The calendar has flipped to October and the air grows cool and the green trees we have become accustomed to start their journey into hues of orange, red and yellow. Drive or walk down the street and you are surrounded by leaves that resemble snow that crunches underfoot. You can almost smell pumpkin spice, cinnamon and cider in the air.

We all have fall-related memories. First days of school, homecoming, pumpkin carving, leaf pile jumping – if these were the only things that had ever happened in fall, our memories from September thru November would be considered normal.

But for those of us who have experienced the murder of a loved one, it now seems that we will never experience the sights, smells, and feelings of fall in quite the same way as we once did. In the recesses of my mind flow memories of hayrides, Halloween, and apple picking play second string to no goodbyes said to our loved one, red-eyed family members, graveyards, sadness, and longing for what may have been. For us left behind, fall not only brings up memories related to a loss.

Some triggers are painfully obvious and easy to anticipate – like a birthday or a holiday – but some creep up behind you and smack you when you are least expecting it, like going to a Sunday religious service to have someone sit in front of you that has the same defining trait of your loved one; or driving by a young male who has his ball cap on backward while riding a skate board. That surprise grief trigger may leave you with an overwhelming sense of sadness and yearning.

Grief triggers can cause troubled feelings because they open the floodgate of our memories that pop into our head without any effort to recall them. They might hit you out of nowhere as you’re driving down the street, sitting at your desk at work, or while you’re microwaving popcorn. Many of these memories are innocent while others, especially those associated with a murdered loved one, can leave you riding that emotional roller coaster.

Those in the field of grief counseling will tell you these triggered memories aren’t entirely random and don’t actually come out of nowhere; usually a sight, sound, song, smell, word, or another memory triggers them. These memories invoke strong emotion that can cause a memory to imprint firmly and vividly in your mind, and may make you feel like you’ve been hit in the gut. Who of us, as survivors of homicide victims haven’t experienced that kind of gut-wrenching memory that stops us in our tracks?

Memories are where our loved ones continue to live after they’re gone from this earth; this is why we hold onto objects that remind us of them and go to places where they feel near. It may be true, when someone we love is murdered, we are forever at risk of their memory triggering aftershocks of the pain that we fight on a daily basis. But think about this— if we let them, such memories could also fill our hearts with warmth and comfort. Each of us just has to get to the point where our hearts are ready to accept that warmth of a memory. That is the work of being a survivor of a homicide victim. It’s now our life’s work.

Wishing you a fall season of beautiful trees, apple cider and donuts, and a heart filled with warm memories of your loved one.
GRIEF: Coping With Reminders After a Loss
By: Mayo Clinic Staff
Retrieved from Valley of the Sun Chapter’s January 2020 Newsletter

Grief doesn’t magically end at a certain point after a loved one’s death. Reminders often bring back the pain of the loss. Here’s help coping—and healing.

When a loved one dies, you might be faced with grief over your loss again and again—sometimes even years later. Feelings of grief might return on the anniversary of your loved one’s death, birthday or other special days throughout the year.

These feelings, sometimes called anniversary reaction, aren’t necessarily a setback in the grieving process. They’re a reflection that your loved one’s life was important to you.

To continue on the path toward healing, know what to expect—and how to cope with reminders of your loss.

Reminders can be anywhere
Certain reminders of your loved one might be inevitable, especially on holidays, birthdays, anniversaries and other special days that follow your loved one’s death.

Reminders aren’t just tied to the calendar, though. They can (be) tied to sights, sounds and smells — and they can ambush you. You might suddenly be flooded with emotions when you drive by the restaurant your partner loved or when you hear your child’s favorite song. Even memorial celebrations for others can trigger the pain of your own loss.

What to expect when grief returns
Anniversary reactions can last for days at a time or—in more extreme cases—much longer. During an anniversary reaction you might experience sadness, loneliness, anger, anxiety, trouble sleeping, fatigue, pain. Anniversary reactions can also evoke powerful memories of the feelings and events surrounding your loved one’s death. For example, you might remember in great detail where you were and what you were doing when your loved one died.

Tips to cope with reawakened grief
Even after a loss, you might continue to feel sadness when you are confronted with reminders of your loved one’s death. As you continue healing, take steps to cope with reminders of your loss. For example:
• Be prepared. Anniversary reactions are normal. Knowing that you’re likely to experience anniversary reactions can help you understand them and even turn them into opportunities for healing.
• Plan a distraction. Schedule a gathering or a visit with friends or loved ones during times when you are likely to feel alone or be reminded of your loved one’s death.
• Reminisce about your relationship. Focus on the good things about your relationship with your loved one and the time you had together, rather than the loss. Write a letter or a note about some of your good memories. You can add to this note anytime.
• Start a new tradition. Make a donation to a charitable organization in your loved one’s name on birthdays or holidays or plant a tree in honor of your loved one.
• Connect with others. Draw friends and loved ones close to you, including people who were special to your loved one. Find someone who’ll encourage you to talk about your loss. Stay connected to your usual support systems, such as spiritual leaders and social groups. Consider joining a bereavement support group.
• Allow yourself to feel a range of emotions. It’s okay to be sad and feel a sense of loss, but also allow yourself to experience joy and happiness. As you celebrate special times, you might find yourself both laughing and crying.

