NEGOTIATING THE EVER-CHANGING CURRENTS OF GRIEF
By: Thom Dennis

For most of us, grief is uncharted territory. When a loved one dies, we enter into some of life’s most turbulent and troubled waters. It is important to find people and resources who can help us find our way through these rough times.

As a grief counselor, I sometimes think of myself as a seasoned river guide. I have accompanied people down this wild river ride many times before and although every person’s experience is unique, I have picked up a few tips along the way that you may find helpful. I have learned that what most people need falls into one of three general categories, I call them the Three R’s of Grief.

1. Re-education
In our culture, there are a lot of misconceptions about grief. Consequently, many people suffer from judgments or unrealistic expectations that make an already difficult situation even worse. I find that if I can correct some of the misinformation about grief, it lowers the person’s stress level and allows them to focus their attention on what they can do to make their experience of loss more manageable.

2. Reassurance
Everybody (and I mean everybody) asks me in one way or another, “Is it normal to feel this way?” I encourage people to remove the word normal from their grief vocabulary. Instead, I prefer the word common. Normal has many meanings but in the back of our minds one point stands out; the opposite of normal is abnormal. I am inclined to believe that on some level people are really thinking, “If the way I am grieving is not normal, then there must be something wrong with me!” The truth of the matter is, it is the situation that’s crazy, not you. And yes, It is common for people to feel this way!

When we grieve, the difficulties we face are compounded by the fact that it is hard to concentrate, and we have less emotional energy. I find that people already have many coping skills that can be applied to this new stressful situation. They just need to be reminded of that fact. And even if they don’t have pre-existing coping skills, I remind them that they are not alone, that there are other people who can help them find their way.

3. Resources
Wouldn’t it be nice if grief came with a map or a set of instruction booklets? The fact is, there are tons of books and other resources people can turn to, but it is hard to know which ones are right for you. Because the currents of grief are constantly changing, I cannot predict at any particular moment what kinds of resources you will need. However, I think it helps to ask the following question: Cont’d on page 2
NEgotiating the Ever-Changing Currents of Grief

By: Thom Dennis
Grief Digest

Cont’d from page 1

If grief were a river, what would I need for the trip?

Imagine you are planning a whitewater rafting trip. Although every person’s experience will be different, I think everything a person needs for the journey probably falls into one of the following four categories.

Companions

None of us can make it on our own. We need people who can help us—friends, family, co-workers. Sometimes, through no fault of their own, these people are not able to help us in the way we need. This might be the time to call upon the support of a seasoned river guide. Whether it is a counselor, grief support group or simply the widow who lives down the street, it is invaluable to talk with someone who knows something about grief.

When we grieve, we need a boatload of support. Think of all the groups that you belong to and consider every individual in each of those groups. Don’t forget unconventional sources of support: the family pet, internet chat rooms or grief blogs, and never underestimate the power of prayer. Figuring out who to call is only the first step. The really big challenge is asking for their help.

Sandbars

No one can grieve twenty-four/seven. It is essential to occasionally take a break from grief. Look for places that you can rest along the way. Your wounded heart is going to need extra sleep to recuperate and heal. Don’t expect yourself or anyone else who is grieving to carry on with business as usual. Go to the movies, read a novel, take the dog for a walk. Take small breaks throughout the day and schedule a real vacation. Don’t worry, you are not avoiding your feelings if, in the depth of winter, you take your journal and go grieve on a beach for a week or two.

Food for the Journey

If you were embarking on a river expedition, you would need to take along some supplies. Your survival will depend on getting proper nourishment. Think in terms of things that will feed your body, mind and spirit. It is always important to eat a well-balanced diet and to exercise, but now it is more important than ever. Some people consider chocolate to be a major food group. I’m told that chocolate actually creates endorphins, the “feel good” chemicals of the brain. If you need permission to give yourself a treat once in a while, consider it granted, but remember, all things in moderation. (S’mores anyone?) No one knows better than you what you need, so stop and listen to the yearning of your soul.

Consider getting that massage, buy that CD, take a class, find a group of like-minded individuals. Feed yourself first.

Provisions

Provisions are all of the resources that you can either rent or buy to make your grief journey more manageable. On a river, you will need a boat, a paddle and remember to never enter the water without some type of flotation device. The same can be said of grief.

Provisions are the books on grief, the home security system and the kid next door who can mow the yard. Look for things that say “free,” but do not be afraid to spend a little extra money on any activity that will make those long evenings and weekends more bearable.

