



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

December 2020

ANNOUNCEMENTS

Effectively Immediately — The Front Range Chapter has a new mailing address:
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013

Need Something to Look Forward to? Still Scheduled!



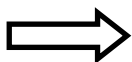
35 th ANNUAL POMC CONFERENCE

Date: July 15 – 18, 2021

Place: Scott Resort

4925 N. Scottsdale

Scottsdale, AZ 85251



For More Information:

<https://pomc.org/>



FRONT RANGE CHAPTER

“We Are Here to Help”

www.colorado-pomc.org

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.

LEADER

Phil Clark
 303-748-6395
POMCColorado@gmail.com
 Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Juli Jenicek
 720-666-2993

TREASURER

Tiffany Starrett
 303-601-2416
trstarrett@comcast.net
 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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This newsletter is published monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC.

Articles, poems, recipes and letters from members are welcomed and can be emailed to the Editor and/or POMCColorado@gmail.com

*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or POMCColorado@gmail.com.



LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



NEW MEMBERS



TRIALS & HEARINGS

Tiffany & Andy Starrett:

Suspect Arturo Garcia was captured on February 26, 2019.

He was extradited from Texas to Arapahoe County on June 11, 2019.

The preliminary proof evident hearing concluded on November 6, 2019.

The arraignment was December 9, 2019.

The trial is scheduled for April 7, 2020.

The trial has been rescheduled to June 16, 2020.

The trial has been rescheduled to August 4, 2020.

The trial has been rescheduled to September 22, 2020.

The trial has been rescheduled to February 9, 2021.



DONATIONS

Love gifts are dedicated to providing restorative resources for the participants of the Colorado Front Range Chapter.

If you wish to be acknowledged in the POMC newsletter, please fill in the below and return with your check or ADD A NOTE if donating by PAYPAL.

In Honor Of: _____

Donors Name: _____

Make Checks Payable to: **POMC**

Mail Checks to:

POMC

18121 E. Hampden Ave Unit C #145

AURORA, CO 80013

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

Sibling Grief

by admin

January 18, 2020

When a brother or sister dies, the sudden reality of the death may be too much for families to accept. Siblings who are left with this pain may experience extreme loneliness because they believe that no one understands what they're going through. They may feel they cannot share their feelings with other members of the family because they want to protect them from additional pain. Due to the shock and confusion that murder brings, there will be no comprehension of why their brother or sister was so quickly taken from them.

Why Sibling Grief is Different Siblings have their own method of grieving. Their parents lost a child, they have lost a sibling and the relationship is completely different. Many times siblings will experience a loss of identity as their self-image is inter-related with the person lost. Siblings may experience varied emotions including anger, guilt, grief and abandonment. They may attempt to deal with these powerful feelings through denial or suppression. Sometimes the siblings experience may be further complicated by the failure of others to recognize their loss. They may be coping not only with the loss of a sibling but also with the loss of functional parents.

Actual Comments from Siblings

Denial – “Because murder is too hard to accept, I denied it happened. I did it for my own protection. I pretended it happened to someone else.”

Anger – “Verbally I would lash out at everyone. I couldn't express any other feeling. My sister was gone and as far as I was concerned, it was the world's fault.”

Guilt – “My guilt led me to ask questions like ‘Why am I still here?’, ‘Why wasn't it me?’, and ‘What did I do wrong for this to happen to my sister?’”

Fear – “When my brother was murdered, I thought who is next in our family? All of a sudden our family is a target and we can't hide and protect ourselves from further harm.”

Physical Distress – “I couldn't relax. My body suffered from stress with headaches, neck aches and having a few hours of sleep including nightmares didn't help.”

Loss of Innocence – “I'm no longer a child it seems. Murder made me grow-up too fast and I lost a big part of my childhood that I can never get back.”

Protective – “When my sister was murdered, I was taking the role of my parents. I came to their side to comfort them. It took a while for me to think of my own grief.”

Loneliness – “I had a friend of ten years tell me she couldn't handle being my friend anymore. She told me she didn't want to continue our relationship because she thought that murder would spread to her and her family.”

Depression – “I didn't want to get up from bed. If I did, I would dread going outside. I didn't want to see anyone. I felt that I couldn't trust anyone anymore, so I didn't want to make eye contact.”

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Pointers for Parents/Family/Friends

Helpful

Accept your child's feelings. Allow them to grieve in their own way and encourage the expression of feelings.

Work on your own grief. Express sadness, anger and frustration. Parents and children may be drawn together by sharing each other's grief.

Spend time regularly with each child. This will offer assurance that they are loved. Show them that they are as important as the lost sibling.

Find healthy ways to remember your loved one. There are ways to cherish their memory. Some suggestions would be writing down memories in a journal, organizing photos in a special album or framing special artwork or writings.