When grief becomes overly intense
There is no time limit for grief, and anniversary reactions can leave you reeling. Still, the intensity of grief tends to lessen with time. If your grief gets worse over time instead of better or interferes with your ability to function in daily life, consult a grief counselor or other mental health provider. Unresolved or complicated grief can lead to depression and other mental health problems. With professional help, however, you can re-establish a sense of control and direction in your life—and return to the path towards healing.
WHAT ARE GRIEF DREAMS?
Written by: Kevyn Burger, Next Avenue
June 10, 2020

In the middle of the afternoon, Dan Callahan flopped on the couch for a nap. Roused briefly by his daughter, he rolled over to resume his snooze. That’s when his wife Brenda walked in. The same Brenda who had died suddenly two months earlier at age 59. “It wasn’t a dream; I know what a dream is. This was a … visitation. She was there,” insisted Callahan. “She was dressed for work, wearing her blue skirt. She sat down beside me and I felt her weight. The Dan of the dream knew she was dead. I said, “How is this possible?’ She gave me a peck kisses and said, “Don’t worry about it. It’s okay, I’m okay, you’re okay. Let it be. Just go with it.”

At the time of the dream, Callahan, who lives in the Twin Cities, described himself as “disoriented” by the loss of his wife of 38 years. The Callahan’s met the summer after high school when they worked at Valleyfair, a local amusement park, and had been together ever since. With their four children raised, the couple had begun to contemplate their post-work options. But on a January morning, Brenda felt out of breath on her way to work. She drove herself to a hospital where she suffered a massive heart attack and could not be revived. “It’s been traumatic to lose the person you were so happy with for so long,” Callahan said. “She died before I got the chance to say goodbye. Seeing her filled me with joy and calmness.”

Unique Characteristics of Grief Dreams
What Callahan experienced, termed a “grief dream” by psychologists and social scientists who study them, is a fairly common occurrence. In the midst of the current global pandemic, dreams of those who have died may become more common as thousands of people come to terms with the loss of a loved one. And while most such dreams bring comfort, not all of the dreams of the dead console the dreamer.

“Grief dreams have unique characteristics. They’re vivid; they don’t fade by the time you wake up. Forty years later, people can still describe them in detail,” said Joshua Black, of Ontario, Canada, whose research prompted him to create the GriefDreams website and a weekly podcast, with 155 episodes (and counting) that include interviews with people who dreamed of dead parents, spouses, siblings, children, grandparents, even dreamers who suffered prenatal and pet loss.

“I see these dreams as playing an important role in how we survive as humans,” he said. “They help at the time of greatest stress.”

Grief Dreams of His Father
While earning his master’s and doctorate in psychology at Brock University in Ontario, Black contributed significantly to the limited research on grief dreams. He conducted a half-dozen studies on the phenomenon, the co-authored articles published in academic journals. One of his studies concluded that grief dreams are quite common, especially about bereaved husbands and wives.

“Our survey on spousal loss surprised us. Within two years, eighty-six percent had a dream of their deceased spouse or romantic partner and ninety-two percent considered them positive,” he said. “If the deceased had been sick in life, they look healthy in the dream. Often, the spouse returns with advise or to help with parenting. There are sexual encounters. Some spouses appear in dreams to give their approval to a new relationship.”

Black’s research was inspired by his own grief dream, which he called life-changing.

“After my father died, I went through a rough phase. It was like the color went out of my life. I was going through the motions,” he said. “Then I had a dream that my father was in my room. He’d had a lot of issues in life but he never looked better. There was a lightness to him. I told him, ‘I miss you, I love you.’ I hugged him. When I woke up, the darkness I had carried was gone. That dream gave me what I had been longing for.”

The Pandemic Pierces the Dream World
The current pandemic-induced bottleneck at hospitals interfered with Britt Louie’s ability to be with her dying husband Fred. Diagnosed with an advanced form of cancer, Fred had brain surgery on March 31 and survived for a week following the operation. Because of visitor restrictions at the hospital in Glens Falls, N.Y., Britt saw him only once.

“He told me, even if I die, I won’t leave you,” she recalled. Six weeks after her husband’s death, during a week she described as “really rough,” Louie had three dreams about him in three subsequent nights.

Continued on page 6
A Message from the Board Room

With POMC National Board of Trustees
President
Howard S. Klerk, Jr.

Hi,

The Seasons are passing but the COVID-19 pandemic continues. Because of the pandemic, as you can imagine our meetings were canceled because of travel, hotel, restaurant, and gathering restrictions, most of which still exist. Our 34th Annual Conference was a virtual affair and various committee meetings were Zoom type meetings. With the possible release of a COVID vaccine in the very near future, it is our hope that things will change very soon. The upcoming November meeting will also be a Zoom meeting.

When our Lisa was murdered on Christmas Eve 1987 the lives of all our family members were changed forever. Within a week we received a phone call from a member of the local POMC Chapter. We took their contact information and thanked them for calling.

