



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

JUN – JUL 2017

29th Annual COVA Conference

October 22—25, 2017

Keystone, CO

For information, visit the COVA web site

www.coloradocrimevictims.org

Or call 303-861-1160

VOICE Meeting

Monday, July 17, 2017

6:00—8:00

1325 S Colorado Blvd, Conference Room

*Sometimes,
You being gone is a
nightmare
I can't wake up from.*

*Sometimes,
The memories of you
Feel like a dream
I can't get back to*

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

Wishing for an On and Off switch for my grief

For our children that have gone ahead of us

By Jude Gibbs

Grief is rude, it's impolite.

Grief is not convenient.

Grief has no manners.

Grief is like a bull in a china shop.

Grief is brash.

Grief is brazen and impertinent.

Grief is cruel. Grief is vindictive.

Grief is malevolent.

Grief does not respect boundaries.

Grief does not comprehend its surroundings.

Grief is ill-natured.

Grief has no remorse.

Grief is a thief.

Grief is a destroyer.

Grief is spiteful.

Grief is unsightly.

Grief is unkind.

Grief is rancorous.

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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:

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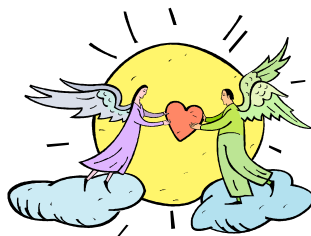
Memorials & Birthdays:
Phil Clark, 303 748-6395

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.

New Members

James & Celina Covi

Cynthia Medina

Cheryl Murphy

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

Web Site
www.colorado-pomc.org

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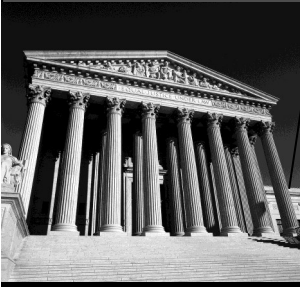
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Trials & Hearings

The killer of Patrick Steven Murphy, son of one of our new members, Cheryl Murphy has been found. Patrick was killed on November 12, 2016, his body was found February 11, 2017. The suspect is wanted in several other murders as well.

At the arraignment on June 2nd, he is being charged with Murder in the first degree, theft, robbery, obstruction of justice and possession of a gun and meth. The perpetrator also had some of Patrick's personal items on him as well.

The first hearing is set for June 16th in Arapahoe County.

- Continued from page 1-

Grief is untimely.

Grief is an enemy and its best friend is death.

“The tragedy of life is not death but what we let die inside of us while we live.” — Norman Cousins

Yes, I would very much like to have a switch I could flip.

But grief cannot...will not...be controlled. It appears on the scene when I least expect it, unapologetically. It does not care if I am driving somewhere in the midst of traffic; it does not care if I'm standing in line in a crowded store; it does not care if I'm sitting in a restaurant attempting to enjoy a meal with friends; it does not care if I'm trying to worship God in a Church. It creeps in, or outright hits me over the head with a baseball bat. It whispers in my ear, or screams over a megaphone. It can be an irritating fly I want to swat, or a roaring lion looking to devour me. I hate grief! I wait patiently for it to be destroyed.

A trigger I did not expect

May 14, 2016

Sarah Lyman Kravits

It's amazing to me how hard it is to predict how I will react in a given situation, or how I will be coping on a particular day or at a certain moment. I thought it would get more predictable and manageable over time. Maybe enough time hasn't passed to qualify as the "over time" amount, because I'm caught off guard more often than not. Or, maybe it will never follow a pattern I can anticipate. Maybe how it works will never be consistent enough to allow any comforting level of understanding.

In the last couple of years I've experienced a range of grief triggers, and have heard and read a lot about how others experience them. I can think of fairly typical and common ones, like particular days on the calendar, songs, photographs, smells, and holidays – I have triggers in all of these categories, and it's safe to say that I expected them.

However, I did not expect to be triggered by stuff in a category I would call "happy things."