One final thought. A man in a support group said it best; “I don’t think grief ever goes away, we just get better at it.” The death of your loved one leaves a hole in your life that can never be filled. From my perspective grief lasts a lifetime, but trust me, it will be transformed over time. If you hang in there, you will get better at negotiating the currents of grief. The rapids of grief will give way to calmer waters and you will again be able to return your focus on the events and scenery of everyday life.
LAYERS OF SOFTER PAIN
By: Beckie A. Miller

Many times in our support group meetings I have said that one day our pain grows softer, and as I look around the circle of new or fairly new attendees, I see the looks of absolute disbelief on their faces. I believe most of us who are grieving the death of a loved one, whether a child, sibling, spouse, parent, friend or other family member, have a very hard time with accepting, and often allowing, that the pain will grow softer one day. It seems to us if it does grow softer our love is weaker. I can tell you that never happens and our loved ones would want a softening of our pain for us. They would want us to one day rebuild our lives in our “new normal” state and to not suffer as agonizingly as in the beginning...

If anyone had told me in the first years, though, after my son, Brian’s death to a homicide, when he was at the receiving end of two bullets from a robber hell-bent on getting his wallet, that one day I would feel joy again I would have laughed in their face, claiming NEVER! Actually, now, too many years later, I am grateful for the softer pain and returning joy. If it still hurt as horrifically as it did in the first few years, I could not have stood it. It would have literally killed me. Mercifully, though, as time passed it did soften. No, it did not ever leave, nor did I ever stop missing my son and I will never get over his loss. Instead I have gotten on with it. It is incorporated into my new life, always a part of me just not fully engulfing me as in the beginning. As we have a measure of healing (we never fully recover) the joy comes in again; that first laugh that catches us off guard, the birth of a new family member/grandchild, a wedding or graduation. Yes, each event is bittersweet, always over-shadowed by who no longer is able to share the events with us, but we can control to focus on the bitter or be grateful for the sweet.

As much time passed instead of the fresh, raw, bleeding pain in my heart, healing began to form protective layers over my open wound. With more time, more grief work, more acceptance, and many journey gentle's in my life the layers increased, allowing even more protection and the wound finally began to stop seeping. As it stopped seeping a softening of my pain replaced the rawness of that fresh and open wound. It will happen but not real soon. It takes a lot of time, work and many steps both forward and back.

The softening of my pain did not however, at any time soften my love. Nothing can ever take away from the love my son and I shared -- and still share-- as nothing can take that away from you, those who share the same painful loss. Embrace that softening of the pain that will one day come to you. It must. Or we would simply wither up and die from that open wound in our hearts. As you embrace the softening, the love actually becomes stronger. Nothing, not even death, can ever take away the love... As our wonderful Darcie Sims always says, “May love be what you remember most.”

“Sorrow comes in great waves … but it rolls over us and though it may almost smother us it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes, and we remain.” Attributed to Henry James.
Hello, everyone!

Greetings on behalf of the National Board of Trustees. I hope you and your families are doing well and staying healthy. Thank you to everyone for all the work you do to help survivors. This past year has been challenging and we had to find creative ways to continue providing support services to survivors.

I am pleased we were able to hold our 2021 National POMC Conference in person this year in Scottsdale, AZ in July. It was wonderful to get together in person, to reconnect with our POMC family and to meet new families. Our conference was well-attended, and we had many excellent speakers, workshops, and activities. I hope everyone who attended found the conference to be a meaningful experience and were able to make personal connections with new friends. A big thank you to our national staff, the national conference committee, and the volunteers who all played a crucial part in the conference. I hope to see you all next year in St. Louis. Be sure to mark your calendars and save the dates for July 21 - 24, 2022.

I know you are aware that the United States just observed the 20th anniversary of 9/11, a day that every American remembers. Those of us who are old enough to remember can say where we were when we first heard about the attacks. Many TV shows and news coverage recently aired remembrances with stories of the events and experiences and memories of survivors. I felt quite emotional as I listened to some of these stories. I’m sure many of you felt as I did, relating personally to the feelings shared by survivors. It was almost as if they were talking about my feelings and telling about our stories. After all, we are all part of the POMC family. I also know that none of us are alone in our grief and heartache. We have each other to lean on for support. Sharing our stories helps us in our healing. We are family. WE ARE THE SURVIVORS!

Connie
Hello Everyone,

It is so hard to believe that summer is ending and fall is upon us. Time seems to go so quickly anymore. Our 35th National Conference was a great success in Scottsdale, Arizona and we were so excited that we could have it in person with the Covid situation. Sadly, there were 90 new survivors that attended and glad that many new victim advocates attended. Hopefully the new survivors were able to find comfort and hope and learn some things along with the victim advocates. On Thursday night we had Native American dancers which was really amazing and Sampson ended the dance with his hula hoop dance. He can really do a lot with his hoops and it is so neat to watch. Sampson was also at our conference in Denver and performed by himself with his hula hoops.

On Friday night, the memorial night, we started off with a beautiful dance. and then had the memorial video. It’s so hard to watch the memorial video and see new faces – beautiful faces that were so full of life but now they are gone. The only negative thing about the conference was the weather, it was 118 degrees and that is hot. On top of that the air conditioner didn’t work in 2 of the workshop rooms which made it unbearable. I was lucky to be able to drive to Arizona from Cincinnati with my co-worker, Sandy in a cargo van packed with the murder wall and lots of boxes. We enjoyed the scenery of the long drive; it was 30 hours of driving.

