January Update 2024
TO: POMC State Coordinators, Chapter Leaders and Contact Persons
From: POMC National
Website: www.pomc.org
E-mail: natlpomc@pomc.org

- On behalf of the National Board of Trustees and National Staff we wish you a peaceful and safe Holiday Season.

- **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 also contribute to POMC while doing so! Please share this wonderful opportunity with your Chapters, Families and Friends! We appreciate everything you do to support POMC! If you should have questions regarding the Amazon link, please don’t hesitate to contact us.

- **The Big Turn Off** is scheduled for the second Wednesday in January which is January 10, 2023. This annual event is asking citizens to turn off their television for three hours during the prime-time segment of programming, to protest TV violence. The average child, watching the average amount of television, will witness 200,000 acts of violence by age 18. The goal of the Big Turn Off is to empower people to object to what they find offensive and send a message that promotes non-violent programming.

- **Please remember when writing Parents Of Murdered Children in your newsletter the “O” is a capital letter in Of.

- A **checklist** for the annual report was emailed out to all Chapter Board of Directors around December 1st to hopefully make the process of filling out the annual report simpler. The **Annual Report** will be emailed out the end of December to Chapter Leaders and Co-Leaders or if you need someone else to receive it let Sherry snolan@pomc.org or Bev bwarnock@pomc.org know. If you do not receive it by January 2nd, please let us know.

- If anyone has any thoughts, ideas, problems or suggestions that they would like to share with the National Office we will review them. The National Office will start quarterly meetings with any Chapter Leaders/Co-Leaders/Board Member who would like to join by zoom to share these ideas.

**Chapter Information:**

- It’s getting to the end of the year and it’s almost time for nominations and elections of Board of Directors and we know that some Chapters have problems with this so we are putting the guidelines in to keep your Chapter in compliance.
These guidelines are from your Articles of Associations so you can also refer to that. Feel free to call National with other questions.

- **Qualifications for Voting Membership** of a Chapter shall consist of all persons who are survivors of a victim of murder or homicide who sign up to become Voting Members of the Chapter and attend at least one (1) Voting Member meeting per year.

- **The Annual Voting Member Meeting** shall occur in January of each year at a date, time and place to be determined by the Board of Directors. The written notice setting forth the date, time, and place of the meeting shall be personally delivered, mailed or transmitted by Authorized Communications Equipment at least twenty (20) days before the date of each Annual Voting Member Meeting to each Voting Member at the Voting Member’s address as it appears in the Voting Membership Book.

- **Nominating Committee.** At the organization Voting Member meeting and at each Annual Voting Member Meeting thereafter (or special meeting called for that purpose), a Nominating committee shall be selected. The Nominating committee shall prepare a slate of candidates for election to the Board of Directors at the following annual Voting Member Meeting, and shall present this slate to the Voting Membership at such Annual Voting Member Meeting. The term of office of each Nominating Committee shall expire upon its completion of this function.

- **Election.** The initial Directors shall consist of those persons who sign the original Articles of Association. Thereafter, at the first Annual Voting Member Meeting following the organizational Voting Member Meeting, the Nominating Committee shall present the approved slate of nominees for the Board of Directors. Additional nominations may thereafter be made from the floor by any Voting Member present at the Annual Voting Member Meeting. Directors shall be elected by the affirmative vote of a majority of those Voting Members present in person or by proxy at the Annual Voting Member Meeting at which a quorum exists. Any Voting Member who is not physically present may attend the meeting and may vote by the use of Authorized Communications Equipment. No campaigning whatsoever for the election of Directors shall be permitted.

- **Election of Officers.** The Officers of this Chapter shall be elected by the Board of Directors and shall be one (1) or more Chapter Leader(s), one (1) Secretary and one (1) Treasurer. Any other officers may be elected by the Board of Directors with the prior approval of the Corporation’s Board of Trustees. All officers shall be elected for a term of one (1) year. The Chapter Leader(s) shall be a survivor(s) of a victim of murder or homicide. Any person may hold more than one (1) office, except the Chapter Leader/Co-Leader may not hold the position of Secretary and/or Treasurer. The election of officers shall take place at the first meeting of the Board of Directors following the election of the Board of Directors.
• Remember that you can only vote in board members to your Chapter in January at the yearly elections. The only time that is different is if a board member resigns thru the year and you have to fill their spot.

• Survivors attending a support group meeting/event should not be permitted to enter with any type of weapon. The building/venue may have posted “no weapons permitted.” (guns, etc) but even if they don’t the POMC support group/event should not let anyone in with any kind of weapon. Your Chapter may want to add this information to their Chapter Guidelines.

Chapter Information:

• Please check your websites to make sure it is up to date. Ratna, the webmaster, is requesting Chapter updates for the website. Her email is rpati@pomc.org and each Chapter is responsible for their page on the website. Please look at your page and email her any changes, anything she can delete, so all chapter pages can be up to date. All revisions should be approved by the Chapter Board of Directors before submitting (ie. Exact location of meeting or contact Chapter Leader for information.

• Please know that you cannot change the Chapter name without National Board of Trustees approval. Contact the National Office if your Chapter Board of Directors wants to have the Chapter name changed.

• Newsletter reminders: When you have pictures in your Chapter newsletter remember to get permission from the people in the picture before you include in the newsletter.

• To represent National POMC as a Contact Person you must go through a process with the National Office. Chapters may have “phone friends” to list if they are offering phone support to others. Please check and change accordingly.

• We have heard from many Chapters that have started to have their support group in person that no one is attending the meeting. They are frustrated that month after month there is no attendance. It may take some time for survivors not to be afraid to come to support groups and be around other people. COVID has taken a toll on so many wanting to venture out. Many people are afraid still that they may catch COVID. Please be patient as we recover from the pandemic and continue to offer support when asked. You are Making a Difference!

• FYI! Make sure you keep your membership updates that you send to National for your records. It would be helpful to send them in quarterly so that we can get their information in our database to receive an anniversary card and newsletter.
• **POMC's mission is to make the difference through on-going emotional support, education, prevention, advocacy and awareness.** If you are a representative of a Chapter for National (even during this global pandemic) you have made a commitment to offer support to others. Due to COVID-19, we have all been looking for ways of "thinking outside the box" as we keep ourselves and our POMC members safe and healthy. Prior to March 2020, POMC Chapter's would be offering phone, email and in-person support group's on a monthly basis. With the "intrusion" of this pandemic on all of our lives, POMC representatives have had to make decisions on how they can safely offer continuous support to those in need of our services. If the decision of the Chapter's Board has been to offer phone and email support without in-person meetings for safety reasons, then do the best that you can. If the Chapter's Board has made the decision to offer Zoom or other virtual support group meetings, then once again you are offering the best that you can. If the Chapter's Board would like to offer Zoom or other virtual meetings, but find that a member of the Chapter's Board does not feel comfortable technically to host a Zoom or virtual meeting, then possibly it would be a good idea to ask the Chapter membership if there is anyone who is technically capable and willing to volunteer their expertise to host the meeting while the Chapter Leader or Co-Leader facilitate the support group. We do not have an answer as to how long we will be living with the effects of COVID-19. But what we do know is that POMC has been offering on-going support to survivors since 1978 and through all of the adversities that we as survivors have suffered through on our own personal journey's, We Are Not Alone!

• There are directory changes this month. Please email Bev bwarnock@pome.org or Sherry snolan@pome.org if you have a change in address, email or phone number.

• There are no petitions this month.