



Parents Of Murdered Children, Inc.

VALLEY OF THE SUN CHAPTER

“For the Families & Friends of those who have died by violence”

19620 North 38th Avenue, Glendale AZ 85308-2215

Chapter Phone: (602) 254-8818 Chapter E-mail: beckierose@aol.com

* National Organization of Parents Of Murdered Children, Inc. (POMC)

635 West 7th Street, Ste 104, Cincinnati OH 45203 (513) 721-5683 Fax: (513) 345-4489

Toll Free Number (888) 818-7662

<http://www.pomc.com/phoenix/index.html>

<https://www.facebook.com/pages/POMC-Valley-of-the-Sun/>

Volume 29 No. 10 October 2020

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MONTHLY SUPPORT MEETING LOCATIONS

4th Tuesday - Grief Support Meetings

Be sure to note meeting start times

NOTE: Our Virtual Meeting will be held on

Tuesday, October 13 7:00 PM

(the 2nd Tuesday)

--Please email beckierose@aol.com for the link to join --

◀WEST VALLEY MEETING▶

Tuesday, October 27 7:00 PM

Palm Valley Church

431 West Litchfield Road

(in the Kids area)

Goodyear, AZ 85338

Facilitator: Dorothy Green 602-885-6819

Anna Ybarra 623-986-9168

(Masks and Social Distancing Required)

◀CENTRAL VALLEY MEETING▶

Closed until further notice

Mountain View Police Precinct

Community Room

2075 East Maryland, Phoenix AZ

Facilitator: Beckie Miller

Co-Facilitator: Carolee Holbrook

623-582-2406

◀EAST VALLEY MEETING▶

BEGINNING IN OCTOBER

Tuesday, October 27 7:00 PM

Mountain View Lutheran Church

11002 South 48th Street

(Room 8)

Facilitator: Mari Bailey 602-405-7401

(Masks Required)

CRIME VICTIMS LEGAL ASSISTANCE PROJECT

Free legal aid to help assert victims' rights through Arizona Voice for Crime Victims @ (480) 600-2661, P.O. Box 12722, Scottsdale, AZ 85261 or contact Mary Wallace at mwallace@voiceforvictims.org

◀◀SPEAKER/INFORMATION▶▶ MEETING

(2nd Tuesday of each month)

***NO CHILDREN
ALLOWED AT MEETINGS***

**DUE TO COVID-19
Closed until further notice**

***** Mountain View Police Precinct
Community Room**

2075 East Maryland, Phoenix AZ
(off AZ 51 at 20th Street between Glendale Avenue and Bethany Home Road - Across from Granada Park)

*****Our meeting this month is cancelled**

NEWSLETTER EDITOR

Mail Memorial Page items for “The Journey” by the 10th of the month prior to publication month to:
POMC Newsletter

19620 North 38th Ave Glendale AZ 85308-2215

*Please use order form on Page 11

You can also email items to beckierose@aol.com Be sure to place any article or picture in an attachment, otherwise it can't be accessed properly (especially pictures) and may not be used. Also, be sure to put POMC Newsletter in the subject line of the email.

October Anniversaries

"Death leaves a heartache no one can heal. Love leaves a memory no one can steal."

Aaron Sweeney
Addison Kiman Baldwin
Alex Kino Agrijalva
Alex Tamborski
Alice Marie Bartlett
Amanda Mosley
Andrew B. Coleman
Angelo Miguel Martinez Mack
Anthony Lee Hernandez
Anthony Romero
Ariah & Audrey Castillo
Austin Parton
Barbara Cappe
Benny Espejo
Bobby "BJ" Pimbert, Jr.
Brandon Rumbaugh
Brendon Eric Chavez
Brian Ray Miller
Bruce Liptak
Candace Cheney
Carolan Evening Wind Eaks
Chad Barrick
Charyl Campbell
Cheryl McGaffie
Chris Hess
Christopher Paul Schultz
Corey Lynch
Daisy Del Rio
Daniel Justin "DJ" Rodgers
Daniel Todd Richardson
David Locey
David Wayne Brown
DeRon A. Self
Derrick Goode
Donald Martinez
Doni Carnesi
Eddie Villalobos, Jr.
Frank Vasquez
Fritzia Robles
Gabriel Rodriguez
George Williams
Gilbert Alanis
Glen Tate
Gracie Zazueta
Gregory Eli Holman
Heidy Truman