In early April 1988 we attended our first POMC meeting: we were welcomed and entered a room full of people, a number of whom we had already heard about. As time went on we got more involved and became part of the Speaker’s Bureau, Candlelight Processions, court accompaniment, newsletter editors, Chapter Co-leader, Chapter Board of Director (BOD), became part of the Blue Ribbon Panel and Transition Team for the newly elected District Attorney (DA), taught POMC Effective Leadership Training, helped the DA’s office form its Victim Advocate Bureau, and was elected to the POMC National Board of Trustees. Effective when Nancy Ruhe retired I became the Interim Executive Director; and again when Dan Levey resigned.

Over thirty years have passed since that first POMC meeting. Ann and I have gone from a first time attendee to the POMC National President. As I look back I am proud of what I have accomplished, and love the many people who have become part of my life. POMC has become my extended family and a major part of our lives.

Unfortunately, it has become time to say goodbye. My tenure as POMC National Board of Trustee President will end at New Years Eve. Two weeks after that I will become 85 years old. It is time to turn over the POMC leadership to others.

I wish to thank the POMC National staff for all they have done over the years, and continue to do every day. We are so fortunate to have such wonderful people who work so hard for our Survivors.

The members of the POMC National Board of Trustees donate their own time and expenses to travel to the meetings and the National POMC Conference, in addition to their committee work to help keep POMC operational. They have earned my deepest gratitude for their devotion.

Thank you also to the Chapter Officers and general membership for all you do.

Together we have made POMC a great organization, and will continue to honor the memories of our loved ones taken so violently from us.

A few years ago the conference theme was: “As long as I breathe I will remember you.” I would like to repeat the addition made at the conference. “As long as I breathe I will remember you; when I stop breathing I will join you.”

Lisa, we love you.

Love to all,

Howard S. Klerk Jr.
President POMC National Board of Trustees
A Message from the Executive Director

With Bev Warnock

Hello,

I hope that everyone is still staying safe and healthy during this still challenging COVID-19 times. Who would have ever thought that it would last this long and continue to get worse. I’m sure that it is a struggle to survive the isolation and loneliness that is brought on when you can’t get out to support groups and just see friends and family and give hugs and get hugs like we were used to before the COVID-19 challenge.

Because we had to cancel our live Conference we had a Virtual Conference on July 25th that went extremely well thanks to the Conference Committee: Ashley Hill, Marie Belmontez, Connie Holbrook Sheely, Sherry Nolan, Beckie Miller, Carol Leonhardt, Faye Jenkins, Glen Williams, and me. that spent hours working on planning and coordinating this day. We received many comments from the attendees that it was very comforting to them. We tried to help everyone log in but unfortunately there were a few that couldn’t and we apologize for that. The virtual conference was a mini version of our live conference with Paul Paulsen as our MC who does a wonderful job. We started with an opening ceremony where Faye and Roy Jenkins shared their story of the murder of their beautiful daughter Quiana and her husband Janek who had only been married for a few short months when they were murdered. We had Holly Pitarago, a very talented and beautiful vocalist share her voice singing “There You’ll Be” to end our opening ceremony. We had 3 workshops after that with a 15 minute break in between each workshop with different events from past conferences to give new attendees a small version of what our live conference was like. I would also like to thank our workshop presenters Peg Kerouac and Carrie Freitag, Bill Jenkins and Shannon Prewitt who gave their time and expertise in sharing their hour long workshop presentations. After their workshops we ended with our Closing Ceremony sharing the memorial video of attendees loved ones pictures like we do on Friday night at our live conference. Sr. Rosemary gave a very uplifting, hopeful closing speech and we thank her for her dedication to POMC and always being available to help us out along with Peg, Carrie, Bill and Shannon. It couldn’t have happened without your help.

I also want to mention a big thank you to all of our Chapters who are doing Zoom meetings at this time. In the beginning we thought it would only last a short time and Chapters would be back to normal but since that is not happening it has been wonderful that people have stepped out of their comfort zone and ventured into the new future, the virtual computer world. Many people have gotten the support that they needed because of the Chapters that have started Zoom meetings and it is really neat when someone on the West Coast can join a Zoom support group meeting on the other side of the U.S. That’s what POMC is all about giving support to any survivor of a homicide, anyway we can, so thank you for that.

We have also decided to cancel our ELT training that we had scheduled in November because of the COVID-19, but it will not jeopardize any of the Chapters status.

Stay safe and healthy! Let’s hope the COVID-19 ends soon.

Love Bev
Continued from page 3

“In the first, Fred didn’t say anything, but I told him how much I miss him. He wrapped me in his arms, put his head on my shoulder and we cried together,” she said. “In the second, he was sitting in my car and gestured me over, then he kissed me so tenderly. The third night, my phone rang and it was him. He said, ‘Hey babe. I love you and goodbye.’ He hung up and in the dream I knew he was dead.”

Britt Louie is still trying to make sense of her experience.

Author TJ Wray predicts the COVID-19 era will produce many dreams that are far less comforting than Louie’s.

“It’s too soon in the pandemic to have the date, but I’m assuming that those who lose someone to COVID-19 may experience trauma dreams caused by the scenario of that loved one dying alone and frightened. It’s all in place right now,” says Wray, the author of Grief Dreams: How they Help Us Heal After the Death of a Loved One.

