



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

OCT – NOV 2014

The ABC's Of Grief — F is for Firsts & Finals

By Gail Mendelman

First – adj. Preceding all other time

Final – adj. Coming at the end. Being the last in a series

One of the pearls of wisdom that gets passed along to the grief stricken is that the firsts are always the hardest. Unfortunately, David and I learnt what this meant in the months following Mack's death in July 2006. We experienced an overdose of firsts which included the ones you would imagine such as birthdays, anniversaries and holidays and then there were the ones that hit like a tornado, the ones nobody warned us about. Doing laundry for the first time and having to sort Mack's clothes, knowing I would never wash them again. The first time I went to the supermarket and had to walk past all of his favorite foods. I remember breaking down in the middle of IGA, sobbing as I passed apples, blueberries and chicken nuggets. Taking Ruby back to school to start grade three and not taking Mack who was supposed to start Pre-K. The first time we finally decided to go out to a restaurant and had to ask for a table for three and not four. The first time I actually had to tell someone that my son had just died. The first New Years Eve which was so unexpectedly brutal as I only realized on that very night that I would have to say goodbye to the last year in which my son was alive.

.....continued on page 3

POMC Needs You

Have you ever thought about volunteering? The Front Range Chapter of POMC is looking for people like you to help keep the organization running. If you are interested in helping, please contact Phil Clark at POMCColorado@gmail.com
Help us keep it going.



Long time member, June Menger, passes

It is with great sadness, that we announce the death of June Menger.

June Noreen Menger of Longmont died at her residence September 20, 2014. She was 75. Raised on the plains of eastern Colorado, she loved life there as a young girl. She married Jim Menger on September 17, 1984 in Idaho Springs, Colorado. The Menger's just celebrated 30 beautiful years together. June lost her son Sydney to a tragic murder while attending the University of Colorado. This devastating event, led her to take an active role in helping investigators, District Attorneys and most importantly families suffering a similar loss. She was appointed to the first board of Cold Case Task Force. She also served on Parents of Murdered Children and Families of Homicide Victims and Missing Persons (FOHVAMP). She did this as a quiet, compassionate, dedicated servant to not just her pain, but the struggle for parents of this type of loss and the pursuit of finding, arresting and closing these cases.

You can find the entire obituary in in Longmont Times-Call on Sept. 24th, 2014



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:

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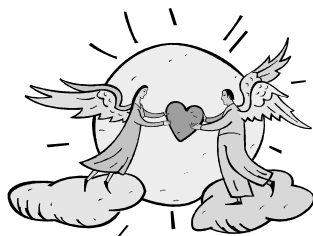
Memorials & Birthdays:
Cherri Lusk, 303 593-0784

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

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

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.

Jane Craft
In memory of her son,
Jeremy Craft

Cindy Jones,
In memory of her son,
Nathan Leon

Tom & Nancy Rasser,
In memory of their son,
John Rasser

Phyllis and Ciro Pena,
In memory of their son,
Ricky Bobian

Erica Mulligan,
In memory of her son,
Michael Tarasiuk

New Members

Sarah Tuneberg

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

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www.colorado-pomc.org

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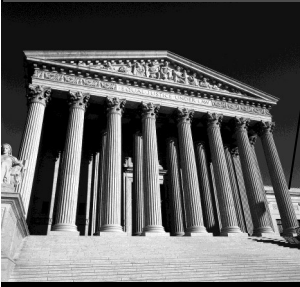
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(7662)



Trials & Hearings

There are no trials or hearings at this time.

November Meeting

We will not be holding a Thanksgiving dinner this year at our November meeting. We will have a regular meeting on November 15th. We look forward to seeing you there.

The ABC's Of Grief.....Continued

The first time I went to the cemetery alone to visit Mack's grave. The first this, the first that, the list could go on and on. And it's a sad list, I know but it goes to show that we really don't realize how many 'special' moments there are in a year until you have to experience them without a loved one for the first time. And so, the first year came to an end on the first anniversary of Mack's death.

It's not as if it got better. We were still trying to learn how to handle life without Mack as much in the second year as the first. In fact, another one of those pearls of wisdom regarding grief is that the second year is harder in some ways because the shock has worn off. Now we would have to face the reality of life without our child head on and there is nothing that can prepare you for this.