Henry E. Verdugo
Herbert Estes
James & Josephine Fanciullo
James Edwards
Jamie David C. Hernandez
Janet Marie Leonhardt
Jayme Lane Ripple-Solis
Jeffrey Arigoni
Jeffrey Coyle
Jermaine Johnson
Jermonee Moore
Jesse Aguilar
Jessica Sue Kosobucki
Jesus Tanon
Joanna Youngdog
Joe Andriano
Joel Holbrook
Joey Romero
Jordan, son of Joan
Joshua James Wolfe
Juan Salais
Karen Campbell
Kaurie Green
Kimberly Rowe
Kyle Chipley
Leanee Marie Donoghue
Lemont Frazier
Leon Villareal
Lisa Fishbacher
Lisa Gurrieri
Malaysia Smith-Pettway
Manual Sanchez
Mary Gonzales
Michael Anthony Chiara
Michael Arballo, Jr.
Monique Cota
Nathan Campbell
Olivia Hernandez
Paul James Kapitz
Paul R. Leyvas, Jr.
Rachel Gonzales
Randy Metheny
Rashelle Lauren Carpenter
Reginald Young
Richard Ruiz
Robbie Dollar

Robbie Lawless
Robert Diez
Robert Van Hemert
Robi Yaramata
Ronnie Orozco
Ronnie Trainer
Roy Munoz
Salina Navarro
Samantha Ackland
Santiago Zaragoza
Schara Irene Marshall
Sean Goodpasture
Shannon Hughes
Shannon Hughes
Shannon Marie Griffin
Shawntah Eierdam
Shelly Dupee
Stephen Campbell
Teofilo "Terry" Dante Ranieri, Jr.
Tim Aldrich
Tina Lynn Helms
Tracy Beattie
Velvet Woods
Vincent Garcia
Ysidro Losoya, Jr.
Zachary Joseph Marco
Zachary Sparling



*We do our best to ensure accuracy on this page. If there are any corrections to be made, please let us know immediately.

Twenty-Nine Years Later: A Father's Mournful Cry For His Son
(By: Beckie A. Miller)

I awaken in the darkness not knowing why at first. As I lay there attempting to retrieve sleep, I hear what woke me in the first place, the saddest sound I have ever heard. It comes from him, my sleeping husband, a deeply mournful wail that emanates in the silent darkness of our bedroom. I have heard it many times over the years since our son died and it always causes me such sorrow knowing how deeply he hurts. I pat his arm and rub his back as it slowly passes, and he returns to quiet slumber without awakening. I cannot say returns to peaceful slumber, as I do not know if the nightmare has ended, but thankful the mournful sound from the depths of a father's grieving soul have ended.

It happens even now, twenty-nine years later, my husband's middle of the night cries. Another October heralds in. It is the month I wish wiped from the calendar. Our son, Brian, was eighteen-years old, robbed and shot to death by errant gang members, while walking his girlfriend home from work in our neighborhood that should have been safe. It was October 19, 1991, but Brian was also born in October, on the 1st, so I view the entire month as excruciatingly difficult. My emotions run high this month. I shop more. I cry more. I yell more. And then I hear my husband's cries again, and I rub his back and shoulder until they stop as I get angry at the injustice of any father or mother, anyone, feeling such horrifically, awful pain.

I expect the mournful cries from my husband will continue until his dying breaths, when sleep and the dark recesses of the mind bring about the painful images he manages to push down during the daytime hours and life's busy demands. And I will continue to try and comfort him knowing I truly cannot diminish the demons of his own personal grief. It is hard enough living with my own mother's grief. It is not fair what happened to us, to our son. We will never understand it or have full closure with it until we are reunited with him again one day. Faith eases the pain in that respect, but it is little solace with the here and now of missing Brian or the fact he was taken from us so cruelly and all the things in our lives since that he has not shared.