In 2022, the 36th conference will be in St. Louis, Missouri close to the airport so it is about 20 minutes outside of downtown St. Louis. The dates are July 21–24th, 2022 and we hope that many of you can make it. Whether you are a new survivor or a survivor of many years the conference seems to help no matter where you are in your grief.

POMC was hoping to restart the Grief Retreat Weekends and the Effective Leadership Training back up in 2022 but it seems that Covid has started to rise again. I had hoped we were going to see the end of Covid as it seemed back in the Spring, but not so lucky. It sure does make things difficult and we don’t want to put a deposit on a place and then lose it because of Covid. Keep checking the website www.pomc.org for Grief Retreat and Effective Leadership information. Hopefully, we can get set a date in October or November of 2022.

As always, I hope for the violence to end and the country to be in a peaceful state. The violence only seems to be getting worse. I get calls and asked to do interviews and the one question I get asked is; “what can we do to get the violence to stop?” I would like to hear your thoughts on what you feel we can do to get the violence to stop and if it is ok with you when you send it in we would like to include them in the next newsletter. Maybe together we can come up with the answer for the end to violence. I know we will never end the violence but my hope is that we could slow it down. I don’t want to see 90 new survivors in St. Louis because that is too sad. So sorry that they had to join our organization – the organization that no one wants to join but glad they came to the conference and found some comfort in being there with other survivors.

Take care everyone and please stay safe.

Bev
The 2021 National Conference was a great success in Scottsdale, Arizona. We had 240 survivors and professionals attend and of those 90 were new attendees which was a good attendance with Covid issues. Thursday evening was the Murder Wall Unveiling with the Scottsdale Honor Guard removing the black cloths off the Murder Wall and saluting each plaque. It is always so emotional to watch them doing that. After the unveiling the Native American’s did a presentation of dances of grief in their culture. The conference continued with workshops Friday and Saturday and Friday evening was our memorial ceremony with the video playing of pictures of loved ones of all of the attendee’s.

Saturday evening was our annual awards that POMC gave out to dedicated POMC members and after the award ceremony there was a dance and members had some fun with their dance moves. Sunday comes too quickly and it was time for good-byes and hugs with our We Are The Survivor song playing. It was hard to say goodbye to our new and old friends before meeting again next year.

We hope all attendees had a comforting and hopeful 2021 Conference and for those of you who could not attend our 2021 Conference we hope to see you at our 2022 Conference in St. Louis, Missouri.

2021 POMC NATIONAL AWARD RECIPIENTS
Presented by Connie Sheely and Bev Warnock

Lisa Hullinger Memorial Award

This award is presented to an outstanding individual who has shown exemplary contributions to all survivors of homicide victims, acts of compassion that have contributed to the recovery of survivors, and dedication in supporting full rights for victims/survivors.

Congratulations to this year’s recipient, Howard S. Klerk Jr.!

Making A Difference Award

The Making A Difference Award is presented to an outstanding survivor in recognition of their work which promotes and supports the victims of homicide. The recipient will have shown their efforts through promoting and supporting the image of POMC and contribute to the memory of those who have died by violence.

Congratulations to this year’s recipient, Joy Estes!

Cont’d on page 7
Survivors

Extra Mile Award

This award is given to an exceptional individual for their dedication and outstanding compassion in support of National POMC’s mission to help all survivors. Thank you for going the extra mile.

Congratulations to this year’s recipient, Kathy Hernandez!

John W. Gillis Leadership Award

This award is given to a professional or survivor who fights for the rights and dignity of crime victims and survivors of homicide victims.

Congratulations to this year’s recipient, Dan Levey!

Courage Award

This award is given to an extraordinary individual who has shown outstanding courage on behalf of victims/survivors. The award is in recognition of an individual who shows courage, spirit, and determination to persevere against all odds and to see that justice is served.

Congratulations to this year’s recipient, Paul Paulsen!

California Correctional Peace Officers’ Association

CCPOA staff members once again showed their support of POMC’s vision and mission with a generous $10,000 donation. Members of their staff have led workshops and have opened many doors into law enforcement circles. Victim survivors have gained much through their many efforts.

A Special Thank You!
2021 POMC NATIONAL CONFERENCE

Cont’d from page 7

Pictures Clockwise (top left): Members of Scottsdale Police Department Honor Guard unveil the Murder Wall; Sacaton, Gilariver Indian Community perform; Sampson Sixkiller: Hoop Dancer; Keynote Speaker: Jill Colucci @ www.jillcolucci.com, & Silent Auction
IF Only...
If only I could see what was to come
What would I’ve said, what would I’d done
To know your time was about to end
Where would I be, what acts would I mend

So many memories so dear to my heart
That I will cherish while we’re apart
Too many questions that remain unclear
Would the answers have kept you here?

We all have a time that we must go
What minute, what hour or day, we don’t know
If only I had another minute, day or year
I’d hold you tighter and keep you near.