Fast forward a few years and we finally reached a place where we could live our lives in conjunction with missing our son. We no longer were in limbo but it took a long time to get there. Two steps forward and three steps back for what seemed like ages.

Fast forward a few more years to the present and I understand that this is as good as it's going to get and I accept that. I have good days and bad days and some days, I don't even want to talk about. I keep most of it inside now, it's nobody's business what kind of a day I'm having. But I know that I have reached my final stage of grief and here is where I'll stay. It's very simple, I miss my son, I'll miss him until the day I take my final breath and what happens after that, who knows? Certainly not this agnostic Jew.

What I do know is that I am grateful for the love and laughter that I have in my life and there is plenty of both. I am grateful for my family, my husband, my friends and for the intelligent and beautiful young woman who is my daughter. And although I mourn his loss every single day, I am truly grateful for the exceptional and joyful privilege of having had my smiling boy, Mackenzie Reed Belson, in my life. It has taken a long time to get to the point where I can say that but I have reached it, finally.

Notes from Barb Kaptanian

And In To the Future

In to the future: Just exactly what does that mean? For many of you readers, Future is not in your vocabulary! Who can think of a future now? Is there a future at all? Are you kidding me? The world just stopped. I know when I was newly devastated by my son's death, the future became a non-existent word, a concept not even conceivable, there wasn't going to be a Future! At POMC, I met folks who had lost a child 20 years prior and thought to myself, "Well now, that's simply impossible. I won't live that long. How is it possible they could survive for 20 years after the loss of their loved one? Not possible." My friends, it is possible. I've done it. And many at POMC have done it. We've survived. But not alone by any means. We have a support group that walks alongside one another, reaches out with love and understanding with a hand to hold, provides a place to tell our story, provides the freedom to grieve and gives the time/space needed to find hope. Please attend a POMC meeting. Bring your heart. You'll find there are those with wisdom who can help you along in the roughest of spots and be there when friends and family cannot.

With the future in mind, or not, let's explore some ideas to begin a journey of hope. With the holidays coming up, now is a great time to begin thinking through how you're going to survive without your loved one. Make it a time of beautiful remembrances, fill it with people you are most comfortable with in sharing what you're going through, create a retreat and place of safety – a private place to grieve and listen to your heart, get in touch with those who knew your child and arrange a special celebration. You're resourceful, you'll figure it out! But THINK OF THE FUTURE! Even if you just begin to imagine a future without your child, begin to reframe what a life will look like without him/her. Think of the possibilities.....stretch your imagination to keep it positive. What would our child want you to be doing? Maybe it's just living one day at a time, taking one step at a time. Or possibly you've moved upward on the path and you can walk alongside someone else, providing them encouragement and hope. Whatever it is, honor how you feel today but commit to hope and change tomorrow. Set one new goal when you can and reach; never give up. You still have life and so do those around you. You will survive just as many of us have, and you will have a fruitful life once again.

Ideas? I recently met a woman at a function who coincidentally is a survivor of loss. Funny how those things happen. Divine providence? She is a motivational speaker, author, grief consultant and facilitator, providing encouragement to those suffering loss. Rachel Blythe Kodanaz is a columnist for Living with Loss Magazine and has appeared on Good Morning America. She has written a book entitled *Living with Loss, One Day at a Time* providing tools and suggestions that offer hope, optimism, introspection, and self-discovery, enabling readers to embrace the happy and healthy days of life with their loved one while integrating

and accepting loss into everyday life. Jan Waggoner, Publisher, Bereavement Publications, writes that this “...book should grace your bedside table and should be read each morning or evening as part of your healing ritual, prayer, or mediation, keeping you focused on what you can positively do each day.” Written with a little pearl for each day of the year, let’s begin with day 29: Crying soothes our minds, makes us feel better, and reduces our stress. Let it out, and wipe your tears. (I add, maybe not wipe your tears; maybe you want to wear them a bit!)

Moving to day 167: With each tear comes a great deal of laughter. List five of the funniest times you spent with your loved one. As you reminisce the shared moments and wonderful laughs together, cherish the funny moment. Share the story with others and laugh out loud, resulting in happy tears.

And day 170: Is there such a thing as a perfect griever? If so, find me the perfect griever so we can all learn how to grieve efficiently and effectively. We are not sure we will ever find such a person as we will all grow from our grief and make mistakes along the way. Regardless of the path we take, we will become our own perfect griever. Have faith in yourself and your journey.

