

Save the Date

National Day of Remembrance for Murder Victims
Memorial Service
Sunday, September 25, 2017

4:00 P.M.

POMC Monument
10th & Bitting
North Riverside Park

These names will be added to the Monument by Sept. 25th

Lori Jon Heimer
Micki Lyn Davis
Rebecca Ann Campbell
Faustino N. Martinez II
Tisha Jones & Keith James
Aries & Quinterious Staughter
Quinton A. Gillard
Alyssa Marie Runyon
Zaylynn Maria Paz

Please look this list over and let me know IMMEDIATELY
if there is an error in spelling. Thanks!
Call Corinne @ 722-2907

Guest Speaker invited
Police Chief, Gordon Ramsey

PARENTS OF MURDERED CHILDREN

Wichita, KS Chapter

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

9411 W. 16th St. N. Wichita, KS 67212 (316)722-2907

FOUNDED OCTOBER 11, 1988

Newsletter Editor, Corinne Radke

NATIONAL OFFICE: 4960 Ridge Ave., Cincinnati, OH 45209 (513)721-5683 Bev Warnock, Exec. Dir.

UPCOMING MEETINGS

SEPTEMBER

Sept. 12, 2017

Oct. 10, 2017

Nov. 14, 2017

Second Tuesday of the month

MEETINGS HELD MONTHLY

Every 2nd Tuesday

7:00 PM to 9:00 PM

Meeting Location

Woodland United Methodist Church

1100 W. 15th St. N.

Wichita, KS 67203

E-Mail Address - whchpomc@sbcglobal.net

CONTACT PERSONS

Corinne Radke

(316) 722-2907 - Evening & W/E

**PLEASE NOTE-THE CONTACT NUMBER
FOR WICHITA POMC IS 316-722-2907**

Susan Leiker (316) 650-7707

Patricia Voyles (316) 250-1581

DEADLINE FOR ITEMS FOR THE

Oct. newsletter is

Sept. 23, 2017.

We invite all members to share
their thoughts, ideas and writings.

If there is something you'd like
to share please submit to the office.

SEPTEMBER POMC MEETING

This will be a time to share. Do you have a topic
you would like to discuss? Please feel free to
lend us an idea for the topic. Do you have ideas for
the Memorial Service for National Day Of
Remembrance?

OCTOBER POMC MEETING

October is our anniversary month. We will be
sharing what we would like for the future of
our Chapter and celebrating our 30th year.

**Support group meeting parking on the North
side of the Church, enter through North door.**

2017 BOARD OF DIRECTORS

Chapter Leader - Corinne Radke

Co-Leader - Harmon "Gil" Gilbow

Secretary/Treasurer - Clyde Lindsay

IMPORTANT: If your case has been solved, and the defendant is in prison, BE SURE TO KEEP THE DEPT. OF
CORRECTIONS INFORMED OF YOUR CURRENT NAME, ADDRESS & PHONE NUMBER so that when a
Parole Hearing or other information comes up, you can be notified!!!

