



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

OCT – NOV 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, Oct 16, 2017

6:00—8:00

1325 S Colorado Blvd, Conference Room

Topic: DOC Victim Services Unit Overview—

Victim Notification Program—

Restorative Justice in DOC

POMC Board of Directors

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

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

Grief

Author Unknown

I had my own notion of grief

I thought it was a sad time

That followed the death of someone you love

And you had to push through it

To get to the other side.

There is no pushing through

But rather,

There is absorption.

Adjustment.

Acceptance.

And grief is not something that you complete.

But rather you endure.

Grief is not a task to finish,

And move on,

But an element of yourself -

An alteration of your being.

A new way of seeing,

A new definition of self.



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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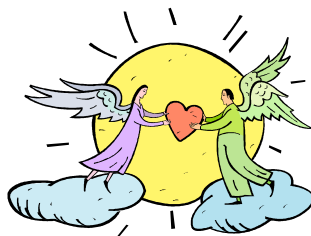
Memorials & Birthdays:
Phil Clark, 303 748-6395

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

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

Web Site
www.colorado-pomc.org

Leader **Phil Clark**
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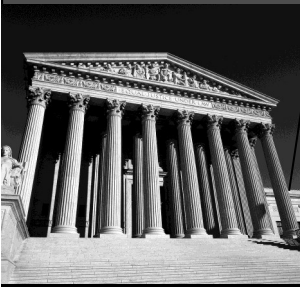
Email: natlpomc@pomc.org

Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

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



Trials & Hearings

No trial updates

THE FIRST CHRISTMAS AFTER SOMEONE YOU LOVE DIES IS HARD

YOU MAY NOT FEEL LIKE CELEBRATING

YOU MAY GO THROUGH THE MOTIONS FOR
OTHERS, ESPECIALLY KIDS

GIFT YOURSELF WITH A PACE AND SPACE. LET
YOURSELF CRY...OR EVEN LAUGH.

MEMORIES OF CHRISTMASSES PAST MAY FEEL
BITTERSWEET

LEAN ON OTHERS TO HELP YOU GET THROUGH IT

THE DAY MAY SURPRISE YOU IN MANY WAYS

YOU MAY EVEN START A NEW TRADITION TO KEEP
THEIR MEMORY ALIVE.

AS MUCH AS POSSIBLE, REJOICE IN THE LIFE THEY
LIVED AND REMEMBER THE LOVE.



Holidays Can Be the Most Trying - New Tradition Ideas!

Submitted by [CherieRickard](#) | December 2, 2016

The holidays can be a very difficult time for those who are grieving. Many bereaved have difficulty understanding and managing their grieving process. This may be because the holidays are a reminder of the people who should be at the holiday table, but are not. Their absence remains, even as the years pass. This rings true particularly if your loved one died during this season, or if this is the first season you'll spend without them.

It is possible to find your way to peace during the Holiday season, even if your loss still feels fresh. Of course, it is always a tough no matter who you've lost or how long it's been since they have passed away. It's important to realize that you don't have to do things the way you've always done them. It may be a good time to start some new traditions, this doesn't mean you're going to lose the old traditions; Address the "elephant in the room" by acknowledging your child or loved one and including him or her in your gathering. Try creating new traditions when the old ones are too painful.

- ✦ Light a candle on Christmas Eve or before a Christmas dinner begins. Leave it burning throughout the gathering and appoint one person to blow it out after the event or gathering ends. You might want to appoint someone different each year in order to bring a special memory and honor for that particular person each year.
- ✦ Making a toast in his or her honor before the Christmas festivities begin and ask a different person each year to do the honors.
- ✦ Cooking their favorite dish or sharing favorite memories and funny stories about them. It may be difficult to start these conversations but it will benefit everyone around you and help each of you heal a little bit at a time.
- ✦ Remember to give "thanks" for what you had and what you still have... memories, love and feelings in our hearts can never be taken from us unless we allow it.
- ✦ Create a memorial ornament and bring it to the family gathering and place it on their tree or your tree if you're hosting dinner or the festivities. You may want to bring attention to it and toast in their honor around the tree.
- ✦ Hang a stocking in their memory if this was always a cherished tradition. Continue to celebrate that tradition by hanging their stocking. Ask the mourners to write short memory, story, or cherished moment on small pieces of paper or holiday cards and place them in the stocking. Take them out again and add to them every Holiday season. Your family may want to read them on birthdays, anniversaries, important holidays or other dates that were important to the deceased in order to preserve and celebrate.

✦ Write a table cloth tradition. Place a white cloth over the Christmas table where family and friends will gather to eat. Place markers on the table and before dinner begins ask everyone to write a special message, memory or quote of the loved one. After dinner fold it up and store away. Next Christmas spread the cloth and have each person read the memory in front of them and then ask everyone to write another special message, memory or quote and continue the tradition as long as you feel it brings joy and healing to those around you. Make sure it brings you joy as well. So many times we do what makes others feel good while hurting ourselves.