Wray didn’t set out to study dreams. The death of her 43-year-old brother prompted her to write Surviving the Death of a Sibling, a book aimed at others suffering the same wrenching loss. When many of the bereaved brothers and sisters she interviewed mentioned grief dreams, she got curious and that became the basis of her next book.

Wray learned that a small percentage of grief dreams are what she identifies as trauma dreams.

“Trauma dreams are the most challenging, the ones when someone wakes up in a cold sweat, screaming. They happen when a loved one died in a shocking or gruesome way; they were murdered or died in a horrible accident, or if the person witnessed the death or found the body,” she said.

Wray manages a Facebook group for grieving adult siblings and said that she is hearing from siblings who suffered traumatic loss and are now “retriggered” by the pandemic.

“There’s a resurgence of trauma dreams from previous grief experiences they thought they dealt with. We see siblings who are ten years out now re-traumatized by this scenario of mass death,” she said. “They haven’t lost anyone to the virus. Just watching their newsfeed and seeing images of people on ventilators can do it.”

Black anticipates the dreams of the pandemic will ultimately be a rich source of research for academics and analysts. He has already begun to collect stories.

“I’m hearing from people who have worked through their initial grief. They are experiencing their loved one coming back to try to reduce their fears and help them regulate their emotions,” he said. “People wake up after these dreams and say they feel less anxiety.”

**Pop Culture and Dreams**

Grief dreams show up in pop culture. Paul McCartney credited a reassuring dream of his “mum,” who died when he was 14, as his inspiration for “Let it Be.” Grief dreams have become plot points in scores of television shows and movies, from Game of Thrones to Braveheart.

In the last scene of Titanic, the aging Rose sees her young lover in a dream, their reunion echoed in the opening lyrics of the movie’s power ballad theme, “My Heart Will Go On.” (“Every night in my dreams/I see you, I feel you.”)

Dreams have even shaped history according to Wray, whose day job is as a professor of theology and religious studies at Salve Regina University in Newport, R.I.

“In the world of Biblical antiquity, dreams were considered truthful representations of what God wants. There are many major events in history that happened because someone had a dream,” she said. “With grief dreams today, some people believe their loved one is in a spiritual form and is able to cross over or communicate with them in a unique way from heaven. If that is their perception, I affirm it. No one knows if that is true.”

**‘Maybe Love Can Bridge the Divide’**

Callahan, who describes himself as “the most skeptical man you’ll ever meet,” finds his grief dream inconsistent with his beliefs.

“I’m an atheist. I don’t believe that we go to a better place. For me, this is your only shot and when you die, you’re alive only in the memories of others,” he said. “Maybe love can bridge the divide. Maybe a portal opens when you sleep and there’s communication we don’t understand.”

His dream of his wife has stayed with him.

“I am desperate for Brenda to come back. I lie on the couch at the same time to try to get it to happen again,” he said. “Even if it doesn’t, though, I had this. Maybe I don’t have to understand it to be reassured by it. I have to remember her words and just go with it.”

Written by: Kevyn Burger
The first step in lockdowns should be to move away from the danger. Secure kids in lockdown.

The second step would be to move to a secure location i.e., cafeteria.

Third step is to move again if you have good info. Lockdown does not mean “hunker down and die.”

For every 35 deaths in schools today, there are over 230,000 serious injuries not added in to the toll. Remember that zero lives have been lost to fires in schools and that is largely because of our fire drills and the continual practice of relocating the children to safety. Lt. Col. Grossman believes every school in America needs to practice lockdown drills. And each school should have a strict dress code. Gang pants for instance, the baggy — full of pockets — hang down off your behind kind — are nothing but a utility to carry weapons in those who are violent.

The rest of his seminar focused on the reasons we have more violence in our children today and why mass murders perpetrated by youths are happening at such a horrific increase in our society. Violence on television and in video games has been proven to be the main cause of the increase in youth violence. Before the age of 7 – 9 children have trouble telling the difference between reality and fantasy. Television shows are so incredibly realistic with the technology available today. Under these ages, children should never be exposed to violence. Many of the violent video games today are a similar form to the “reality simulated” versions used to train soldiers to kill in combat. And they are necessary for training in combat because most soldiers find it difficult to kill but in war they must. Grossman says for children though, “Violence on television and in video games is the equivalent of the addiction of nicotine in adults.”

The American Medical Association claims that the introduction of television has caused a subsequent spike in youth murders every fifteen years. Why fifteen year increments: because of the young children watching violence on television before the age when they can distinguish between fantasy and reality, and those youngsters become teenagers about every fifteen years if viewing it at 2 or 3 years of age. The American Pediatric Association has also concluded that even non-violent shows for children, such as Barney and Blue’s Clues should be limited to children under the age of 7 – 9 to only 30 minutes a day. They have shown in brain scans of small children irrevocable proof of the damage that viewing it does and then what media violence at too young an age does to our kid’s brains. It has reduced cognitive brain function. The brain scans of normal kids after exposure to violent TV, movies and video games looked the same as the brain scans of children with documented, diagnosed Aggressive Brain Disorder. If you would like to see the Continued on page 9
NEW ITEMS TO BE ADDED TO THE POMC CATALOG

Thanks to a generous donation we have many new items available for purchase. Below is a sampling. These items, plus others, will be added to the POMC Catalog. http://www.pomc.org/pomc_catalog.pdf

If interested in any item or for more information contact Sandy Barlion @ sbarlion@pomc.org.