Something on a recent radio show got me thinking. Don told me he had heard this guy who asked people if they could have their loved one back, what then, and the ensuing discussion of if they would even want to come back. Maybe not. If heaven is all we of faith believe it to be and more, why would they want to leave? Another question was would they come back the same age as they died or older as they would be if living. I see Brian as forever 18 and cannot picture him as a 47-year-old man that he would be now.

When push comes to shove, I would probably be selfish and hope that my son would come back to me, to us, if he could. Then I would no longer have to hear the mournful wails from my husband at night and I would no longer feel them in my mother's heart. It hurts, no matter how much time has passed. While the journey without him is easier now, the pain softer in some ways, it is still never easy.



VALLEY OF THE SUN CHAPTER NEWS

TRIAL - JUDICIAL - ARREST UPDATES

- The sentencing date for the killer of Michael Greco, son of Susi Miller and brother of Jeff Miller has been set for the fifth time to October 5.
- Louisa Valenzuela reports that her trial was canceled because of COVID. There might be a plea agreement on the table for a future date. Louisa's son Carlos Villareal, Jr. was murdered.

♥♥♥*Our hearts, thoughts and prayers are with each and every family member as they endure this difficult process.*

IN LOVING MEMORY GIFT DONATIONS (THANK YOU!)

♥ Don & Beckie Miller in very loving memory of their son, *Brian Ray Miller*

(*All donations are tax deductible: Our chapter exists on the generosity of others, grants, and fundraisers)

CORPORATE & OTHER DONATIONS THANK YOU!

UNITED WAY (Please Note: the write-in number to designate funds to our chapter through your employee contributions is 0772). You must use this number for designating any funds to go to our chapter. Our chapter name is not listed except by number.

Donations from Melissa Mersch in memory of her son, *Matthew*; Christine Busch in memory of her son, *Erik*; Lisa Tamborski-Bishop in loving memory of her son, *Alex*; Mari Bailey in very loving memory of her son, *Michael Adam Hampson*; Shaayna Slotkhin in loving memory of *Craig Elrod.*; Robin Grass in memory of all loved ones lost to violence.

Denise Brewer made a donation in celebration of Kathy's birthday.

AMERICAN EXPRESS - donations from Norma Yanez.

*** **SPECIAL THANKS to the PHOENIX POLICE DEPARTMENT FOR RICO COMMUNITY FUNDS.**

*****SPECIAL THANKS TO THE 40 plus families on Fry's Community Rewards Program** contributing donations to our chapter. Every little bit helps go a long way. **PLEASE RENEW AND MAKE POMC** your choice each year. Fry's does not just leave your choice in until you change it.

CHAPTER ITEMS FOR SALE

We have red and black bracelets for POMC with "Always in our Hearts" on them for \$3 each; Window Decals for your automobiles with our chapter logo and information for \$5 each; Sun Catchers with our logo for \$3 each; and Act of Kindness cards (you can attach to a donation or gift to someone...they have a space to write your loved one's name on them "*This act of kindness was given in very loving memory of: _____*").

These cards are \$3 for 10 cards. You can order by simply writing it on a piece of paper. Include \$2 for shipping and handling. Mail to POMC, Valley of the Sun Chapter, 19620 North 38th Avenue, Glendale AZ 85308-2215.

These items can also be purchased at our Speaker Information meeting. For more information email:

beckierose@aol.com.