If only... One more kiss, one more hug
another I love you
Ma loves you around the world and back, Cuda.
Maintaining the Beauty of the MURDER WALL...Honoring Their Memories

Time and much travel have put stress on the many panels of the Murder Wall...Honoring Their Memories, and scratches, nicks, and dents need to be repaired. Many of the cases that are used to transport the Wall have split or broken, handles have fallen off, and the protective material inside each case needs to be replaced.

Currently, the Wall is made up of 34 panels, displaying over 4,000 victims’ names, dates of birth and dates of death.

In order to maintain the beauty of the Wall, POMC continues to seek donations to help make some of the repairs. To help, please use the form below. Donations made in memory/honor of, will be in the next issue of Survivors.

POMC-Wall Repair
(Please Print)

Name:______________________________
In memory/honor of:____________________
Address:____________________________
City, State, Zip:_______________________
Email Address:______________________
Amount enclosed: $_________  Check:____
Money Order :_____ Visa:_____  MC:______
Am. Express:_____  Dis:_______
Card Number:________________________
Expiration date:______________________
Security Code (back of card):______________

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 104
Cincinnati, Ohio 45203

WALL BOOKLETS HONOR THEIR MEMORIES

POMC’s Murder Wall...Honoring their Memories is a beautiful memorial to the more than 4,000 murder victims whose names appear on the Wall. Behind each name there is a face and a story of a person whose life was taken prematurely. It is time to tell those stories.

Memorial booklets, which travel with the Wall, are compiled as an ongoing project of National POMC. Cost is $20.00 to include one page, front and back without a photo, or $30.00 if you wish to have a photo included. The photos are non-returnable and must be no larger than 2 1/2 by 3 1/2 inches.

Forms are available on the POMC Web Site at: www.pomc.org or by calling National at (513) 721-5683.
The names that appear in this issue of Survivors are those that have been submitted to the National Organization of POMC, Inc., with full or partial payment before September 1, 2021. Names after this date will appear in the next issue.

The Wall consists of solid walnut panels with each holding 120 brass plates inscribed with the name of the victim, along with the date of birth and the date of death. A donation of $75 is required before a name will be inscribed on a plate and permanently mounted on a panel. (See order form inside this edition.) Not only is this donation a tribute to the memory of your loved one, but it is a tribute that will guarantee that the memory of those we miss so deeply will survive forever. The Wall is a powerful statement of the violence in our society and of the numbers of loved ones senselessly killed by others. Not only does it give comfort, but also hope, because every name on it cries out silently for awareness, prevention and justice.

**Murder Wall...Honoring Their Memories Order Form**

Anyone interested in having their loved one’s name inscribed and permanently mounted on the Wall should fill out the order form below. Make checks payable to “POMC Wall,” or for your convenience, Discover, Visa, MasterCard, and American Express are accepted.

Send to: Parents Of Murdered Children, 635 W. 7th Street, Suite 104, Cincinnati, Ohio 45203

**LOVED ONES INFORMATION**

Loved ones name ____________________________________________

Date of Birth ____________________________________________ Date of Death ____________________________________________

**PAYMENT INFORMATION**

Choice of payment (check one): ____ Pay in full for $75.00 OR ____ 3 payments of $25.00 each

Payment type: ____ MC ____ Visa ____ Am. Express ____ Discover ____ Check

Card Number __________________________ Exp. Date ________ Security Code ________

**SUBMITTERS INFORMATION**

Name ____________________________________________

Address ____________________________________________

City, State, Zip ____________________________________________

Phone Number ____________________________________________

Relationship to victim ____________________________________________

The name will be added to the panel upon payment in full. Once your plate has been permanently mounted on the panel, you will be notified. New panels join the Wall as they are completed.
With Bev Warnock

1771 Convicted murderers have been denied parole through POMC’s Parole Block Program!

Support the Parole Block Program
In Memory of:

<table>
<thead>
<tr>
<th>Name</th>
<th>From</th>
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<tr>
<td>Dwayne Chubb</td>
<td>From Albert &amp; Dorothy Chubb</td>
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<td>James “Jay” Hitt</td>
<td>From Deborah Hitt</td>
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<td>From Terry Isheim</td>
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<td>Janet Leonhardt</td>
<td>From Carol Leonhardt</td>
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<td>Scott Lewis &amp; Janet Marie Bunkers</td>
<td>From Jean Lewis</td>
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<td>Shannon Marie &amp; Alexandra Jordan Nolan-Broe</td>
<td>From LC &amp; Sherry Nolan</td>
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<td>David Pottinger</td>
<td>From Carolee Hildenbrandt</td>
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<td>Becky Reed</td>
<td>From James &amp; Ann Reed</td>
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<td>James Roback</td>
<td>From Joan Roback</td>
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<tr>
<td>Stephen Sanchez</td>
<td>From Claudine Sanchez Parrott</td>
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<td>Timothy Staunton</td>
<td>From Denise Coleman</td>
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Hearing Results:

Denied Petitions:

Ike Lee Brown
Andrew Gonzales
Richard Helsinger
Andy McManis
Victor Scott Lamont
Albert Scott
Reginald Glover

Released:

Spyro Germanis
Roger Lee Hill

Letters From The Parole Block Program

Hello,
This is Lauren Schild, daughter of murder victim Jerry Schild. I just wanted to let you know that I was able to get Victor Scott Lamont’s parole hearing canceled after hiring an attorney to fight it since he wasn’t eligible due to the ND weapons statute and mandatory minimums applying, in addition to me personally contacting so many officials in ND about it. They moved his parole hearing to February 2023. Although, in the process they gave him time served credit twice, illegally, so his release date was moved up 15 months to February 2024. I’m too tired to fight it and scared they’ll just mess things up even more. I greatly appreciate your help with the parole block, I know many people connected to my family sent them in.
Thank you again,
Lauren Schild

Dear POMC Members,
Reginald Glover murdered my daughter, LaSonia Q. Graham on April 25, 1991. He was sentenced to “25 years to life”. Reginald Glover parole hearing was Thursday, June 30, 2021.

Reginald Glover’s parole was denied for five (5) years. Reginald Glover is not suitable for parole; he is a risk of danger to society.
My family and I want to thank everyone for their prayers, support, for the many signed petitions and letters wrote. We appreciate your compassion, concern and assistance in preventing a murderer from being released from prison.
Sincerely,
Pearl Graham

Good afternoon Beverly.
I received notification on the parole board decision today. Andrew Gonzales was denied parole. Three year setback. He’ll be reviewed again for parole in July 2024.
Thank you for everything that you do for the POMC families.
Sincerely Violet Trillo

Cont’d on page 13
Parole Hearings to be Held

Hearing Date: November 2021

Eric Nathaniel Marum   ID#: 61434

On October 16, 2005, Eric Nathaniel Marum beat to death his girlfriend, Nicole Sinkule (25 years old) with a hammer. The police were called 3 hours earlier but Nicole told the police there was no physical violence during the argument. Three hours later the police returned after a neighbor called and found Nicole dead in her apartment.

Eric Nathaniel Marum pled guilty to 2nd degree murder and was sentenced to 16 years to life in prison. He has served 15 years of his sentence.

We, the undersigned STRONGLY OPPOSE parole for Eric Nathaniel Marum. Justice demands he serve the full prison term of life given to him at the time he was sentenced for this heinous crime.

California Dept. of Corrections
Office of Victim Services
PO Box 942883
Sacramento, CA  94283

Hearing Date: December 2021

Arnulfo D. Ayala   STATE ID#: 0623576 TDCJ#: 00936516

On May 23, 1994, Brian Higgins, age 21, of Texas, and several of his co-workers (4 guys and 2 girls) at a large luxury hotel in Dallas, Texas went to a bar & grill nearby after getting off work at midnight to eat and hang out. One of the girls, Natonia, was dating Andrew Morrison, another co-worker and a security guard at the hotel. Morrison came into the bar & grill looking for Natonia, angry because she had allegedly stood him up for a date that night. Morrison had been drinking. He walked by their table, glaring at Natonia, and continued to drink at the bar while arguing with Natonia. When the restaurant closed at 2:00 A.M., all 8 of them walked to the parking lot. Natonia confiscated Morrison’s car keys because he was too intoxicated to drive and asked Brian if he would drive Morrison home on his way home; the rest were going out to breakfast. When Brian reached Morrison’s apartment, Morrison shot Brian in the head.

Morrison was convicted of first-degree murder and he was sentenced to 55 years in prison. He will have served only 21 1/2 years when he is considered for parole.

We, the undersigned STRONGLY OPPOSE release for Andrew John Morrison. Justice demands he serve the full prison term given to him at the time he was sentenced for this heinous crime and not let him roam our streets.

Texas Board Of Pardons and Parole
TDCJ – Victim Services Division
8712 Shoal Creek Blvd. Suite 265
Austin, TX 78757-1032

Parole Hearings to be Held

Hearing Date: November 2021

Andrew John Morrison   ID#: 00687514

On May 23, 1994, Brian Higgins, age 21, of Texas, and several of his co-workers (4 guys and 2 girls) at a large luxury hotel in Dallas, Texas went to a bar & grill nearby after getting off work at midnight to eat and hang out. One of the girls, Natonia, was dating Andrew Morrison, another co-worker and a security guard at the hotel. Morrison came into the bar & grill looking for Natonia, angry because she had allegedly stood him up for a date that night. Morrison had been drinking. He walked by their table, glaring at Natonia, and continued to drink at the bar while arguing with Natonia. When the restaurant closed at 2:00 A.M., all 8 of them walked to the parking lot. Natonia confiscated Morrison’s car keys because he was too intoxicated to drive and asked Brian if he would drive Morrison home on his way home; the rest were going out to breakfast. When Brian reached Morrison’s apartment, Morrison shot Brian in the head.