COST DOES NOT INCLUDE SHIPPING AND HANDLING

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Other items available but not pictured are: Bracelets “Love” & Heart &“Always Brave”, Necklace & Earring Fur Ball—assorted colors, Necklace My Milagros - Fish & Hand, Pins Ron Weasley & Champagne Bottle, Wooden Plaques “If You’re Handed it, You can Handle it” 23.5” x2” & ‘Love the Lord Like No Other and Everybody Else a Real Close Second” 15” x 6” & “Rules of Relaxations: slow down…..” 15.5” x 9”, Rainbow Lightning Cosmetic Bag, Guest Books –8 different types, Glass Paperweight “In Dreams and in Love there are no impossibilities. Jane Arany” 4” x 2.5” oval, Inspirational Stone “Do good. Bring Friends.” 2” oval, Notebook “Dream. Try. Do. Repeat.” 5” x 3” & Book “At the Heart of Christmas” by Jill Monroe. Contact Sandy for additional information. (price/picture)

75% Off Retail Price
COMBATING YOUTH VIOLENCE
(Stop Teaching our Kids to Kill)
Written by: Beckie A. Miller

Continued from page 7

brain scans and results visit www.sosparents.org for more info. It will stun you.

For those of us who worry about violent music, though the lesser of the evils, violent music and especially when linked to music videos, reinforces and affirms existing behaviors. As an example that Lt. Col. Grossman used, listening to Christian music won’t make you more religious, but it reinforces your beliefs.

The American Medical Association and the American Pediatric Association all agree and their best interests are in the safety and health of ourselves and especially our most precious children. No violence on television and in video games for our children is best period. No television viewing past 30 minutes (even the good educational television and it is not good for their brain function) for children under the ages of 7–9 (usually third graders begin to know the difference between fantasy and reality.) As parents we often use the television for keeping the kids entertained so we can cook and clean or have a break, I know I did. But for our very young kids this is not good for more than 30 minutes at a time even with non-violent shows. We need to stop relying so much on television and go back to playpens or other things to keep kids entertained while we are busy.

We need to change our attitudes about what the violent exposure of media is doing to our kids. Your child may be okay down the road, but the child sitting next to him may not be okay and may very well be violent. Maybe it is simply too risky. The prestigious Waldorf Schools suggest keeping kids media free until third grade.

Lt. Col. Grossman also gave us a profile of school killers.
1. They all had guns and or easy access to guns.
2. They all had a grievance of some sort, real or perceived injustice, and often it involves being bullied. (Schools and parents need to stop bullying)
3. They all had persistent themes of violence in their writings, communications and artwork.
4. They all had infatuation with media violence.
   No school killers were in school sports, or boy scouts, ROTC or church activities for kids. Are not willing to attend any adult led discipline activities.

I left this seminar feeling two things, one appalled that we don’t all know more of this information, though I have read a little bit about it in the media and two that we can change this: We can combat and prevent much of youth violence by simply realizing the reality of what media violence is doing to our children.

For more information you can go to www.killology.com (870-931-5172).

SAVE THE DATE
2021 POMC NATIONAL CONFERENCE

The POMC National Conference Committee members are excited to invite you to join us for the 2021 National POMC Conference in Scottsdale, Arizona!

WHAT: 35th Annual POMC National Conference
WHEN: July 15—18, 2021
WHERE: The Scott Resort & Spa
   4925 N Scottsdale Rd
   Scottsdale, AZ 95251
   (877) 800-4888 (reservation)

For more information, contact pomconference@gmail.com or call (513) 721-5683
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 33 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.

Donations to Maintain the Beauty of the Murder Wall...Honoring Their Memories

Thank you for your donation to maintain the Murder Wall:

- Sandry Bowers
  In memory of Kevin Manning & Johnel Bowers

- Denise Coleman
  In memory of Timothy Staunton

- Howard & Ann Klerk
  In memory of Lisa Marie Weaver

- Carol Leonhardt
  In memory of Janet Leonhardt

- LC & Sherry Nolan
  in memory of Shannon Marie & Alexandra Jordan Nolan-Broe

- Joan Roback
  In memory of Jim Roback
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 30, 2020. 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth 1</th>
<th>Date of Death 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blake Mathew Thorvaldsen</td>
<td>7/1/86 - 3/3/17</td>
<td></td>
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<tr>
<td>Riley Carl Howell</td>
<td>12/13/17 - 4/30/19</td>
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<tr>
<td>James Chevedden</td>
<td>5/19/48 - 5/19/04</td>
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<tr>
<td>Devan Chanel Schmidt</td>
<td>8/19/85 - 5/2/15</td>
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<tr>
<td>Steven Wayne Saucier</td>
<td>7/16/63 - 12/8/19</td>
<td></td>
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<tr>
<td>Nathaniel Ryan Barrington Butts</td>
<td>8/10/79—9/13/86</td>
<td></td>
</tr>
</tbody>
</table>

Loved ones name ____________________________________________________________

Date of Birth ____________________________ Date of Death ____________________________

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 _______

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.
Parole Block™ is a program of the National Organization of Parents Of Murdered Children, Inc.