▶▶▶ FRY'S COMMUNITY REWARDS PROGRAM FUNDRAISER FOR OUR CHAPTER ◀◀◀

Our chapter is now a part the Fry's Community Rewards program. If you shop there, you can simply sign up to connect your VIP card and we will get a percentage of proceeds. Just go to <http://www.frysfood.com>, select **Register**, under **Sign In information**, enter your email and create a password. Select **User Card #** and enter your Fry's VIP number, last name, and zip code. Under **Select Your Preferred Store**, enter the zip code of that store. Select **Find Your Store** then select **Create Account**. You will be prompted to confirm your email. Click the hyperlink to finish creating your Online Account. If you already have an Online Account with Fry's, you can skip this and go to <https://frysfood.com/topic/community?activePage=community-rewards-2>. Select **Sign In** and enter your email and password. Select **My Account** and then **Account Settings** from drop down menu. Click **Edit** under **Community Awards**. Under "**Find Your Organization**", select the box next to POMC and enter the **NPO number #DX532**. Save changes and you are good to go. If you have registered correctly, you should see our organization information listed under "Community Rewards" on your account summary page. Thanks for your support.

😊😊😊😊😊AMAZON SMILE FOUNDATION😊😊😊😊😊

We are also part of Amazon Smiles, in which a portion of your purchases goes to our chapter. If you use our special link, you will automatically be asked if you want to support our chapter, Valley of the Sun. <https://smile.amazon.com/ch/31-122548> . **Please note:** Parents and Relatives of Murdered Children comes up under POMC. We **ARE NOT** affiliated with them so search for Parents Of Murdered Children, Valley of the Sun Chapter. Thanks to all who help us with this program that does not cost you anything but signing up.

▶▶▶▶▶JACKSONS FAMILY CARWASH FUNDRAISER FOR CHAPTER▶▶▶▶▶

A new way to help raise funds for our chapter has been offered by Jacksons Carwash. With every windshield replacement through them using the referral code PARENTS, our chapter will receive \$50. Just call 480-505-5983 and give the referral code and set up your appointment. Thanks for your support. Every little bit helps us to continue providing our programs and services.

CHAPTER SIBLING COORDINATOR

Amanda (Harris) Labelle is our Sibling Coordinator and provides support for siblings outside of meetings. You can reach her by phone (623-866-3189) for more information. Amanda lost her brother, Joshua, to murder.

MEMORIAL BENCH AND TREE AT THE STATE CAPITOL

Our chapter has a tree, marker, and bench on the Senate Grounds at the Capitol. Please visit it sometime. While there are some 100 names of victims listed on stepping-stones surrounding the bench and tree and we can no longer add additional names, the bench and tree are dedicated for all victims. The original tree planted there was donated to our chapter for a Holiday Memorial in 1995 and was only about four to five feet high when planted. It is now over 30 feet high. The bench is inscribed as follows: Parents Of Murdered Children, Valley of the Sun Chapter -- "In memory of our loved ones, In honor of their lives, In hope that a new day will dawn when no lives are lost to violence."

COVID-19 & POMC MEETINGS – EAST AND WEST VALLEY RESUME

We found a church in Goodyear and in Phoenix who are now allowing us to have our in-person support meetings but with masks and social distancing. Please read the info on page one for the addresses for the West Valley and East Valley support meetings. We are still not allowed to have any of our big events such as our National Day of Remembrance and our Holiday Memorial in December or our Speaker Information meetings until things change. Watch your emails for the most recent real time updates as the newsletter is not always current since it has to go to the printer 2 weeks before the first of the month to get printed and sent out in time.

HOLIDAY MEMORIAL VIDEO TRIBUTE IN DECEMBER

Since large group events are banned because of COVID we are planning to have our Memorial Video Tribute sent by a link to everyone to view this December. If your loved one’s picture has not been previously sent in for the tribute and you would like it to be included, please email a picture to beckierose@aol.com or mail it to the chapter address by November 1. We will send all who RSVP to be included the link to the video in December so make sure we have your current email on file. Those who RSVP for the link will also be mailed a Holiday Memorial Ornament in memory of your loved one so please update your address and current email if needed. Should things change by December and we can have our in-person event, we will do that instead, but we are preparing to have something for our families should that not happen.



NEWS FROM THE NATIONAL OFFICE OF POMC

Website: www.pomc.org Phone 888-818-7662

E-mail: natlpomc@pomc.org

The National Office location is 635 West 7th St., Suite 104, Cincinnati, OH 45203.