I found myself the first few Christmas's after losing my sweet Bryant looking for gifts for him when I was shopping for others. For a split second I would see something and think, "Bryant would love that." My tradition is to add a red bird to my Christmas tree each year. I have been so blessed to have a family or friend gift me with a special red bird every year. The healing they feel by giving joy to me also shows me his memory is alive and well. I still have moments of heart-felt sadness during the holidays. Sometimes, the days leading up to Thanksgiving or Christmas or worse than the actual holiday itself because the planning seems to linger on, everywhere you look you see joy, family gatherings and parties but someone is missing so how can I have joy or a party? How do I enjoy Mother's Day ever again when one of my children is gone?

The anniversary of Bryant's death is always a reflection day of what could've been different and what he would be today. Why did the accident happen? How did the accident happen? Why Bryant? What did I do to deserve losing my son? After all these years, it's still not easy for me to relate what happened. My "New Normal Life" is, in fact that dealing with these days and occasions will be with me until the day I die and learning to grow and go through them is pertinent in my grief journey. I didn't want to be a member of this exclusive club of suffering mothers, who buried their child, but this is what I have to deal with, and I have realized I needed to transform my pain into power and live my purpose. Living a life where I can share and help others heal gives me peace and honors my son.



Birthdays Remembered

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



In Memoriam

Jim Gardner	10	3	1997	Lorren Holcomb	11	16	2001
Joni Edwards	10	4	1995	Justin Andrew Archuleta	11	17	1996
Jack Koller	10	5	2009	Raymond Albert Nieto	11	17	1996
Glen Tate,	10	6	1997	Patrick Murphy	11	17	2016
Beulah Lawson	10	6	2006	Christine Waegele	11	18	1993
Gary McGee	10	7	2001	Jan Mariano	11	19	1991
Bill Leis	10	8	1999	Jesse Lamblin	11	19	1996
Michael Scott Reichert	10	9	2000	Buffy Rice Donahue	11	21	1993
Joni Lynn Bradshaw	10	10	1986	Matthew Foley	11	21	1996
Ennis Walton	10	10	1999	Cody Faust	11	22	2002
Frank Sumpton, Jr	10	13	1989	John LaRose	11	22	2009
Kevin Blunt	10	15	1997	Blaine Eric Noble	11	23	1993
Alan Michael Conner	10	15	1998	Diane J. Caldwell	11	23	1998
Greg Swazo	10	15	2001	Pedro A. Dominguez	11	23	2015
Anthony Taiitt	10	16	1981	Jessica Ann Arredondo	11	25	1988
Earl Mitchell	10	16	1984	Danny Steve McQueen	11	25	1992
Casey Korgan	10	16	2010	Gregory Scott Stone	11	25	1992
Michael J. Loughrey	10	17	1983	Geronimo Maestas	11	26	1993
Rebecca Lynn Ochs	10	17	1995	H Gregory Jukiewicz	11	26	1994
Mel Gurule Jr.	10	17	1997	Martel Thomas	11	26	2013
Henry Kellie	10	18	1975	Jason Ortiz	11	27	1994
David Enos	10	19	2002	Julie Gordy	11	28	1982
Virginia Sakala / Russo	10	21	1994	Linda Zambotti	11	28	1996
Shantel Duran	10	23	1998	Ali Muhammad Sparks	11	29	1998
Jason Trembath	10	25	1992	Angel Delgado	11	29	2005
Ron Griego Jr	10	25	2003	Alan Little	11		2003
Dale Yanda	10	26	1988				
Ronald (Ron) Georgopoulos	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 (Brandon?)	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				



ANNOUNCEMENTS

Oct 16 - VOICE Meeting at 6:00 pm

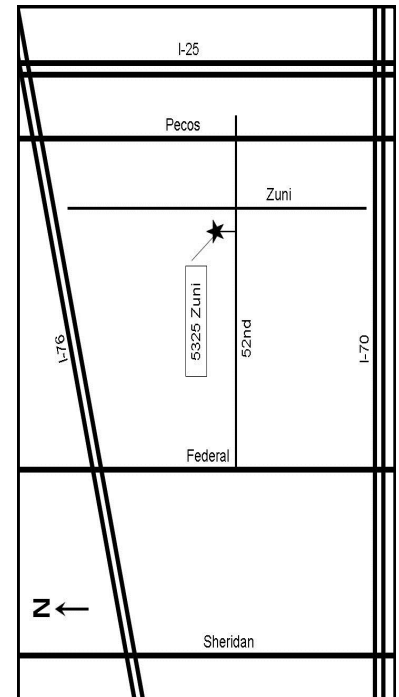
Oct 21 - Support Group at 7:30 PM

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

Dec 16 - 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. The entrance to parking is on 52nd.