Parole Block Program

With Bev Warnock

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

1717

Support for the Parole Block Program

In memory of:

- Janet Leonhardt from Carol Leonhardt
- Shannon M & Alexandra J Nolan-Broe from LC & Sherry Nolan
- Kevin Manning & Johnel Bowers from Sandry Bowers
- Timothy Staunton from Denise Coleman
- Lisa Marie Weaver from Howard & Ann Klerk

Hearing Results:

Denied Petitions:
Jeffrey Brian Coffey
Muriel Whiteman

Michael Hathaway
John Salyers Jr
Jose Alvarez, Charles Finley
Melissa Grasa Ronald Brook

Released from Prison:
Bret Alan Arbuckle

Letters from The Parole Block Program

Hello Bev,

Wanted to let you know that the man who murdered my 17-year-old daughter, Angela Lyn Fortner, in 1989, was released from prison and is apparently living with his parents in Fair Play, MO. He was convicted of Second Degree Murder (life), plus 30 years for Armed Criminal Action.

He was released August 21, 2020, and is now free to roam the streets and do pretty much what he wants to do. As far as I can tell at this point, about the only restriction on him is no contact with me, Sonja and Heather (the other two girls Arbuckle threatened at the site of Angie's murder) and our families.

So much I could say about the release, but the decision was taken out of my hands this time because the Parole Board used risk management tools to reach the decision to release him and there was really nothing we could do to stop the release.

We are discovering that victims essentially have very few rights once the prisoner is released on parole. Apparently, there is very little information they will release on the parolee to the victim. They are supposed to have a home plan and a job but seems there is little the PO will do if the offender doesn't follow through on what is expected of them.

A heartfelt thank you to POMC and everyone who helped keep Arbuckle incarcerated as long as we did. We knew we could always count on POMC to get out petitions in opposition to releasing Angie’s murderer, and we deeply appreciated all the love and compassion from those willing to help.

Bev, a special thank you to you for all the times you helped me navigate the system and personally checked on me to make sure everything was in order. Victims are your #1 priority, and we are blessed to have someone that truly cares about us when we don't know where to turn. Thank you, my friend. May God bless you.

Shirley Fortner Hollingsworth
**PAROLE HEARINGS TO BE HELD**

**Hearing Date: March 2021**

**Andrew McManus**  
ID#: A457040

Jarrod Chrisman (23) had befriended Andy McManis (46) in his apartment complex, only to find out the man was sexually abusing children. Jarrod reported McManis to the local police department in April 2002. McManis was kicked out of the apartment complex. 13 months go by, local police department had told Jarrod that they didn’t have the time to research what Jarrod reported. They were short of manpower. On May 6, 2003, McManis went to Jarrod’s apartment and when Jarrod opened the door, McManis shot Jarrod one time. Jarrod was able to deadbolt the door and he made it 13 feet. He was headed to the phone, when he collapsed. The bullet went in the front right side of his chest, came out the left back. It went thru his lungs and aorta. McManis was convicted of murder and was sentenced to 15 years to life and 3 years for the gun. He will have only served 18 years when he is considered for parole.

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

*To protest, please write to:*
Ohio Parole Board,  
4545 Fisher Rd. Suite D,  
Columbus, OH 43228

---

**Hearing Date: November 2020**

**Joseph Lee Daily**  
ID#: K06244

On May 5, 1995, Joseph Daily brutally beat to near death his own son, Tristan Thomas Daily, seven (7) weeks old. Little Tristan died a very slow and horrific death as the result of head trauma, when his father repeatedly slammed his head against the wall. He then deserted Tristan as he lay mortally wounded on the floor. A neighbor called 911 and when paramedics arrived they had to attempt to locate Joseph Daily who had wondered off. According to medical staff at Children’s Hospital in San Diego, CA, the blows sustained by Tristan were equivalent to a fall from at least a three-story building. The baby’s injuries consisted of multiple fractures; to include the skull, with severe head trauma and brain damage. Tristan remained in the hospital for five (5) days until he succumbed from his injuries on May 9, 1995.

This murderer was convicted of Second Degree Murder and Felony Assault Against a Child, and was sentenced to 15 Years To Life. It was only during his first Parole Hearing in 2007, that this convicted murderer admitted to being responsible for the death of his infant son; that Tristan was being “punished” for wetting on him during a diaper change.

*To protest, please write to:*
California State Prison – Solano  
Attn: Classification & Parole Representative  
PO Box 4000  
Vacaville, CA 95696-4000

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**Hearing Date: November 2020**

**Joshua L. Smith**  
ID#: A527017

On New Years Eve, 2006 Michelle Morrison was dropped off at a bar by her boyfriend and found that morning murdered by Joshua L. Smith and left in a vacant house that was owned by Smith. She was last seen leaving the bar with Smith. He then called the police and said he witnessed a murder. Michelle had visible signs of head trauma and Smith changed his story many times blaming the murder on someone else.

Smith was convicted of murder and was sentenced to 15 years to life. He will have almost served 15 years when he is considered for parole.