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Texas Board Of Pardons and Parole
TDCJ – Victim Services Division
8712 Shoal Creek Blvd. Suite 265
Austin, TX 78757-1032

Parole Hearings to be Held

Hearing Date: December 2021

Arnulfo D. Ayala   STATE ID#: 0623576 TDCJ#: 00936516

On August 5, 1998, Arnulfo D. Ayala (Offender Age: 26) entered the home of Raul A. Marin II (Victim Age: 29) as a friend. They drank and played video games. When Raul A. Marin had fallen asleep, Arnulfo got a crowbar and bludgeoned Raul in the back of the head over thirty-seven times. When Raul’s body would not stop convulsing, Arnulfo then used a hunting knife to stab Raul in the back another seven times. This horrible act was premeditated, once it was all over Arnulfo contacted Raul’s wife (co-conspirator) and told her it was done.

Arnulfo D. Ayala pled guilty to 1st degree murder and was sentenced on July 11, 2000 to 35 years in prison. He has served twenty-two years of his sentence.

We, the undersigned STRONGLY OPPOSE parole for Arnulfo D. Ayala. Justice demands he serve the full prison term of life given to him at the time he was sentenced for this heinous crime.

Victim Services Division
P.O. Box 13401
Austin, TX 78711-3401
(512) 406-5900
E-mail: victim.svc@tdcj.texas.gov

Cont’d from page 12

Bev,
I wanted to touch base with you on the petition for Richard Helsinger (A549098). He was denied parole and will have his next parole board hearing in 2027. Thank you so much again for all of your help! It is most certainly appreciated.

Sincerely  Rachel Oliver
Donations

Thank You

Thanks to all those who have chosen POMC as their charity of choice. Your donation has helped thousands of surviving family members; stopped the early release of 1,771 convicted murderers; assisted in POMC’s Second Opinion Services; provided the National newsletter, Survivors, to those who cannot afford it and so much more. POMC’s outreach would not be able to exist without your continued support.

In Memory of

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Gregory Allen Barnes</td>
<td>C. B. Amann</td>
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<tr>
<td>Sherry Renee Hunter Barnes</td>
<td>Mr. &amp; Mrs. Jerry Hunter</td>
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<td>Robert Bosley</td>
<td>Henry &amp; Audrey Bosley</td>
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<td>Louarna Gillis</td>
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<td>Deborah Hitt</td>
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<td>Scott Lewis &amp; Janet Marie Bunkers</td>
<td>Jean Lewis</td>
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<td>Amy Kuritar Lohrmann</td>
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<td>Terry &amp; Lee Freeman</td>
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<td>Shannon Marie &amp; Alexandria Jordan Nolan-Bro</td>
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<td>Randall &amp; Anne Springer</td>
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<td>Denise Coleman</td>
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<td>Jason &amp; Walter Sumner</td>
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<td>Joseph &amp; Pat Almazan</td>
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<td>Lisa Marie Weaver</td>
<td>Howard &amp; Ann Klerk</td>
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<td>Marlys Wohlenhaus</td>
<td>Frances Munday</td>
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<td>Cassandra Yeager</td>
<td>Paula Sabo</td>
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Donations

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<td>Melisa Doerr</td>
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<td>Courtney Dunn</td>
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<td>Symone Kisting</td>
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<td>John McDaniel</td>
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<td>Nicole Mister</td>
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<td>David &amp; Linda Rein</td>
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<td>Shelley Family Foundation</td>
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<td>Christopher Thompson</td>
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<tr>
<td>Caitlin Walegir</td>
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In Honor of

Houston & San Antonio POMC Chapters

<table>
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<tr>
<th>Name</th>
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<tr>
<td>Nancy L. Aguilar</td>
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<tr>
<td>Michael Ake</td>
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<td>Rosie Luna Bacio</td>
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<td>Sue Beard</td>
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<td>Songbird Bella</td>
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<td>Emma Blood</td>
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<td>Teresa Lopez Boche</td>
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<td>Jennifer Brown</td>
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<td>Yuvonne Dabeautifulone</td>
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<td>Ervin</td>
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<td>Karren Fleet</td>
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<td>Charlene Marable Fleming</td>
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<td>Sue Foulk</td>
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<td>Barbara Jean Grogan</td>
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Facebook Fundraisers

(individuals who created a fundraiser)

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<tr>
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<tr>
<td>Kent Bass</td>
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<tr>
<td>Shannon Carter</td>
<td></td>
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<tr>
<td>Lauren Cartheuser</td>
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<tr>
<td>CCPOA</td>
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<tr>
<td>Central Ohio Chapter</td>
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<tr>
<td>Alisa Cooper de Uribe</td>
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Deonte Redding & Zachary Blue

Two brothers were shot and killed Saturday morning in a neighborhood just north of Fleishman Park and the Fort Myers Aquatics Center.