SPECIAL DAYS IN SEPTEMBER

Anniversary of Death

Michael Jay Roberts *Sept. 8th*

Beloved son of Barbara Liska

Beloved son of Leo Roberts

Brother of Timothy Patterson

Tracy Horyna *Sept. 10th*

Beloved daughter of Robert & Gayle Horyna

Sister of Teresa Graham & Tammy Burkhart

Steven J. Sandoval *Sept. 10th*

Beloved son of Thomas & Elizabeth Sandoval

Nephew of Gloria Bruce

Michael Fowler *Sept. 14th*

Beloved son of James & Shirley Fowler

Brother & brother-in-law of Steve & Sandra Fowler

Brother of Cindy Taylor

Carol Ann Mould *Sept. 22nd*

Beloved daughter of Joanne Stackley

Connie Sue Vaughn *Sept. 22nd*

Beloved sister of Carol Welch

Niece of Capt. Sue Richardson & Wilma Pharr

Friend of Loy Ruff

Dana Dea Arnold *Sept. 24th*

Beloved wife of Ross Arnold

Mother of Brant, Braley, Bryson & Brooks Arnold

Sister of Dixie Swindle, Debbie White & Donna Flowers

Sister of Mac, Sam & Will Phillips

Brenna Cadena *Sept. 29th*

Beloved daughter of Tanya Cadena

Sister of Nikki Shortt

Birthdays Remembered

Linda C. Macy *Sept. 3rd*

Friend of Linda Stoner

Sheila Moore *Sept. 9th*

Beloved daughter of Barbara Heusner

Beloved daughter of Leon Moore

Sister of Kathy Weidler & Teresa Brown

Karen Baile *Sept. 14th*

Beloved sister & sister-in-law of Beverly

& George Paxton

Shelbree Wilson *Sept. 14th*

Beloved daughter of Deborah Smith

Michael Fowler *Sept. 16th*

Beloved son of James & Shirley Fowler

Brother & brother-in-law of Steve & Sandra Fowler

Brother of Cindy Taylor

Jessie Foust *Sept. 18th*

Beloved daughter of Graham & Denise Foust

Beloved mother of Tyren

Sister of Teiah Hadley & Witney Foust

John R. Adams *Sept. 19th*

Beloved husband of Shawn Adams

Father of Stephanie Adams

Brother of Betty Adams & Edie Marsh

Brother of Troy, Earl & Joe Adams

Carl L. Thompson *Sept. 30th*

Beloved son of Charles & Rose Thompson

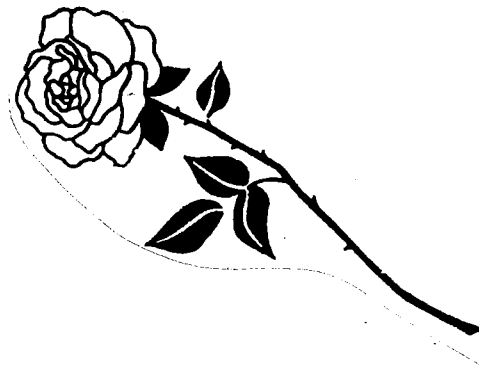
Brother of Darrick, Cassandra, & Craig Thompson

Please note : These names & dates have been changed to a different format.

PLEASE CONTACT Corinne at 316-722-2907

OR email me at whchpomc@sbcglobal.net

if there needs to be additions or corrections.



ANNOUNCEMENTS

August Bingo Volunteers

Jendy Chander in memory of *Faustino Martinez II*,

*Alicia Drydale,

Deana & Jessica King in memory of *Ava King*,

*Julia Patterson,

Corinne Radke in memory of *Tom Kelley*,

Marti Skelton in memory of *Chance Pratt*,

**De-notes non-survivor*

Our bingo sessions have ended with the sale of the equipment.

Thanks to all that helped with this HUGE fundraiser.

And thanks to all that helped remove everything out of the bingo hall.

We still have the Dillons and Amazon fundraising. If you need info on how to help with these please let us know.

Picture Wall

It's never too late to send in a wallet size photograph of your loved one to be placed on the wall that will be taken to Memorial Services for viewing. There is no cost to post your loved one's picture and there are plenty of spaces available.

POMC MONUMENT

Located at 10th & Bitting in North Riverside Park

Please see the enclosed flyer for names that will be added by Sept. 24th.

NOTICE: The victim MUST have a "Kansas Connection".

If your loved one was killed in another state and you live in Kansas, that is considered a "Kansas Connection".

Our Monument was unveiled and dedicated on April 23, 1995.

It was re-dedicated September 25, 2005 after the move to the present location.

Need an engraving form? Contact the office to have one sent to you.

There has been several markings put on the Monument. It is illegal to deface any Monument. It will cost us a lot of money to have this removed and we don't have funds to pay for it. RESPECT YOUR LOVED ONES - DON'T DEFACE ANY MONUMENT.



Helping the Bereaved: *A Few Basic Rules*

By Elizabeth A. Price
Greenfield, Indiana

It is hard to know what to do for someone in the midst of a difficult time. For fear of doing or saying something that might do more harm than good, it is tempting to do nothing. It is not easy to sit in the pit of despair with someone. After we lost our youngest son, Seth, in a drowning accident in July of 2000, some of our friends admitted openly that they did not know how to help us and that we would have to guide them through it. We didn't even know how to help ourselves at first, but we found, in retrospect, that a few basic rules seem to apply when dealing with grieving people. Rules may be the wrong word; they are more like guidelines than rules. The truth is that there are no real rules that can be applied to grief or all grieving people. Each situation is as different as each individual. But, it seems from our own experience and the experience of other bereaved families we have talked with, that the following guidelines would apply to most any situation.

First of all, it is important not to try to strike up a friendship with a

bereaved person. It takes just about all the energy one can muster just to get out of bed and perform basic tasks — new friendships take a lot of energy and grieving people have none to spare. There are still a lot of practical things people can do to help the bereaved. Many churches organize volunteers to bring meals to the house. My husband, Steve, and I are quite sure that our family would have eaten fast food at each meal if it weren't for the nutritious dishes that were brought to us for a full month after the funeral. We couldn't even think about food at first, but our kids still needed to eat nutritious meals. We had never even laid eyes on several of the people who brought food to our house, but we were grateful for the way they took care of us.

If someone is not already a friend, he or she could make a commitment to pray for the family for an extended length of time. We are convinced that the prayers offered by strangers were on some days the only things that kept us going.