Facebook page: <https://www.facebook.com/National-Organization-of-Parents-Of-Murdered-Children-Inc-145164118873865/>

• **POMC NATIONAL CONFERENCE 2021:** The 35th National Conference for Parents Of Murdered Children will be held in Scottsdale, Arizona on July 15-18, 2021. The hotel rate will be \$119.00 per night plus tax. There is complimentary parking at the hotel. If anyone would like to donate a teddy bear or silent auction item, please send to the following address:

2021 POMC National Conference
7507 E Taylor Road
Scottsdale, AZ 85257

- National POMC is in need of volunteers for our anniversary card program. This would involve each month writing 10 to 20 short notes on the anniversary of loved ones date of murder. If interested, please contact Sandy at sbarlion@pomc.org.
- We have received the following email and National POMC is passing this email along for any Chapter member if they are interested. POMC is not involved in any way. Paul Smith and I are retired law enforcement officers and were for a time, detectives together in California. We write cop books now. We are currently working on a project with Investigation Discovery investigationdiscovery.com (dedicated to true crime documentaries) that could get cold cases exposure via a new TV network series. We're looking to identify cases that meet the following specific criteria:
 - Unsolved homicide
 - Victim is female
 - Victim was an informant (or her killer(s) thought she was an informant)

If you have such a case(s), and you think new witnesses or information could surface as a result of TV network exposure to certain aspects of the case, we would like to discuss this with you and add your case to our 'potentials' file. Paul and I would very much like to initiate discussions on how we might assist.

Please do not hesitate to reach out to us at any time at the following:

Chris
Paul

James

Berg
Smith

408-564-9994; chrisvberg@gmail.com
916-606-6550; sitkasmith2486@gmail.com

• **FACEBOOK Birthday Fundraisers:** We have had many individuals do a birthday fundraiser on Facebook and it is an easy way to get money donated to National POMC. If anyone would like to do that for their birthday or anniversary on Facebook and are having problems, contact Bev Warnock at bwarnock@pomc.org

• **AMAZON SMILES** supports National POMC! Please visit the National website at www.pomc.org and look for the Amazon link. By accessing Amazon through the POMC website, POMC will receive a percentage of all purchases (4 – 13%) depending on the item. This does not increase the cost of your purchase. This is a great opportunity to purchase items and contribute to POMC while doing so! Please share this wonderful opportunity with chapters & family.

TEEN GRIEF

Teen reactions to grief in today's world:

- Isolation (feeling no one understands)
- Mood Swings (grief magnifies normal teen issues)
- Changes who they were
- Loss of Childhood (Feel they have to step up/grow up quick)

Normal Symptoms of Grief for Teens:

- Anger
- Shame
- Guilt/Regrets
- A need to retell their story
- Intense Mood Swings
- Change in eating and sleeping patterns
- Desire to connect with person who died
- Lack of concentration
- Poor grades
- Lack of social interests for short period of time
- Worry about dying too, especially when person who died was by homicide/violent death
- Idealizing person who died
- Talking about the funeral
- Inability to express their emotions

Causes for Concern:

- Overly preoccupied with death
- Acting out, bullying or clowning around
- Stopping social life for extended period of time
- Giving their possessions away
- Using alcohol, drugs or promiscuity
- Not functioning (remaining in bed all the time)
- Cutting themselves (be suspicious if unseasonally wearing long sleeves)
- Suicidal idealization
- Anxious or abnormally fearful

Parents and or caregivers can help grieving teens by being present, accept and validate their emotions. Show you are a constant but also create boundaries.

When teens express guilt, help them to reframe as motivation to succeed instead of an excuse to fail (ask what would your loved one who died want for you to do. Encourage them to live in honor of and for the person who died).

Normalize things for them: it is okay to feel this and okay to be sad and angry.

Encourage group sessions with other grieving teens. Keep in mind some teens cannot do group sessions and are better off with one on one counseling. Boys often find it harder to participate in group sessions as compared to girls.