Day 129: Bad day? Good day? What is today? Make it a good day! Try turning around all the “bad” thoughts you have for the day and really work hard on making it a good day. Reach into your griever’s toolbox for the strength to look at everything surrounding you as half-full rather than half-empty. Interpret comments from friends as thoughtful and your task list as doable. Be thankful for what you do have in your life.

And day 32: Start your day today with honoring your loved one in a special way. Make their favorite meal (No time like the holidays, I add!), bake their favorite dessert, wear a piece of their jewelry or clothing, walk in their favorite park, flip through photos, call one of their closest friends! Reconnect with your loved one by honoring them with wonderful memories of times you spent together.

Living with Loss, One Day at a Time - Rachel Blythe Kodanaz Fulcrum Publishing
ISBN: 978 – 1 – 938486 – 31 -9

You get the idea. Your future is within your grasp and in your dreams. Cherish your child and your heart. It’s God gift to you.

**Woops! Bloopers! Now talk about grieving and doing the strangest things: In last month’s article, I wrote about my son, Alexi. I mentioned he would have been 44 years old.... Oh my, how on earth could I have gotten that wrong? He would have been 42!!!! We do the strangest things in grief. Good Grief Charlie Brown!
Love to you all! Barb**

Birthdays Remembered

Cindy Stewart, October 1, 1955
Damon A Roberts, October 1, 1972
Colin Ehlers, October 1, 1974
Ada Johnson, October 2, 1963
Matthew Worden, October 2, 1966
Christine Waegele, October 3, 1969
Dale Yanda, October 4, 1967
Shaundra Schell, October 5, 1966
Damon J. Murphy, October 5, 1972
Chelsea Strauss, October 5, 1985
Frankie Paul, October 6, 1969
Cynthia Mc Queen, October 7, 1959
Jodi Carrigg, October 7, 1959
Martha Munoz, October 7, 1981
Ronald Eugene Hinson Jr, October 8, 1959
Brooklyn Jean Ricks, October 8, 1973
Ashley Raguindin, October 8, 1983
Jason Ortiz, October 9, 1974
Ray (Paisano) Linebarger, October 12, 1944
Donald Hubbard, October 12, 1958
Katheryn Gonzales, October 12, 1990
Britt Mackay, October 14, 1980
Mark Antony Wilson, October 15, 1972
Fernando Sanchez, October 15, 1980
Jennifer Mesa, October 16, 1970
Matt Ownbey, October 17, 1980
Theodore C. Carleton, October 19, 1954
Robert Grau, October 22, 1960
Chris Waters, October 22, 1970
Peter Beaupre, October 24, 1974
Jessica Morehouse, October 25, 1973
Andrew Sheppard, October 25, 2006
Charley Richards, October 26, 1967
Joni Lynn Bradshaw, October 27, 1960
Lori Bases, October 28, 1968
Katie Bailey, October 30, 1975
Ryan C. McDaniel, October 30, 1994
Yvonne Cossio, October 31, 1969
Rickey Ritter, November 4, 1981
Ralph Earl Pettis, November 5, 1928

Phillip Rose Jr, November 6, 1969
Tami Medina, November 6, 1977
Cassie Bernall, November 6, 1981
Thomas Hollar, November 6, 1992
Polly Elizabeth Sullivan, November 7, 1954
Julie Gordy, November 7, 1958
Stoneham Farris, November 7, 1973
Jamie Paine, November 7, 1979
Shashan S Ortiz, November 9, 1980
Gina Padilla, November 9, 1983
Conrad Duran, November 10, 1984
Jon-Paul Lewis, November 12, 1982
Paula Ross Stiner, November 13, 1966
John C. Abeyta, November 15, 1977
Sammy Burks, November 16, 1987
Lynn Cannata, November 17, 1966
Kimberlie Rose Urstadt, November 18, 1990
Jessica Ann Arredondo, November 20, 1967
Virginia Sakala/Russo, November 21, 1964
Ron Haynes, November 22, 1979
Ronald Overstreet, November 22, 1979
Laura Hetes, November 23, 1968
Linnea Dick, November 23, 1987
Marcos Torres, November 24, 1978
Douglas "Dougie" Charles, November 25, 1957
Eddie Garcia, November 25, 1978



