



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

OCT – NOV 2016

Upcoming VOICE Meeting

The next VOICE meeting will be held on
Monday October 17th. 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO

Topics: Community Corrections (Half-Way
House) Supervision
Q&A Session to follow



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

No Words I Write....

By Nari Grewal

*No words I write can ever read how much I
miss you every day.*

*As time goes by, loveliness grows. How I
miss you, no one knows!*

*I think of you in silence. I often speak your
name.*

*But all I have are memories and your photo
in a frame.*

*No one knows my sorrow. No one sees me
weep.*

*But the love I have for you is in my heart to
keep.*

*I've never stopped loving you. I am sure I
never will.*

Deep inside my heart, you are with me still.

*There is a place in my heart that no one else
can fill.*

I love you so, my dear and I always will.



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

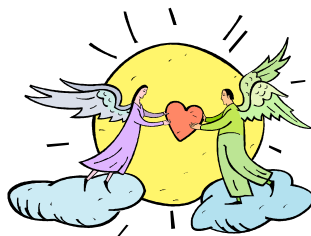
Memorials & Birthdays:
Phil Clark, 303 748-6395

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.

Rae & Jim Shuford
In loving memory of
Jordan Lee Shuford

New Members

Heidi Gillotte

Steve & Julie Carlson

Mike & Janette Miranda

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
wjlusk@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

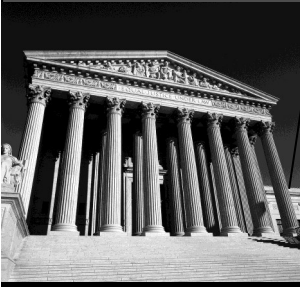
Email: natlpomc@pomc.org

Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

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



Trials & Hearings

No Trial Updates

HANDLING HOLIDAY GRIEF: Holidays? Yeah, Right.

Submitted by Gman8361

“Holidays? Yeah, right.” Jamie snorted. “Try celebrating anything while your heart is being ripped in two. The ripping began when he died, and it hasn’t let up since.”

The holidays are normally a stressful time of year. But to face them while immersed in all-out grief can be almost impossible to imagine. How do we do this? Do we have to? If we ignore them, will the holidays be merciful and just go away?

I don’t know about you, but I don’t want to go there. I don’t even want to think about it. I remember the year I lost my dad. I was 15. Another family took me in and I was celebrating Christmas with them. They were wonderful, but all I could think about was my dad. I saw him everywhere. I missed him desperately. I was surrounded by blessings, but all I could think about was who was missing.

I grieved. Christmas came and went. It hurt. Badly.

The next year, I dreaded the holidays. When Thanksgiving approached, I could feel myself beginning to go internal. I pulled away from my new family and friends. I spent a lot of time alone. Celebrating in any sense of the word was out of question. Even smiling felt like betrayal somehow.

Another Christmas came and went. The weight of my loss staggered me. I felt alone. The next few holiday seasons followed suit.

Looking back, I realize my reactions were normal, but I wasn’t grieving well when it came to the holiday season. I wasn’t dealing with my loss, taking myself seriously, or honoring my dad. Frankly, I was stuck in what I call Holiday Grief.

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In my years as a hospice chaplain, I've discovered again how powerful and disabling Holiday Grief can be. After walking with hundreds of people through this valley, I've come to a conclusion: We can either use the Holidays to help us grieve well, or the Holidays will use us.

Is it possible to grieve well during this time of year? Yes.

I believe we can take ourselves and our grief seriously, honor our loved ones, and also love those around us during this Holiday Season. Your life has changed forever. These holidays will be different. But they can still be good.

“Bah, humbug!” we want to shout.....Or perhaps something worse.

We said holidays are hard enough without our loss staring us in the face. When we're immersed in grief, holidays can become an over-whelming, even terrifying burden. Lurking behind a lot of our holiday stress is a sneaky, unseen culprit known as expectations.

Let's face it. We have expectations. Others have expectations. The world and society do too. Trying to juggle these in the midst of a loss is like herding cats or having a screen door on a submarine. It doesn't work.

So here's the key: YOU get to choose.

YOU get to choose...What you want to do.....How you want to do it.....And with whom.

This year is different. You're grieving. And you won't grieve well or honor your loved if you simply go with the flow or let the past dictate what should happen this year.

Again, YOU get to choose.....How do you do that?

1. Take yourself seriously. Be nice to you. Your loved one would want that. This is a way you can honor them. What's good and beneficial for YOU this year?
2. Learn to say, “NO.” It's okay. So what if someone gets upset? Try saying, “This year is going to be hard without my loved one, so I'm going to do things differently. I hope you'll understand.”

Let go of guilt. It's not your responsibility to meet everyone's expectations (you can't anyway, so you're doomed to failure from the beginning). Do what's good for you.

YOU get to choose.