*To protest, please write to:*
Ohio Parole Board  
4545 Fisher Rd. Suite D  
Columbus, OH 43228

---

**POMC VOLUNTEER OPPORTUNITY**

Do you have an hour or two each month to spare? We are looking for 2-3 kind, compassionate and caring people who would like to become part of our Anniversary Card Writing team. POMC National office sends out over 7000 anniversary cards a year and we could use your help. Contact Sandy for more information at: sbarlion@pomc.org, (513) 721-5683 office, or (888) 818-7662 toll free.
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 1,717 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.

<table>
<thead>
<tr>
<th>In Memory of</th>
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<tbody>
<tr>
<td>Daniel Angel Arviso</td>
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<tr>
<td>from Donna Narez</td>
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<tr>
<td>Ryan Michael Bonner</td>
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<tr>
<td>from Colleen Vaughn</td>
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<tr>
<td>Robert Bosley</td>
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<tr>
<td>from Harry &amp; Audrey Bosley</td>
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<td>Mark Buice</td>
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<td>from Thomas Clayton</td>
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<td>Barbara Ann Byer</td>
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<td>from Nancy &amp; Michael Byer</td>
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<td>Magdalena &amp; Rebecca Cantù</td>
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<td>from Maria Andrade</td>
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<td>Anthony Charles</td>
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<td>from Marianne Petit</td>
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<td>Dwayne Chubb</td>
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<td>from Dorothy &amp; Albert Chubb</td>
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<td>Courtney Megan Coco</td>
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<td>from Stephanie Belgard</td>
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<td>Philip George Cousins</td>
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<td>from Ruth Allen</td>
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<td>Treven, Mindy &amp; Jacob</td>
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<td>from Arthur Jette &amp; Deb Cunningham</td>
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<td>Ochari D’Aiello</td>
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<td>from Charon &amp; David Sandoval</td>
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<td>James Didlick</td>
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<td>from Julie Didlick</td>
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<td>Dino Dizdarevic</td>
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<td>from Jadranka &amp; Zlatko Dizdarevic</td>
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<td>Deborah Dorian</td>
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<td>from Sara Loven</td>
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<td>John Drees</td>
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<td>from Sue Drees</td>
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<td>Nigel Ellison</td>
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<td>from Rachel Smith</td>
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<td>Michael Garcia Jr</td>
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<td>from Geraldine M Ruiz Green</td>
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<td>Kyle &amp; Emily Gerhart</td>
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<td>from David Gerhart</td>
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<td>Michael Gravelle</td>
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<td>from Robert &amp; Judith Gravelle</td>
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<td>Greater Orange County Chapter</td>
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<td>from Debra Hernandez</td>
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<td>Heidi Green</td>
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<td>from Carrie &amp; Brian Davis</td>
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<td>Ryan Charles Hargens</td>
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<td>from Loryn Lancaster</td>
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<td>Jenise Christine Landolfa</td>
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<td>from Deborah Landolfa</td>
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<td>Howard Levey</td>
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<td>from Dan Levey</td>
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<td>Scott Lewis &amp; Janet Bunkers</td>
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<td>from Jean Lewis</td>
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<td>Janet Leonhardt</td>
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<td>from Carol Leonhardt</td>
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<td>Mark Maddox</td>
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<td>from Billy &amp; Monika Maddox</td>
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<td>In Memory of</td>
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<tr>
<td>Marley</td>
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<td>from David &amp; Linda Rein</td>
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<td>Jonathan Marquez-Dizon</td>
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<td>from Debra Dizon-Hernandez</td>
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<td>Anthony Ray Maynez</td>
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<td>from Catherine Famlathie</td>
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<td>from Jeanne Mays</td>
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<td>Charles McCrary III</td>
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<td>from Doris McCrary</td>
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<td>from Billie McKinney</td>
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<td>Brian Ray Miller</td>
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<td>from Becky &amp; Don Miller</td>
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<td>Jason Aaron Moland</td>
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<td>from Kathleen DuBose</td>
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<td>Travis Monroe</td>
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<td>from Chrisiti Berry</td>
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<td>Morris Family</td>
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<td>from Patricia Elmore</td>
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<td>Peter Dodd Nichols</td>
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<td>from Lee &amp; Terry Freeman</td>
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<td>William Nicola</td>
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<td>from Mary Farrar</td>
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<td>Danielle Marie Noiles</td>
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<tr>
<td>from Leonard &amp; Yvonne Noiles</td>
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<td>Shannon Marie &amp; Alexandra Jordan Nolan–Broe</td>
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<tr>
<td>from LC &amp; Sherry Nolan</td>
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<td>Adrian William Parlette</td>
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<tr>
<td>from Cindy Viles</td>
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<td>Michael Anthony Perez</td>
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<tr>
<td>from Rachel Perez</td>
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</tbody>
</table>
In Memory of