A delicious dinner. An adorable moment with a dog. A flavorful beer. A restored late-1960s Mustang. A funny conversation. A warm and sunny day, like it was a couple of days ago when I started writing this.

To my surprise, I have found that all kinds of happy things can trigger me, and it happens randomly. I will experience something nice, and it makes me feel good, and then right on the heels of the positive emotion comes that overwhelming feeling that Frank should be here – he should be tasting the dinner, hearing the conversation, trying out the beer. The weather is nice and he should be here enjoying it.

There's that "should" word again. The word that shines a blazingly bright light on the yawning gap between what I expected to be at this point in my life and what actually is.

Luckily, I'm not triggered every time something makes me happy. It seems completely random, but that makes it perhaps more unsettling, because I never know when it's going to hit. I find it easier to handle something tough when I can reasonably guess when it's going to happen – for example, when I was in chemotherapy, the regimented medication schedule and my predictable reactions to it led to my feeling far more in control than I had imagined possible. Monday Taxol, Tuesday and Wednesday hopped up on steroids, Thursday crash with flu-like aches and exhaustion, Friday crawling back from Thursday's pit, Saturday and Sunday feeling pretty good, Monday back in for the next infusion. I could brace myself when I knew I would need to, and relax when I could guess things would ease up.

My grief, so far, follows no such pattern. It's a new adventure every day, sometimes every hour.

I do think of how Frank can be everywhere now in a way, experiencing every happy thing that each of us on earth who loves him wants to share with him. I return to that thought often to see if I can find comfort in it. So far it's kind of like checking the cup of dirt on the windowsill in the kitchen, the one your kid brings home from school with a seed planted in it. As much as you want the seed to grow, day after day it's still just a cup of dirt. You have hope, though, that something you can't see yet is brewing down in there, something that will poke through and live and bring a smile to your face. So you keep checking. I keep checking, too.

Grief is a liar
Grief tries to tell us:
There is nothing good
There is no point
There is no beauty
That everything is lost
There is no hope
To give up
Grief is a liar
Beauty, hope and love
Still exist
Even when we are
broken hearted

