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  
http://www.facebook.com/pages/POMC-Valley-of-the-Sun/  
Volume 28  No. 11  November 2019

MONTHLY SUPPORT MEETING LOCATIONS  
4th Tuesday - Grief Support Meetings  
All Meetings Start at 7:00 PM  
*NO CHILDREN ALLOWED AT MEETINGS*

◄WEST VALLEY MEETING►  
Tuesday, November 26  7:00 PM  
Peoria Community Center  
8335 West Jefferson Street  
Peoria AZ 85344  
Facilitator: Joyce Lefler  
602-525-7217

◄CENTRAL VALLEY MEETING►  
Tuesday, November 26  7:00 PM  
Mountain View Police Precinct  
Community Room  
2075 East Maryland, Phoenix AZ  
Facilitator: Beckie Miller  
Co-Facilitator: Carolee Holbrook  
623-582-2406

◄BILINGUAL EAST VALLEY MEETING►  
Tuesday, November 26  7:00 PM  
Scottsdale Police Department  
McKellips District/Community Room  
7601 E McKellips Road  
Scottsdale, AZ 85257  
Facilitators: Sandy & Paulino Navarro  
480-695-4789

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*

Tuesday, November 12, 7:00 PM  
*** 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 will feature Dr. Sandi Howlett, a bereavement specialist from Hansen Mortuaries, speaking on “It’s A Different Kind of Holiday This Year.”

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

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<th>Name</th>
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Every effort is made to ensure accuracy on these pages. Please notify us immediately with any errors or changes.
**VALLEY OF THE SUN CHAPTER NEWS**

**TRIAL - JUDICIAL - ARREST UPDATES**
- The killer of Tina Fischl’s daughter, Abigail Fischl, is being sentenced in December.
- The parole hearing for the killer of Sharon Dickinson-Miller’s son, David Allen Roth, ended with Jeffrey Camper being denied parole. Thank you to all who signed petitions.
- The murdered of Dorothy Green’s son and Sierra’s brother had accepted a plea of second-degree murder and will be sentenced November 22.

♥♥♥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!)**
- ♥ Jan Lewis in very loving memory of her daughter, Shannon Lewis.
- ♥ Crystal Kinion in very loving memory of Samantha Dilyou’s son, Tyreque Slaughter.
- ♥ George & Tillie Cota in very loving memory of their daughter, Patricia Ann Cota.
- ♥ Joseph & Rosa Muna in very loving memory their son, Salvatore Muna.
- ♥ Lois Baker in very loving memory of her daughter, Melissa Diane Baker.
- ♥ 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 Slotkin in loving memory of Craig Elrod.

AMERICAN EXPRESS - donations from Norma Yanez.

***SPECIAL THANKS TO THE 42 families on Fry’s Community Rewards Program contributing to donations to our chapter. Every little bit helps go a long way.***

**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: beckieroae@aol.com.

**SPEAKER INFORMATION MEETING – SIBLING PANEL**

Our speaker meeting this month featured POMC siblings: Dan Levey, Brianna Gilbert and Juliet Carrion. Dan’s brother, Howard, was murdered in a carjacking while getting ready to play basketball on a Sunday morning in November of 1996. He shared about the investigative and judicial process with both perpetrators eventually sentenced and his frustrations with how victims are treated too often, but also praised those who went the extra mile to treat him with dignity and respect, including the judge on his case (Timothy McVeigh) and Phoenix Police Sgt. Carl Richardson. Dan and his brother were in the insurance business at the time of his murder. After enduring the judicial process, he went back to school and got his criminal justice degree becoming an advocate for victims as Advisor on Victims to Governor Janet Napolitano, and eventually working at the Attorney General’s Office, Victim Services as well as Victim Services at the Arizona Department of Corrections. He was President of the National Board of POMC and then Executive Director of National POMC. He currently works with Arizona Crime Victims’ Law Group. Dan encourages everyone to find their passion and purpose in living
with the devastating effects of losing a loved one to murder and also encourages everyone to be their own advocate. Dan shared about being the one who assumed all the responsibilities of spokesperson and advocate to protect his parents and sister.