In studies 40% of teens reported peers were helpful to them in the grieving process. 76% of teens reported group sessions were helpful.

Things Teens Say Most Helpful:

- Exercise/Playing Sports/Activities
- Talking to others about their feelings
- Reading
- Hobbies
- Talking to a counselor
- Self reflection
- People being there for them

Don't ask them if they are okay.....they are not okay

Ask what you can do for them

Remember there is no time limit on grief/lifelong process especially after homicide

Ask if they wish to participate in the criminal justice proceedings/attend trial

If fearful help them feel safer in their world (install security doors/alarms)

How to help a grieving teen

- Build a rapport
- Be an active listener
- Remain present (even if just sitting quietly with them)
- Allow them to retell their story
- Provide coping skills (writing, music, poetry, etc.)
- Be non-judgmental
- Keep a poker face (no matter what they tell you)
- Suggest ways to memorialize their loved one (scrap books, memory boxes, etc.)



COUPLE COMMUNICATION (After a Child Dies)

By: Sherokee Ilse: reprinted from Grief Digest Magazine July 2010 issue

When you find a leaky drain, it begs to be fixed. When you hear that screeching metal-on-metal sound while driving your car, you know it is past time to fix the brakes. But when a child dies and you are unable to function due to a broken heart, is it appropriate to seek a fix from your partner? The question, "If it is broken, does it need to be fixed?" is a common dilemma couples face after the death of their child.

We all know people who have a strong need to offer solutions to others' problems. When a death occurs, this 'fix it' type immediately begins searching high and low for the right tools to make it better. If they find that one tool does not work, they frantically search for another. In addition, the one to be 'fixed' might often look to their partner to fix things for them and can be very disappointed when they realize their partner cannot make them all better.

While a "fixer" can be either a man or a woman, it does seem that dads frequently take on this role after the death of a child. Possibly because men are raised to believe they need to be the protectors of their family, they find it difficult to just sit with their partner in a puddle of tears, replaying the injustice and anguish of this tragedy. Often, it seems, men are propelled by a sense of responsibility to take some sort of action – to do something.

Undoubtedly, there are many times in a couple's life where this is a highly valued attribute – when those brakes need fixing, a sound or smell awakens them in the middle of the night, or there is a threat to life or home. However, after a child dies, there is nothing anyone can do to fix it or make it significantly better. Unfortunately, some individuals do not come to this realization until they are well into the grieving process and have learned the hard way that their good intentions are not useful or even wanted.

The more emotional partner (more often than not, the woman) looks to her support system, particularly her mate, to stand by while she dwells, replays, and remembers their child and the full details of the loss experience. She may simply want to relive the moments, even though they are painful. In her own way, she needs to be "in the experience." And while she may openly share her sadness and frustrations aloud, she is not really looking to be fixed and is not seeking advice about how to move forward. She feels better if she vents, getting it off her chest.

In ordinary times, these two coping styles seem to work for most couples. One is more intuitive and into feelings and might be the one to notice the leak and ask for help. The other might love spending hours at the hardware store looking for exactly the right tool, or at least know what to say when the plumber calls back. This ying and yang probably keeps the relationship in balance.

But everything can go out the window after a child dies. Now, each word and action is measured and noticed. One partner may want the other to cope in "his/her way," in the manner that seems to work for them. When men don't cry or talk enough, women often say, "He just doesn't seem to care. He seems to be 'over it.'" "I bet he doesn't even think about Robby anymore."

Conversely, men may fear their partners have gone crazy. They worry, "She can't seem to shake it. I don't know if she'll ever be happy again. No matter what I do or say I can't even get her to smile or want to go out and have fun." He's trying to make her feel better and hiding his sad feelings so as not to add to her pain. She sees this as disinterest and moving on. It is like two ships passing in the night.

This doesn't need to happen. With direct communication, honesty, and an understanding of each other's loving motives and goals, relationships can improve.