Deonte Redding, 33, and his half-brother 22-year-old Zachary Blue were found dead inside a gray car parked at 1702 South Drive, according to the Fort Myers Police Department.

They were ambushed when they went to a friend’s house to gamble. Six witnesses were inside, but the shooters are still at large.

The two people who killed them remain unidentified, but the case was recently transferred to a team of cold case detectives who are breathing new life into the mystery. These men, collectively have more than 120 years of police experience.

If you have any information at all that can help crack the case, call Southwest Florida Crime Stoppers at 1-800-780-8477.

**Facebook Fundraisers**

(Individuals who created a fundraiser)

- George Hall
- Carolee Hildenbrandt
- Tammy Hocker-Camp
- Julia Tinker Johnson
- Sue Inks Krocker
- Maggie Gamard Livingston
- Megan Meyers
- Beckie Miller
- Jackie Porter
- Laura Reinert
- Michelle Yvette Serrano-Calvillo
- Penny Sparling
- Theresa Suppa-Higgs
- Yvonne Washington
- Jan Williams
- Staci Wright-Adams
- Andrea YH
- Chrissy

**PRIMORDIAL LIFE**

A voice gently beckons me; to a place of safety, of warmth, of darkness.

To a place where pain was not felt and tomorrow held no fear.

To a place where I was first conceived, nurtured and even though unknown loved.

A Voice gently becomes me back to my mother’s womb.

By: Sandra J. Lewis (Sister of Scott Jonathan Lewis) Nov. 22, 1980
We want to take this opportunity to thank the following volunteers for the valuable services that they provide to other survivors on behalf of POMC, Inc. If you would like more information about our volunteer opportunities, please contact Sherry Nolan, National Volunteer Coordinator, at: (513) 721-5683 OR snolan@pomc.org

There are hundreds of survivors across the U.S. who volunteer for the National Organization of POMC as Chapter Leaders, Co-Leaders, Contact Persons and State Coordinators. If you are at a point in your life where you are ready to reach out to others who have suffered the loss of a loved one due to violence, please contact me.

The following states need someone to offer support services through phone, email, support group meetings, & court accompaniment, etc.:

- Alabama
- District of Columbia
- Mississippi
- Montana
- Nebraska
- New Mexico
- North Dakota
- Oklahoma
- Rhode Island
- South Dakota
- Utah
- Vermont
- Virginia
- West Virginia
- Wyoming

Thank you to the following Chapters for dedication, compassion and selflessness shown through their continued efforts to provide on-going emotional support to others through phone calls, email, support group meetings, court accompaniment, local events bringing about awareness, education, and advocacy to victims of crime, and remembrance programs for the surviving family members whose loved ones lives were taken from them.

In this 2021 anniversary, POMC acknowledges those Chapters with Articles of Association that were signed between September 1st and December 31st of the year they became a probationary POMC Chapter:

- Greater San Bernardino Area Chapter/CA—4 years
- San Diego Chapter/CA—15 years
- Wichita Kansas Chapter/KS—33 years
- Minnesota Hope Chapter/MN—36 years
- North Bronx/Westchester Chapter/NY—27 years
- Albany, New York (Capital District) Chapter/NY—39 years
- Peninsula South Bay Chapter/CA—40 years
- Houston Chapter/TX—40 years
- Central Arkansas Chapter/AR—31 years
- Tri County Chapter/FL—8 years
- Monterey County Chapter/CA—11 years

**CP/SC/CL UPDATES**

If you have a message of interest, a great fundraising idea, upcoming Chapter events, special awards or recognitions received or ideas that you would like to share with our “POMC family”, please mail them to my attention: Sherry Nolan at National POMC or email them to snolan@pomc.org. The deadline for receipt of the next newsletter articles is January 15, 2022. Please note: due to deadlines or overflow of articles, etc., we may not be able to include all of those received in the next SNL, but may keep them for future newsletters.
Contact Person/Chapter Leaders/State Coordinator Corner

NEW CHAPTERS
Three new Chapters have joined the National POMC family in the past year and a half and have opened their doors to offer support:

The Greater Memphis Chapter of POMC
Chapter Leader: Tim Williams (Spouse)
Arlington, Tennessee
757-618-7648
timwilliams@gmail.com

The Central Philadelphia Chapter of POMC
Chapter Leader: Rev. Leroy West (Parent)
Philadelphia, Pennsylvania
267-586-1778
philapomc@gmail.com

The Southern Arizona Chapter of POMC
Chapter Leader: Sue Dupee (Parent)
Benson, Arizona
520-977-3870
pomcsaz2021@gmail.com

NEW CONTACT PEOPLE
Four new Contact Persons have joined the National POMC family in the past year and a half to offer support:

Cornelius Lewis (Parent)
Merrillville, Indiana
219-616-3357
lewis9573@att.net

Kelcey Stevens (Parent)
Charlotte, North Carolina
631-997-2854
kelcey.stevens@outlook.com

Charisma Pryor (Parent)
Oak Lawn, Illinois
708-480-2705
justiceforraymond@gmail.com

Karen Lynne Duffie (Parent)
Ewa Beach, Hawaii
contactpomchawaii@yahoo.com

We Honor...