Brianna Gilbert shared the loss of her brother, Matty, who was eight years younger than she and of whom she was always fiercely protective of. Matty was killed in December of 2015 by someone he befriended who ended up stabbing him 72 times, then stole his car, dog and other items from the home eventually selling some of them on Snapchat, which led to his arrest. He was sentenced on second-degree murder charges for which he received a 25-year sentence, with additional years for other charges of theft, etc., so will serve 32 years. Brianna shared how hard it was as a sibling and having to tell all the family about what had happened to Matty because her mom could not as she was too devastated. She also shared that as a mom, herself, she put up an emotional wall between herself and her children for a time, fearing losing them. This happens to many of us and as long as you are aware of it, you can tear down that wall again, which she did. She was also pregnant with her youngest child during the trial last year. She talked about the ‘stigma’ of murder and the isolation from those in society who cannot handle murder and say the wrong things and turning the other way when they see you coming. She knows they did not do it to be mean or hurt her, but it does hurt nonetheless. Her family is dealing with their grief and trauma by finding joy in life and often, other thinks they are okay since they laugh and are doing so instead of giving into the horror of murder, but no matter what, they choose to do so.

Juliet Carrion, whose brother, Jesse, was murdered in September of 2003, along with a nephew and a friend, shared a part of her journey by showing a video documentary. Juliet went through a rough 10 years of multiple losses in her life, including her Dad, Jesus, who died from health issues from the trauma, and trying to work and help raise Jesse’s baby girl, born 3 months after his murder and how it all caught up with her health-wise with multiple debilitating health issues. She quit working as a school principal after working hard for her degree and her job because of all this. She credits God with her healing and moving forward with her new passion and purpose helping others. As a sibling though, she shared how she felt she was forgotten by her mom and needed her mom to remember she had another child still living. She misses her brother terribly and always will. We thank our siblings for sharing their stories with us with courage and honesty.

**HOLIDAY MEMORIAL SERVICE IN DECEMBER**

Saturday, December 7th, will be our annual Holiday Memorial Service, “In Their Loving Memories”, held at the Church of the Beatitudes in Phoenix. Invitations will follow in the mail later in November. We have a Memorial Video Tribute of our loved ones’ pictures. If your loved one’s picture has not been previously submitted for the tribute and you plan to attend, pictures must reach us by November 22, to guarantee they will be in the tribute this year. You can email to beckierose@aol.com or send by regular mail to: POMC, 19620 North 38th Avenue, Glendale AZ 85308-2215.

**BOARD OF DIRECTORS ELECTION MEETING FOR CHAPTER**

January 14th, at our Speaker Information meeting, we also have our elections for open positions on our board of directors. This is a volunteer position and you must attend bi-monthly board meetings the second Saturday of the month (the first one is January 18, which is the next meeting after the election) and help with all chapter events and duties as necessary. It is a lot of hard work but also rewarding helping others. If you want to be considered for a position on our board of directors, please submit your name by email to beckierose@aol.com or by calling our voice mail: 602-254-8818.

*As per National POMC policies, no one who has been convicted of a felony can serve on the board.

**►►►FRY’S COMMUNITY REWARDS PROGRAM FUNDRAISER FOR OUR CHAPTER◄◄◄**

***PLEASE NOTE, IF YOU ARE SUPPORTING US THROUGH THIS PROGRAM, EACH YEAR YOU MUST GO ON-LINE AND PICK US AGAIN.***

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.

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."

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/

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 POMC. If anyone would like to do that for their birthday or anniversary on Facebook and are having problems, contact Danielle at drooney@pomc.org.

Amazon supports 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

The National Conference will be held July 23 through 26, 2020, in Atlanta Georgia at the Hilton Atlanta Airport. Make plans to attend and join us for this year’s conference. More information will follow shortly.

6
HAPPY BIRTHDAY

In Honor of Shannon Lewis

November 1st – Love always, Mom & Your Family
GRIEF: From Winter, Then Spring, To Summer

By: Beckie A. Miller

Twenty-eight years ago, I was in the winter of my grief journey. Time froze and everything was cold, uncomfortable, stormy. I felt as if I was constantly treading on thin ice, not knowing when it would break and take me down with it. I was exhausted, mentally and physically. Winter’s grief was the hardest thing to endure. Every fiber in my body, mind and soul hurt from the devastation winter’s wrath brought down upon me. It was a grief and pain like no other. I felt as if the sun would never shine again, the ice would never thaw, and winter would reign forever in my soul.