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www.TheGriefToolbox.com

www.facebook.com/griefftoolbox



Birthdays Remembered

| | | | | | | | |
|------------------------|---|----|------|-----------------------------|---|----|------|
| Cindi Talor | 6 | 2 | 1975 | Nathan Engle | 7 | 12 | 1986 |
| Gail Garcia-Hererra | 6 | 3 | 1960 | Amber Bullington | 7 | 13 | 1981 |
| Brad Amack | 6 | 4 | 1971 | Toni Clark | 7 | 14 | 1985 |
| Jesse Harris Pejko | 6 | 4 | 1986 | Jesse Lamblin | 7 | 15 | 1981 |
| Clair Weaver | 6 | 5 | 1940 | Denice Ann Hightower/Benson | | | |
| Jim Gardner | 6 | 7 | 1949 | | 7 | 16 | 1975 |
| Kathleen Annette David | 6 | 7 | 1958 | Elvin Landrum | 7 | 19 | 1953 |
| Jackie Gallegos | 6 | 7 | 1966 | Byris Williams | 7 | 21 | 1988 |
| Terrell Ephriam | 6 | 7 | 1993 | Levon George Griego | 7 | 23 | 1984 |
| Michael Ned | 6 | 11 | 1964 | Ruth Ortega's son | 7 | 23 | 1984 |
| Natalie Lynn Boggs | 6 | 12 | 1978 | Justin Maggard | 7 | 24 | 1988 |
| Mary Anne Southwick | 6 | 13 | 1933 | Alexi Kaptanian | 7 | 25 | 1972 |
| Danny Stanazyk | 6 | 14 | 1978 | Jordan Hood | 7 | 25 | 1990 |
| Paris Lamar Davis | 6 | 14 | 1981 | Ali Muhammad Sparks | 7 | 26 | 1971 |
| Scott Clarke | 6 | 16 | 1976 | Marco Escobedo | 7 | 27 | 1963 |
| Donna Wayne | 6 | 21 | 1967 | Brandy DuVall | 7 | 28 | 1982 |
| Nick Thelley | 6 | 22 | 1972 | Paul Hurtado Jr | 7 | 29 | 1948 |
| Pamela Sue Alger Stone | 6 | 25 | 1959 | Kimberly Greene-Medina | 7 | 30 | 1977 |
| Daniel Mauser | 6 | 25 | 1983 | | | | |
| Robert Ursetta | 6 | 26 | 1970 | | | | |
| Jared Whitney | 6 | 26 | 1971 | | | | |
| Raymond Albert Nieto | 6 | 26 | 1976 | | | | |
| Terry Sheeran | 6 | 27 | 1957 | | | | |
| Nancy Begg Shoupp | 6 | 29 | 1963 | | | | |
| Eddie Hairston, Jr. | 6 | 30 | 1938 | | | | |
| Michael E. Duran Jr | 7 | 1 | 1961 | | | | |
| Micheala Carol Hanson | 7 | 1 | 1987 | | | | |
| Henry Kellie | 7 | 1 | | | | | |
| Leroy Martinez II | 7 | 4 | 1973 | | | | |
| Joseph Nelson | 7 | 4 | 1982 | | | | |
| Garry Gene Bailey | 7 | 5 | 1972 | | | | |
| Matthew Boysen | 7 | 7 | 1980 | | | | |
| Dan Suazo | 7 | 8 | 1957 | | | | |
| David Wesley Stewart | 7 | 8 | 1967 | | | | |
| Pamela Blandon | 7 | 9 | 1957 | | | | |
| Alice Jane Hensley | 7 | 9 | 1965 | | | | |
| Brandon Gushard | 7 | 9 | 1969 | | | | |
| Dylan Lee Newman | 7 | 10 | 1986 | | | | |
| Michael J. Loughrey | 7 | 11 | 1954 | | | | |
| Russina Vale | 7 | 12 | 1975 | | | | |
| Kevin Johnson | 7 | 12 | 1978 | | | | |