If you are a problem-solver type person, use that energy to fix things in the house or the car. But when it comes to your partner, I strongly encourage you to hold back. Instead, offer a shoulder to cry on or words of encouragement like, "You are right, this is so unfair," or "I agree, this is a difficult time for me, too." This is called active listening; you are making time to allow your partner to have and express those feelings. Since you can't take them away or magically make them better, don't even try. And, by the way, if you are one who cries or feels deeply sad, offer up that information. It will go a long way toward helping your partner understand where your heart is.

If you are one who grieves by sharing emotions, and you recognize that the process you are going through requires sitting in the puddle of pain while you remember and think of your child, let your partner know you can't be fixed or made better. Try not to ask your partner to be your one-and-only listener on a daily basis, unless that is working for both of you. This can be very hard for someone who is "action" and "moving forward" despite their own pain and sadness. Because their feelings of helplessness pile up as they hear over and over how you feel, find others to hear your stories and your thoughts. Write in a journal or to others on the internet. Attend a support group or seek out a counselor. Rely less on your partner to be that listener and you may find your relationship in a better place.

Of course, keep the doors of communication open. Be gentle and honest with each other. If you have a strong faith, ask for God's help. You have the opportunity to enhance your relationship and build on this test of strength, endurance, and love. Talk and listen to each other. Believe in each other.

“Intimate Strangers”

I don't feel I know you anymore,
You don't seem to know me like before.
Intimate strangers we have become,
though outwardly we look the same to some.
You lost a son; I lost him, too.
The grief from his death has stolen much from you.
The ache of his loss took away part of me.
We share the same pain yet grieve differently.
The changes we feel may all be inside,
They've left us no room from each other to hide.
I look in your eyes, a mirror of my own pain.
You look in mine and see how I've changed.
Can we get back what once was us?
How do we recapture what we have lost
in the midst of the millions of tears we've cried,
and continue to weep for our child who died?
We've shared the worst, but also the best.
Our love has been put severely to test.
You are my life despite my grief.
Take my hand, come surely to me.
If we remember *then* despite *yesterday*,
If we love *now* in spite of *today*.
We must share something aside from the pain,
and know that we have only to gain.
Can we get back what once was us?
How do we recapture the innocence lost?
Move over grief and let us discover,
We will always be a part of each other.

by: Beckie A. Miller
March 18, 1994



Memorial Wall Order Form

Please add my loved one's name to the "Valley of the Sun Memorial Wall in their Memories." Each nameplate is \$15. Our wall is displayed at many special events across the valley during the year.

NAME _____

Age: _____ Murder date: _____

Picture Board

___ Check here if sending picture for the picture board &/or Holiday Memorial Video (no cost)

You may email picture to beckierose@aol.com

Chapter Bracelets

Red and black with words "Always in our Hearts."

\$3 each: # ordered _____

Chapter Window Decals

\$10 each for auto or home with our logo and chapter information: # ordered _____

***Make all checks or money orders out to POMC**

***Mail to 19620 North 38th Avenue**

Glendale AZ 85308-2215

Call 602-254-8818 and leave a message if you wish to pay by credit card. Minimum \$20 order

♥♥♥ THANKS FOR CARING ♥♥♥

To the Mountain View Police Precinct, Mountain View Lutheran Church, and Palm Valley Church for donating our meeting rooms. To the Department of Public Safety (VOCA), for the grant for our newsletter, and everyone who has donated gifts of their time, talents and energy to our chapter activities. With your help, we are able to continue the outreach that is needed by our community.

