha" Green July 16, 2000
Trisha Green July 16, 2000
Jesse Harris Pejko July 17, 2008
Donald Hubbard July 18, 2011
Michael O'Fallon July 19, 1980
Philisia Bunting July 19, 1990
Brandon Hurtado July 19, 1998
A.J. Boik July 20, 2012
Martin "Marty" Martinez July 21, 1976
Jesse Maldonado July 22, 1995
Mark Antony Wilson July 22, 1997
Thomas Hollar July 23, 1993
Cindy Wilson/Langlois July 24, 1986
Denice Ann Hightower/Benson July 24, 2002
Bailey Davidson July 24, 2008
Amy Hill July 24, 2008
Troy Krause July 27, 1977
Jessica Morehouse July 30, 1988
Dennis Sanchez July 30, 1992
Kathleen Annette David July 31, 1996
Sammy Burks July 31, 2003
Lucinda Carbonell July 1999



ANNOUNCEMENTS

- July 13 - Voice Meeting 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO
Topic: DOC Victim Services Unit

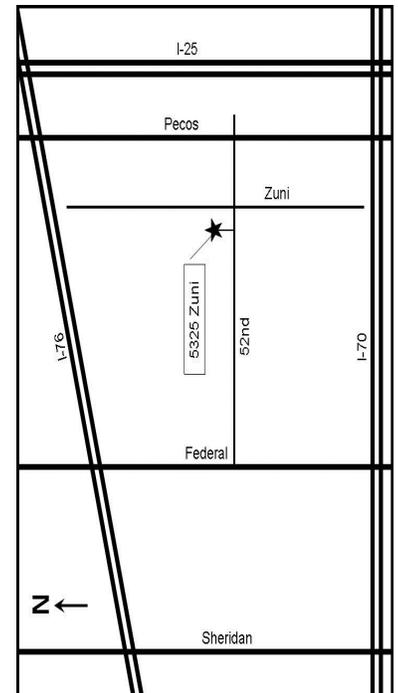
- June 20 - Support Group at 7:30 PM

- July 18 - Board Meeting 6:00 PM
Support Group at 7:30 PM



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**