In Memoriam

| | | | | | | | |
|------------------------|---|----|------|----------------------------------|---|----|------|
| Latoya Cisneros | 6 | 1 | 1999 | Jeffrey B. Packard | 7 | 8 | 1991 |
| David Wesley Stewart | 6 | 2 | 1992 | Lysa Beth Moser | 7 | 8 | 2001 |
| Lindsey Kay Creason | 6 | 3 | 1993 | Leon Nuanes | 7 | 11 | 1990 |
| James Sanchez | 6 | 5 | 2011 | Tyrone Anthony Bennett | 7 | 11 | 1993 |
| Nathan Engle | 6 | 5 | 2011 | Jesus Diaz | 7 | 11 | 1998 |
| Daniel Chavez | 6 | 6 | 1993 | Jackie Gallegos | 7 | 12 | 1994 |
| Jeff Walker | 6 | 7 | 1997 | Russina Vale | 7 | 12 | 2014 |
| Shashan S Ortiz | 6 | 8 | 1986 | Jennifer Manchego | 7 | 14 | 1992 |
| Jodi Carrigg | 6 | 9 | 1996 | Kim Hadley | 7 | 15 | 1993 |
| Miranoa Rose Linn Baca | 6 | 9 | 2006 | Brooklyn Jean Ricks | 7 | 15 | 1995 |
| Chris Irish | 6 | 10 | 1994 | Patricia "Trisha" Green | 7 | 16 | 2000 |
| David Blea | 6 | 12 | 1997 | Trisha Green | 7 | 16 | 2000 |
| Edward Perez | 6 | 12 | 2004 | Amber Carlson | 7 | 16 | 2006 |
| Pamela Sue Alger Stone | 6 | 13 | 1982 | Jesse Harris Pejko | 7 | 17 | 2008 |
| Donna Wayne | 6 | 13 | 1986 | Michael O'Fallon | 7 | 19 | 1980 |
| Lonnell Friend | 6 | 16 | 1993 | Philisia Bunting | 7 | 19 | 1990 |
| Matthew Boysen | 6 | 18 | 1998 | Brandon Hurtado | 7 | 19 | 1998 |
| David Aric Rothrock | 6 | 19 | 1994 | A.J. Boik | 7 | 20 | 2012 |
| Jason Paiz | 6 | 19 | 1997 | Martin "Marty" Lawrence Martinez | | | |
| Javad Marshall-Fields | 6 | 20 | 2005 | | 7 | 21 | 1976 |
| Chad Ferguson | 6 | 20 | 2009 | Jesse Maldonado | 7 | 22 | 1995 |
| PJ Pierce | 6 | 21 | 2005 | Mark Antony Wilson | 7 | 22 | 1997 |
| Katheryn Gonzales | 6 | 23 | 1999 | Thomas Hollar | 7 | 23 | 1993 |
| Leslie Gonzales | 6 | 23 | 1999 | Cindy Wilson/Langlois | 7 | 24 | 1986 |
| Rebecca Lynn Gonzales | 6 | 23 | 1999 | Denice Ann Hightower/Benson | 7 | 24 | 2002 |
| Robert Grau | 6 | 24 | 2008 | Amy Hill | 7 | 24 | 2008 |
| Eddie Wayne Hairston | 6 | 25 | 1995 | Bailey Davidson | 7 | 24 | 2008 |
| Kip Merry | 6 | 26 | 1991 | Troy Krause | 7 | 27 | 1977 |
| Michael Julius Ford | 6 | 26 | 2006 | Jessica Morehouse | 7 | 30 | 1988 |
| Andre` Price Jr | 6 | 27 | 1995 | Dennis Sanchez | 7 | 30 | 1992 |
| Randy Wesely | 6 | 29 | 1988 | Kathleen Annette David | 7 | 31 | 1996 |
| Tiffany Cuin | 6 | 30 | 2008 | Sammy Burks | 7 | 31 | 2003 |
| Guy Oliver Morton | 6 | | 1975 | Lucinda Carbonell | 7 | | 1999 |
| Emily Reilly | 7 | 1 | 1998 | | | | |
| Lynn Cannata | 7 | 2 | 1987 | | | | |
| Zoey Espinoza | 7 | 2 | 2005 | | | | |
| Carolyn Walker | 7 | 3 | 1987 | | | | |
| Laura Hetes | 7 | 3 | 1992 | | | | |
| Kurt Gillotte | 7 | 3 | 2016 | | | | |
| Angie Fite | 7 | 5 | 1998 | | | | |
| Marlon Horton | 7 | 5 | 2002 | | | | |
| Michael Kramer | 7 | 5 | 2014 | | | | |
| Cindy Stewart | 7 | 6 | 1999 | | | | |
| John Wann | 7 | 6 | 2015 | | | | |
| Jennifer Mesa | 7 | 8 | 1987 | | | | |

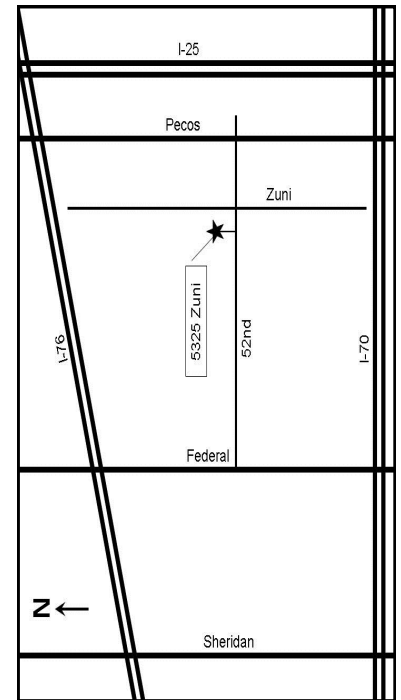


ANNOUNCEMENTS

- June 17 - Support Group at 7:30 PM
- July 15 - Board Meeting at 6:00
Support Group at 7:30 PM
- July 17 VOICE Meeting at 6:00 pm
- Aug 19 - Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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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.