**VALLEY OF THE SUN
BOARD OF DIRECTORS (2020)**

- Beckie Miller, Chapter-Leader(623) 582-2406
- Don Miller, Treasurer(623) 582-2406
- Mari Bailey, Secretary.....(602) 405-7401
- Carolee Holbrook, Co-Leader(602) 300-7665
- Ola Wladyszewski.....(480) 703-7115
- Amanda Labelle.....(623) 866-3189
- Anna Ybarra.....(623) 986-9168
- Dorothy Green.....(602) 885-6819
- Kim Brysselbout.....(480) 586-6942

(Volunteers)

- Carolee Holbrook - Office Assistance
- Mari Bailey - Facebook Information Admin

"The Journey" Memorial Page Order Form (newsletter)

Please reserve: ½ page (suggested donation of \$10)
 Full pg (suggested donation of \$20)

Month you wish memorial to appear in: _____

Loved One's Name _____

Age _____

***No dates are recommended because of identity theft.**

YOUR Name _____

YOUR Phone Number _____

YOUR E-MAIL _____

A half page will hold a picture and short poem OR message, depending on space. If a photo is included, please provide identification of the person on the back. If you wish the photo to be returned include a self-addressed, stamped envelope, big enough for the picture to fit in. Unless otherwise specified, location, size and structure of the text and picture will be at editor's discretion and space permitting.

****We also, if space is available, print "Survivor to Survivor" stories if you would like to send in a one page, single spaced and typed document. Also, if you have written poetry about your loss or have a favorite poem to share with others. We do edit for misspellings and or profanity. There is no charge for these items, either poetry or shared stories.**

*Return this form with your material for The Journey by the 10th of the month **preceding** the issue you wish it to appear in; for example: September 10 for October's newsletter, etc.

***A donation for the memorial page can be made by sending a check made out to POMC and mailed in care of:**

**POMC
Valley of the Sun Chapter
19620 North 38th Avenue
Glendale AZ 85308-2215**

CONTACT NUMBERS

SIBLING SUPPORT: Amanda (Harris) Labelle is our chapter's Sibling Coordinator providing support for siblings. Her contact info is 623-866-3189 or email is:

97amharris@gmail.com

POMC VOICE MESSAGING).....(602) 254-8818

Chapter E-mail..... beckierose@aol.com

Chapter Fax:(623) 582-0917

CRISIS LINE/MOBILE CRISIS TEAM

Empact Crisis Line(480) 784-4949

OTHER HELP LINES

Teen Lifeline.....(602) 248-8336

GrandCare (Grandparents help line)(602) 274-5022

Crime Victims Legal Assistance Project (480) 965-5640

MCAO Victim Services.....(602) 506-8522

Crime Victim Compensation.....(602) 506-4955



Return Address
PARENTS OF MURDERED CHILDREN, INC.
VALLEY OF THE SUN CHAPTER
19620 North 38th Avenue
Glendale AZ 85308-2215
(602) 254-8818

Parents Of Murdered Children, Inc., is a self-help organization dedicated to the aftermath of murder. The success of its mission depends upon the participation of the families and friends of those lost to murder.
POMC number (602) 254-8818

WHY WE ARE HERE:

MISSION STATEMENT: "POMC makes the difference through ongoing emotional support, education, prevention, advocacy, and awareness."

VISION STATEMENT: "To provide support and assistance to all survivors of homicide victims while working to create a world free of murder."

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"It shall be the policy of Parents Of Murdered Children, Inc., to provide equal membership/employment service opportunities to all eligible persons without regard to race, religion, color, national origin, citizenship, age, sex, sexual orientation, marital status, parental status, disabilities, membership in any labor organization, political affiliation, and for employment only, height, weight, and record of arrest without conviction."

"If you feel you have been discriminated against, you may file a complaint with our National Office,

635 West 7th Street, Suite 104, Cincinnati, Ohio 45203. www.pomc.org (513) 721-5683

To refer a complaint to an appropriate investigating entity:

Office for Civil Rights

Office of Justice Programs

U.S. Department of Justice

810 7th Street, NW

Washington, D.C. 20531 www.ojp.gov

In order to file with the federal Office for Civil Rights (OCR), two forms must be downloaded from the internet and submitted in writing to the ORC. The forms can be found at www.ojp.gov/about/ocr/complaint.htm.

Arizona Department of Public Safety

VOCA Administration

Civil Rights Coordinator

PO Box 6638 - MD 1320

Phoenix AZ 85005-6638 (602) 223-2491 www.azdps.gov/services/crime_victims