In Memoriam

Jim Gardner, October 3, 1997
Joni Edwards, October 4, 1995
Jack Koller, October 5, 2009
Glen Tate, October 6, 1997
Beulah Lawson, October 6, 2006
Gary McGee, October 7, 2001
Bill Leis, October 8, 1999
Michael Scott Reichert, October 9, 2000
Joni Lynn Bradshaw, October 10, 1986
Ennis Walton, October 10, 1999
Frank Sumpton Jr, October 13, 1989
Kevin Blunt, October 15, 1997
Alan Michael Conner, October 15, 1998
Greg Swazo, October 15, 2001
Anthony Taiitt, October 16, 1981
Earl Mitchell, October 16, 1984
Casey Korgan, October 16, 2010
Michael J. Loughrey, October 17, 1983
Rebecca Lynn Ochs, October 17, 1995
Mel Gurule Jr, October 17, 1997
Henry Kellie, October 18, 1975
David Enos, October 19, 2002
Virginia Sakala/Russo, October 21, 1994
Shantel Duran, October 23, 1998
Jason Trembath, October 25, 1992
Ron Griego Jr, October 25, 2003
Ronald (Ron) Georgopoulos, October 26, 1988
Dale Yanda, October 26, 1988
Michael Allendorf, October 29, 1994
Kimberly Greene-Medina, October 29, 1996
Roy Cozby, October 31, 1994
Larry Orrantia, October, 2004
Sgt Lyle Wohlers, November 4, 1992
Larry Carmichael, November 6, 1988
Randy Arlin Russom, November 8, 1983
Ibrahim Bradley, November 9, 1996
Joseph Nelson, November, 2005
Pamela Blandon, November 12, 1991
Tiffany Brill Jarmon, November 13, 2008
Justin Maggard, November 13, 2009

Melodie Robertson, November 14, 2003
Michael Adams, November 16, 1985
Lorren Holcomb, November 16, 2001
Raymond Albert Nieto, November 17, 1996
Justin Andrew Archuleta, November 17, 1996
Christine Waegele, November 18, 1993
Jan Mariano, November 19, 1991
Jesse Lamblin, November 19, 1996
Buffy Rice Donahue, November 21, 1993
Matthew Foley, November 21, 1996
Cody Faust, November 22, 2002
John LaRose, November 22, 2009
Blaine Eric Noble, November 23, 1993
Diane J. Caldwell, November 23, 1998
Jessica Ann Arredondo, November 25, 1988
Danny Steve McQueen, November 25, 1992
Gregory Scott Stone, November 25, 1992
Geronimo Maestas, November 26, 1993
H Gregory Jukiewicz, November 26, 1994
Martel Thomas, November 26, 2013
Jason Ortiz, November 27, 1994
Julie Gordy, November 28, 1982
Linda Zambotti, November 28, 1996
Ali Muhammad Sparks, November 29, 1998
Angel Delgado, November 29, 2005
Alan Little, November, 2003

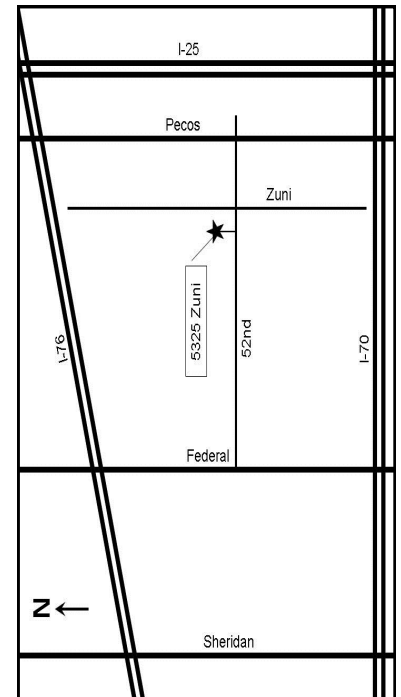


ANNOUNCEMENTS

- October 18 - Support Group at 7:30 PM
- October 26 - 29 26th Annual COVA Conference in Keystone
- November 15 - Support Group at 7:30 PM
- November 17 - Voice Meeting - 6pm—8pm Topic TBD
Denver Police, District 3
1625 S University
- December 20 - Support Group at 7:30

ADDRESS SERVICE REQUESTED

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 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