Those who are already acquainted with or close to the grieving family should realize that now is not the time to shrink away. The presence of trusted friends is needed now more than ever. It is not necessary to say or do anything special. Just being there offers tremendous comfort and support. My closest friend from childhood felt a lot of anxiety, at first, because she thought that I would look to her for the right words — words she was at a loss for. But it became clear that no words were ever going to make it any easier. The best she could do was to be there for me, help me pick out clothes for the funeral, do some cleaning, laundry, just sit and stare into space with me and wonder how life could change so drastically, so permanently in just the blink of an eye. She found that there wasn't much she needed to say after all.

Close friends also need to remember that as much as their presence is needed in the first few days, they are needed even more in the weeks and months to come

when everyone else has gone home and gotten back to their normal routines. One friend called on the seventh day of each month (the anniversary of Seth's death) for a year to let us know she was thinking of us. Others sent cards every week or two for months, and one friend's sister, a printer, offered to make up extra personalized thank you notes for us to send for all the flowers, meals and other acts of kindness people showered us with. Friends and extended family do not need to be ever present, but frequent phone calls or e-mails to say, "I'm thinking of you and praying for you," are invaluable. The process of grief can be very lonely and it helps to know that a small core group of people is in it for the long haul.

Tragedy, it turns out, is a pretty good litmus test for friendship. People for whom it would have been far easier to look the other way and from whom nothing more would have been expected, donned their waders and jumped right in the thick of it with us. Others seemed to quietly slink away. I don't know what I would have done if the tables were turned. I like to think I would have been the one jumping right in.

Another almost unbearable scenario for the first month or two of grieving is being engaged in a conversation in which the other party is unwilling or unable to mention the recent loss. It is the classic "elephant in the living room" that everyone can see, but no one wants to discuss. It took us a long time before we were able to make small talk with people again. For weeks, we avoided social situations altogether. Eventually, when we did venture back out, conversations

were strained, but we kept mentioning Steve's name. The "basic rule" is to know that grieving people want and need to talk about their lost loved one. They need to tell and retell the story of what happened, and they need others to listen. If our grieving friend begins to cry, we should not assume that we have done the wrong thing by mentioning the name of the deceased. We have merely opened a door, allowed an escape hatch for the tears that were building up, just waiting for a release.

Some people have a desperate need to see good in death, to make sense of it all. For them, every event, every circumstance in life is part of God's master plan and therefore is good. These people confronted us immediately with what they perceived was good about Seth's death.

"He is the lucky one. He got to go to heaven early!"

"This is a tremendous opportunity for you to witness to others about your faith!" was another remark on the night of Seth's death.

"You never know how many people will come to Christ because of this event," or to me, "Well, maybe so-and-so will watch her children more closely after what's happened to you," or to Steve, "You'll be a better doctor because of this."

The truth is that Steve was probably a far worse doctor in the short term. His mind was completely consumed with grief and he found it hard to be patient or compassionate with what seemed trivial complaints. In time, the prediction became true; he now is a more empathetic doctor because of losing Seth, but he didn't want to be told that at the funeral home. In our

circle, we noticed that the temptation can exist for Christians to sugarcoat everything and act like bad things are really good things in disguise. "Gifts come in all kinds of packages," someone said to me recently in reference to the painful things we face in life. I don't think I will ever reach a place where I could consider Seth's death a "gift" any more than I consider rape or child abductions, terrorist attacks, murder, genocide, or famine "gifts." While it is true that the strength or the insight we gain from God to get through these times could be considered as gifts, the event itself is not, and I believe that God grieves just as much as we do. Why can't we just admit that painful things are painful? Why can't we just sit down with people, cry along with them as we admit that what happened is cause for tears? We don't need people to rush in and frantically try and wrap it up all pretty with a bow, like it is something we should savor. In time, we may see goodness that seeped out of badness, but we should leave it to God to show us that, when our eyes are not so full of tears and we can see more clearly.

Finally, remember that the passage of time alone does nothing to ease the pain of losing someone we love. Special days such as birthdays, anniversaries, and all the holidays will forever be tainted with a deep ache and longing for the one who is no longer here. Whether two years or twenty years or sixty years have passed, those who died are still being missed by those whose lives they touched.



Wichita, Kansas Chapter
PARENTS OF MURDERED CHILDREN
9411 W. 16th St. N.
Wichita, KS 67212

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CHANGE SERVICE REQUESTED

Sept. 2017

1. To support persons who survive the violent death of someone close as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self-help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society's awareness of these problems.

Why We Are Here

POMC Parents Of murdered Children, Inc. For the families and friends of those who have died by violence, is a self-help support organization made up of persons whose loved ones have been murdered.

Parents Of Murdered Children does not discriminate on the basis of race, color, and age in the delivery of services.

Justice will only be achieved when those who are not injured by crime feels as indignant as those who are.

Soloman (635-577 B.C.)