Twenty-years ago, I was in the spring of my grief journey. I was moving forward, and yet the clock was still frozen on the day he was torn from my life forever—memories classified before he died and after he died. In the spring of my grief, I had learned to laugh and to hear the birds sing again. In the spring of my grief, flowers bloomed even though my tears still fell at times. Spring brought hope that winter’s grief was finally gone, yet even spring’s warmth could not prevent brief resurgences of cold and a hint of the storm I had left behind. Hope was a welcome guest though, nonetheless. It was in the spring of my grief I learned to give my heart again, to risk hurting again, to love again. The spring of my grief journey hurt still but not as intensely as it did in wintertime. Spring ushered in guilt though – how could I laugh and move forward if I still loved him so? “We can because we loved them so and they loved us.”

Eventually, I found the summer of my grief journey. The warmth of the sun heralding in much change. Hope settled in to stay, not just visit momentarily and run away. In summer, I do not cry often outwardly, though I know my mother’s heart never ceases inwardly. I appreciate that time is no longer frozen in the moment he died, knowing I could never move forward in winter. If I forget to light a candle on a birthday or anniversary date, I forgive myself and know it is okay. I know I will never forget him. Summer brought me closer to the person I used to be once and yet a much better version. Summer taught me more compassion and love for others.

Through the winter, spring and summer of my grief, I have learned life is for the living and while during winter I was only going through the frozen motions of living, within spring’s welcome thawing I learned to truly move forward again. Summer allows the continuation of my journey forward. I needed winter, in all its wrath, to grieve and allow the reality of my loss to slowly sink in as not to be too overwhelming at once, to endure. I needed spring because winter drains, and even though necessary, we cannot live in winter forever. I needed the renewal of spring and ensuing thaw. I need summer because that was the goal in order to move forward, the light at the end of the journey. All the lessons of the past two seasons have brought me to the season of warmth and while I remember winter, I cannot go back to that frozen place of darkness.

The journey from winter to now is one I never thought I would survive. I am so glad I did. I will keep the lessons from each season while moving on in the summer of my grief, letting the sun’s warmth upon my soul continue its healing and always remembering the love....

To my dearest son, Brian. Thanks for accompanying me on the journey when I needed you most.
Love always, Mom.
You Can For Him

By David Harkins (with revision for POMC)

You can shed tears that he is gone
or you can smile because he has lived.
You can close your eyes
and pray that he’ll come back
or you can open your eyes
and see all he’s left.
Your heart can be empty
because you can’t see him
or you can be full of the love you shared.
You can turn your back on tomorrow
and live in yesterday
or you can be happy for tomorrow
because of yesterday.
You can remember him
and only that he’s gone
or you can cherish his memory
and let it live on.
You can cry and close your mind,
be empty and turn your back
Or you can do what he’d want;
Smile, open your eyes, love and go on.
HAPPY BIRTHDAY IN HEAVEN


Our precious sweet Shay
It’s coming up to your special day.
It’s the 5th birthday without you here.
What we wouldn’t do to have you near.

You should be here
turning twenty-seven.
Instead we have to send
Our wishes to Heaven.

We will always celebrate
the gift of having you.
And remember you always
in all that we do.

Thank you for your joy
of twenty-two years.
Your memory brings
smiles through the tears.

Happy Birthday in Heaven
up above.
We love and miss you
our beautiful love.
Written by Shannon Estes ..... Shayley’s mother
Happy Birthday Shayley. Love your Family
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, the Scottsdale Police Department and the Peoria Community Center 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 (2019)

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
Marie Belmontez .........................(562) 508-2397
Amanda Labelle .........................(623) 866-3189
Sandy Navarro, Co-Leader .............(480) 695-4789
Anna Ybarra ...............................(623) 986-9168

(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 ______
Date of Death____________________
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
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 45202. 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

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 OCR. The forms can be found at www.oig.gov/about/ocr/complaint.htm.

Arizona Department of Public Safety
VOCA Administration
Civil Rights Coordinator
P.O. Box 6338 – MD 1320
Phoenix AZ 85008-6338 (602) 223-2491 www.azdps.gov/services/crime_victims