Yes, you can be proactive. Decide beforehand. As you take yourself seriously, you'll be grieving well and honoring your loved one at the same time. And ironically, if you do what's good for you, it's usually good for others too. You end up loving others just by being honest about your grief.

Our world tells us we have to move on. I'm sorry. I can't do that if it means moving on without my loved one. But what if I could actually move on with them, but in a new way?

Holidays, more than any other time of year, remind us of our losses. We're keenly aware of who's missing. Seemingly everything reminds us of them. We bump into a memory with every step.

We have holiday traditions. Whatever it is – special meals, decorating, house lights, the tree, stockings, presents, worship, etc. – we can't imagine it without our loved one. Nothing is the same. We wonder how we're going to celebrate anything at all.

Here's one option: meet the holidays head on. Instead of letting the holidays use you, use them to honor your loved one and love those around you.

How?

Be proactive. Plan specific ways to include and celebrate the one who passed. Here a few ideas:

- Set up an empty chair honoring your loved one at the table
- Put a candle in a prominent place and light it in remembrance
- Have everyone bring a card that reminds them of the person. At an appropriate time, have each of them share their card with the group.
- Put a present with their name on it under the tree. When you open gifts, pass the present around and have each person share a memory.

You know your loved one. You know your traditions. Be creative.

Yes, these times will most likely be emotional. That's good. You're giving yourself and others a chance to grieve in a healthy way. In fact, if you don't celebrate your loved one somehow, chances are everyone's grief will leak out anyway, but in less desirable ways.

If we're willing, new traditions can be born this year – traditions that honor our loved ones and help us move on with them, in a new way. They'll always be a part of us. It would be a shame not to include them and give them a prominent place in our holidays.

I have one more article on Holiday Grief to share with you, so stay tuned. Next time we'll be talking about a secret you can use to make these holidays a healing experience. It could make all the difference.

Your life has changed forever. These holidays might be difficult, but they can still be good.

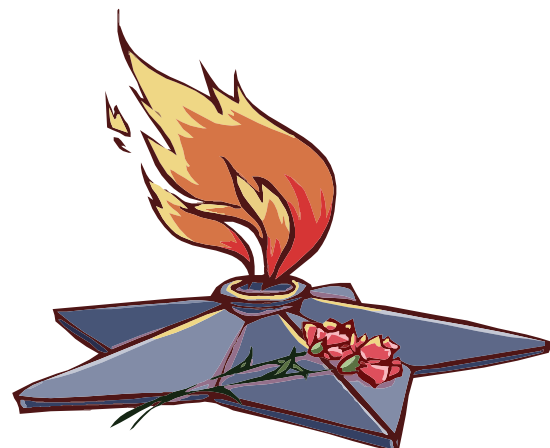
Birthdays Remembered

Cindy Stewart	10	1	1955	Ralph Earl Pettis	11	5	1928
Damon A Roberts	10	1	1972	Phillip Rose Jr	11	6	1969
Colin Ehlers	10	1	1974	Tami Medina	11	6	1977
Ada Johnson	10	2	1963	Cassie Bernall	11	6	1981
Matthew Worden	10	2	1966	Thomas Hollar	11	6	1992
Isaiah Gargia	10	2	1993	Polly Elizabeth Sullivan	11	7	1954
ChristineWaegele	10	3	1969	Julie Gordy	11	7	1958
Dale Yanda	10	4	1967	Stoneham Farris	11	7	1973
Shaundra Schell	10	5	1966	Jamie Paine	11	7	1979
Damon J. Murphy	10	5	1972	Shashan S Ortiz	11	9	1980
Chelsea Strauss	10	5	1985	Gina Padilla	11	9	1983
Frankie Paul	10	6	1969	Conrad Duran	11	10	1984
Cynthia Mc Queen	10	7	1959	Jon-Paul Lewis	11	12	1982
Jodi Carrigg	10	7	1959	Paula Ross Stiner	11	13	1966
Martha Munoz	10	7	1981	John C. Abeyta	11	15	1977
Ronald Eugene Hinson Jr	10	8	1959	Sammy Burks	11	16	1987
Brooklyn Jean Ricks	10	8	1973	Lynn Cannata	11	17	1966
Ashley Raguindin	10	8	1983	Kimberlie Rose Urstadt	11	18	1990
Jason Ortiz	10	9	1974	Jessica Ann Arredondo	11	20	1967
Ray (Paisano) Linebarger	10	12	1944	Virginia Sakala / Russo	11	21	1964
Donald Hubbard	10	12	1958	Ron Haynes	11	22	1979
Katheryn Gonzales	10	12	1990	Ronald Overstreet	11	22	1979
Britt Mackay	10	14	1980	Laura Hetes	11	23	1968
Mark Antony Wilson	10	15	1972	Linnea Dick	11	23	1987
Fernando Sanchez	10	15	1980	Marcos Torres	11	24	1978
Jennifer Mesa	10	16	1970	Douglas "Dougie" Charles	11	25	1957
Matt Ownbey	10	17	1980	Eddie Garcia	11	25	1978
Theodore C. Carleton	10	19	1954				
Robert Grau	10	22	1960				
Chris Waters	10	22	1970				
Peter Beaupre`	10	24	1974				
Jessica Morehouse	10	25	1973				
Andrew Sheppard	10	25	2006				
Charley Richards	10	26	1967				
Joni Lynn Bradshaw	10	27	1960				
Lori Bases	10	28	1968				
Katie Bailey	10	30	1975				
Ryan C. McDaniel	10	30	1994				
Yvonne Cossio	10	31	1969				
Kurt Gillotte	11	4	1970				
Rickey Ritter	11	4	1981				