We would also like to extend our thanks to the many Contact Persons and State Coordinators throughout the U.S. who also offer valuable services to those survivors in their state who reach out to them for additional support, especially when there is not a POMC Chapter nearby. These volunteers are willing to spend time talking, and especially listening, to others about their loss. Let us recognize all of our volunteers who have offered continuous supportive services to others for many years.

<p>| Patty Walters-CL/Contact Person Since 1998, Kansas | Bernadette Wooten-Contact Person Since 1996, Arkansas |</p>
<table>
<thead>
<tr>
<th>In Loving Memory of Her Son</th>
<th>In Loving Memory of Her Son</th>
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<tbody>
<tr>
<td>Timothy Lee Garsow</td>
<td>Christopher Charles Cigainero</td>
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<td>Age: 20 years</td>
<td>Age: 30 years</td>
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<p>| Hope Cundiff, Contact Person Since 2004, Kentucky | Katylou Rohauer, Contact Person Since 2006, Oregon &amp; Idaho |</p>
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<th>In Loving Memory of Her Granddaughter</th>
<th>In Loving Memory of Her Daughter</th>
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<tr>
<td>Madison Ann Cundiff, Age: 22 months</td>
<td>Lynette Jarvis, Age: 22 years</td>
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ATTENTION:
NEW ONLINE SUPPORT GROUP THROUGH FACEBOOK.

Are you on Facebook? If so make sure to join our Facebook support group which is being used
as a topic forum to talk among one another, share stories of your loved one and lean on one
another for support. You can join the group at www.facebook.com/groups/POMCOFFICIAL

Please note, this is the ONLY official online POMC support group. If you belong to other
groups claiming to be POMC please be aware that they are not affiliated with or representatives
of POMC.

We still have our National page on Facebook as well which is used for updates within the
organization and National Office as well as other important information. Again, this is the
ONLY official page for POMC (besides Chapter pages) so please be aware if you are linked
with other pages claiming to be a POMC Facebook account. You can access our National
Facebook page at www.facebook.com/NationalPOMC.

*REMINDER*
Has something changed? Please, let POMC
know if your name, address, email or phone
number have changed. Call us toll free at (888)
818-7662 or email us at natlpomc@pomc.org

POMC Catalog Available
POMC’s “Journey Through Grief” catalog is available by
contacting POMC at: (513) 721-5683. The catalog can
also be downloaded from our website at: www.pomc.org.
The catalog provides color photos and a listing for all POMC
items: books, bumper stickers, brochures, clothing, magnets,
music, etc.

Information on items for POMC’s National Day of
Remembrance for Murder Victims, special gifts, memorials,
and tributes are also included in the catalog.

Contact POMC today for your free copy.

Did you know Amazon.com is a POMC sponsor?
POMC receives 4-13% depending on item of all
Amazon.com purchases made through the amazon
link on our webpage. The use of this link does not
increase the cost of your purchase.

Our future depends on you!
Please remember the National Organization of Parents Of Murdered Children in your will
and estate planning.
Thank you for keeping us in mind.

Dedication Page Information
Dedication Pages are included in each publication
of the Survivors Newsletters. Not only is this a way
to memorialize our loved ones, it also helps to
defray the cost of publishing the newsletter. We
offer this opportunity to pay tribute with poems,
photos (black and white only), letters/loving
thoughts or special requests.

The prices for dedication pages are as follows:
$35.00 for a quarter page, $65.00 for a half page or
$125.00 for a full page.

Send item and appropriate donation to “Dedication
Page,” POMC, 635 W. 7th Street, Suite 104,
Cincinnati, OH 45203. Please include your name
and daytime phone number in case we have to
contact you for clarification.
Survivors Newsletter Subscription
Please find enclosed $10.00 for my annual subscription (three issues) for the Survivors Newsletter ($25.00 outside the United States). Please consider adding an extra subscription fee to help defray the cost for someone who cannot afford to subscribe.

(Please Print)

Name:_____________________________________
Address:____________________________________
____________________________________________________________________________________
City, State, Zip:______________________________
Email Address:______________________________
Phone number: (___)

Amount enclosed: $_________ for _______ year (s)

Payment method: ___Check    __Visa   __MasterCard    __American Express    __Discover

Card number:_______________________________
Expiration date:_____________________________

Enclosed is an extra $__________  donation for someone in need and is given in:

Memory of:_________________________________
Honor of:___________________________________

All those donating an extra gift ‘in loving memory of’, or ‘in honor of’ will be listed in the next issue of the Survivors newsletter. To have POMC send a letter acknowledging your gift to the family, please provide family’s name, address, city, state, and zip code.

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 104
Cincinnati, Ohio 45203
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