Quiana Jenkins &
Sgt Jan Pietrzak
from Faye & Roy Jenkins

David Pottinger
from Carolee Hildenbrandt & Sally Fisk

Ally Raber
from Tiffany Starrett

Becky Reed
from James & Ann Reed

Eric Maurice Reed
from Barbara Blake

Chester Reeder III
from Deborah Reeder

Jim Roback
from Joan Roback

Linda Salee, Linda Slawson,
Karen Sprinker, & Jan Whitney
From Jenni Day

Stephen Michael Sanchez
from Claudine Sanchez Parrott

Kurt Schaefer
from Peter & Margaret Schaefer

Andrew Louis Shepard
from Merle & Monica Shepard

Julian Michael Smith Jr.
from Susan McGhee

Teresa Soto-Del Rio
from Anna Del Rio

Timothy Staunton
from Denise Coleman

Tina Sutton
from Herta & Thomas Sutton

Blake Thorvaldsen
from Paul & Cathy Thorvaldsen

Marilyn Walters
from Christina Hainley

Liza Ellen Warner
from Martha Lasher-Warner

Lisa Marie Weaver
from Howard & Ann Klerk

Ruth Widmer
from Alice Schroth

Facebook Fundraisers
(individuals who created a fundraiser)

Azarine Alderson
Priscilla Marie Altamirano
Kathi Bossi Stokes
Shari Burris
Cami Carr
Misty Collins
Art Jette & Deb Cunningham
Sonja Davis-Konkle
Terry Deselle
Dawnette Garcia-Dirkschinder
Lois Hackbarth
Erica Garcia-Herter
Tondra Gaspard
Erica Green
Sandy Gregg
Barbara Jean Grogan
Matthew Holt
Niki Incorvia
Debbie Kent-Harrison
Rose M. Kelly
Nikki Knight
Crystal MacLarren
Gina Maess-King
Thom Morrison
Denise McCune Moskowitz
Sandy Navarro
Laura Nolan
Wendy Polk
Kimberly Rose
Kathy Schofield Hernandez
Serrano Family
Sharon Shepard
Patricia Tanner
Donna Vasapolli
Denise Waters

Donations

Leslie Boone
Holly Brians Ragusa
Carol Day
Mr. & Mrs. Jeff Killam
Ms. Hoe Ling
Mr. Yichi Liu
Holly L’Oiseau
Francine Masterson
David & Linda Rein
Lucy Berryman
Kenon Crumble
Jessica Currie
Kimberly Deems
Sean Eddy
Dustin Faith
Tummona Fisher
Sarah Furman
Carole-Anne Griggs
Kimberly Henderson
Sheryl Johnson
Leora Joyce
Michael Daniel Lombard
Sandra Martti
Talia Ni Defauq
Aleczia Pabon
Brian Pifer
Justin Price
Domiga Rayo
T M Rister
Christine Rivas
Chelli Robinson
Amy Sax
Christine Stout-Smuck
Anne Thomson
J A Trujillo
Sheila Walker
Ericka Wilson
Virginia Winston
Melinda Worthy

In Honor of

Martinez Family
from Jennifer Cave-Brown

2020 Virtual Conference Volunteers
from Deborah & Michael Scott
& Lani Schneider

A BIG thank you to Matt and Naomi Spence and the Texas Wake N Scrape Custom Car, Truck, Bike & Big Rig show’s supporters & contributors. The Wake N Scrape event is held in Huntsville, Texas the second weekend of August. The event is hosted by Mad Gear Hot Rod Apparel and proceeds benefit POMC.

We thank you for your generosity, kindness and compassion so that we can continue working for the families and friends of those who have died by violence.
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
Hawaii
Mississippi
Montana
Nebraska
New Jersey
North Dakota
Oklahoma
Rhode Island
Utah
Vermont
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 2020 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-Riverside Area Chapter/ CA - 3 years
- San Diego Chapter/ CA - 14 years
- Wichita Kansas Chapter/ KS - 32 years
- Minnesota Hope Chapter/ MN - 35 years
- North Bronx - Westchester/ NY - 26 years
- Albany (Capitol District)/ NY - 38 years
- Peninsula -- South Bay Chapter/ CA - 39 years
  - Houston Chapter/ TX - 39 years
- Central Arkansas Chapter/ AR - 30 years
- Tri County Chapter/ FL - 7 years
- Monterey County Chapter/ CA - 10 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 13, 2021. 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.
Volunteers are essential in fulfilling our mission!

Nothing teaches hope, kindness, courage, and compassion like helping others.

Volunteers do not necessarily have the time...they just have the heart.

Volunteers are not paid... not because they are worthless, but because they are priceless!

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 some of our Contact Persons who have offered continuous supportive services to others for more than 11 years.

We Honor...

Victoria Johnson - Contact Person since 2004, CA  
In Loving Memory of Her Son

Susie & Rodney Chrisman - Contact Persons Since 2008, OH  
In Loving Memory of Their Son

Todd Alexander Rudiger  
Age: 29 Years

Dale Grgurich - Contact Person Since 2007, VA  
In Loving Memory of His Son

Jarrod Alan Chrisman  
Age: 23 Years

Steve Roberts - Contact Person since 2009, TX  
In Loving Memory of His Daughter

Brian Daniel Grgurich  
Age: 17 Years

Kelsey Marie Roberts  
Age: 11 Years
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.

When you ask to join the group, be sure to answer the three questions, including the one asking if you agree to the rules. This is done for the protection and privacy of everyone in this group.

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.

*REMEMBER* 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.

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.

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.
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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