In Memoriam

Jim Gardner	10	3	1997	Christine Waegele	11	18	1993
Joni Edwards	10	4	1995	Jan Mariano	11	19	1991
Jack Koller	10	5	2009	Jesse Lamblin	11	19	1996
Glen Tate,	10	6	1997	Buffy Rice Donahue	11	21	1993
Beulah Lawson	10	6	2006	Matthew Foley	11	21	1996
Gary McGee	10	7	2001	Cody Faust	11	22	2002
Bill Leis	10	8	1999	John LaRose	11	22	2009
Michael Scott Reichert	10	9	2000	Blaine Eric Noble	11	23	1993
Joni Lynn Bradshaw	10	10	1986	Diane J. Caldwell	11	23	1998
Ennis Walton	10	10	1999	Jessica Ann Arredondo	11	25	1988
Frank Sumpton, Jr	10	13	1989	Danny Steve McQueen	11	25	1992
Kevin Blunt	10	15	1997	Gregory Scott Stone	11	25	1992
Alan Michael Conner	10	15	1998	Geronimo Maestas	11	26	1993
Greg Swazo	10	15	2001	H Gregory Jukiewicz	11	26	1994
Anthony Taiitt	10	16	1981	Martel Thomas	11	26	2013
Earl Mitchell	10	16	1984	Jason Ortiz	11	27	1994
Casey Korgan	10	16	2010	Julie Gordy	11	28	1982
Michael J. Loughrey	10	17	1983	Linda Zambotti	11	28	1996
Rebecca Lynn Ochs	10	17	1995	Ali Muhammad Sparks	11	29	1998
Mel Gurule Jr.	10	17	1997	Angel Delgado	11	29	2005
Henry Kellie	10	18	1975	Alan Little	11		2003
David Enos	10	19	2002				
Virginia Sakala / Russo	10	21	1994				
Shantel Duran	10	23	1998				
Jason Trembath	10	25	1992				
Ron Griego Jr	10	25	2003				
Ronald (Ron) Georgopulos	10	26	1988				
Dale Yanda	10	26	1988				
Michael Allendorf	10	29	1994				
Kimberly Greene-Medina	10	29	1996				
Amanda Anders	10	29	2014				
Roy Cozby	10	31	1994				
Jacob Wiens	10	31	2015				
Larry Orrantia	10		2004				
Sgt Lyle Wohlers	11	4	1992				
Larry Carmichael	11	6	1988				
Randy Arlin Russom	11	8	1983				
Ibrahim Bradley	11	9	1996				
Joseph Nelson	11	10	2005				
Pamela Blandon	11	12	1991				
Tiffany Brill Jarmon	11	13	2008				
Justin Maggard	11	13	2009				
Melodie Robertson	11	14	2003				
Michael Adams	11	16	1985				
Loren Holcom	11	16	2001				
Lorren Holcomb	11	16	2001				
Raymond Albert Nieto	11	17	1996				
Justin Andrew Archuleta	11	17	1996				



ANNOUNCEMENTS

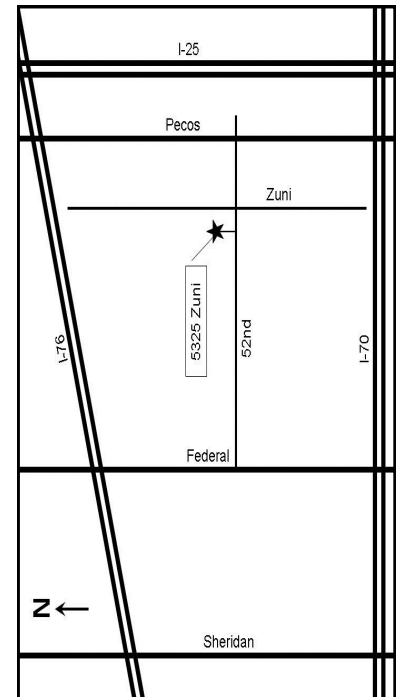
Oct 15 - Support Group at 7:30 PM

Oct 17 - Voice Meeting 6:00 PM
Agenda: Community Corrections
Supervision

Nov 19 - 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