Each child needs individual acceptance. Try to nurture their own identity.

Get help. Getting outside help may make it easier for them to communicate.

Not Helpful

Don't judge. Don't tell them not to cry or suggest they be strong. Their loss needs to be recognized.

Don't keep feelings to yourself. Withholding your emotions from the rest of the family may inhibit others.

Don't avoid them. This will make them feel rejected and abandoned. Don't make them feel that they have become a burden.

Don't take-down family pictures. This may be interpreted by the sibling as a loss of family and may be devastating.

Don't compare the lost child to the living child. It could cause them to think they can't measure up.

Don't limit their space. This may happen if you feel a great need to be over-protective.



For More Information:

<http://pomc.org/survivor-support/sibling-grief/>



Grieving at Christmas

4 CRUCIAL SELF-CARE TIPS

.....

1. BE AWARE OF YOUR FEELINGS

Understand that grief might resurface during the holidays & that's normal.

2. BE OKAY WITH SAYING 'NO'

Don't overwhelm yourself with social obligations - be okay with saying 'no' to things.

3. TAKE CARE OF YOURSELF

The holidays throw us off our routines - try to stay on top of sleep, eating and exercise as these things can affect us when we are already feeling down.

4. ASK FOR SUPPORT

If you're struggling, don't be afraid to reach out to family and friends for support.

 love lives on.com



MINDFUL MEMES

**The perfect winter scene
Is painted by the snow
Holiday decorations
Seem each day to grow**

**The trappings of the season
Do not help me be bright
Someone is still missing
The world just isn't right**

**So how will I make it
How to be bright and merry
When the coming days
Loom dark and scary**

**I will remember and share
The memories that abound
I will talk of the love
With everyone around**

**As I gaze at the snow
And the lights on the tree
I know in my soul
You are here with me**

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www.thegifttoolbox.com
www.facebook.com/gifttoolbox

-Tanya Lord



BIRTHDAYS REMEMBERED

Chad Ferguson	12	1	1977
Ethan Wolf	12	1	1974
Rubon Wayne Norwood	12	1	1938
Robert Mejia	12	2	1979
Mark Nicholson	12	3	1958
Meglan Renaud	12	3	1976
Paul Anthony Ciaramitaro	12	4	1959
Kyra Harris	12	7	1958
Jason Trembath	12	9	1974
Dale Morris	12	11	1931
Mel Gurule Jr.	12	11	1959
Chandra Haak	12	12	1975
Christa Benton	12	15	1978
Charla Nicholson	12	16	1962
Craig Jackman	12	18	1964
Jake Steinbredner	12	18	2007
Martel Thomas	12	18	1947
Tammy Lamberty	12	18	1970
Edward Gomez (Martinez)	12	19	1962
Desiree Holland	12	20	1975
Randy Arlin Russom	12	20	1964
Frank Hernandez Jr	12	21	1979
Michelle Vinson	12	22	1968

Michelle Mellema-Witherell	12	23	1967
Daniel Chavez	12	25	1972
Cindy Wilson/Langlois	12	26	1954
Diane J. Caldwell	12	26	1950
Jakob Montoya	12	26	1998
Michael Adams	12	26	1962
Michael L. Crouch	12	27	1957
Doug Bradley	12	29	1967
Emily Reilly	12	29	1991
Linda Zambotti	12	29	1954

*We apologize if we have missed any dates or they were posted incorrectly. Please alert the Editor know and we will update our records accordingly.

Thank you!



IN MEMORIAM

Jacy Kadison Marshall	12	1	2018
Leroy Martinez II	12	2	1993
Yvonne Cossio	12	2	1993
Steve Murgatroyd	12	4	1993
Wayne Craig	12	4	1998
John Rasser	12	5	1996
Terry Sheeran	12	5	1999
Cody Martell	12	10	2002
Byris Williams	12	11	2004
Dennis Meredith	12	11	1992
Fernando Sanchez	12	12	2004
Matt Ownbey	12	12	2000
Cindy Jolene Tiemann	12	16	1987
Frank Hernandez Jr	12	17	1998
Jerry Baca	12	18	2008
Megan Patricia Neylon	12	19	1998
Megan Patricia Rapacz	12	19	1998
Michelle Mellema-Witherell	12	20	1992
Heather Moore	12	21	1995
Michael McMullen	12	22	2007
Polly Elizabeth Sullivan	12	25	1998
Martha Munoz	12	26	1998
Doug Bradley	12	28	2017
Paul Christopher Bueno	12	28	1999

Damon A. Roberts	12	30	1992
Christine Marie Zablocki-Alicata	12	31	1986
Michael L. Crouch	12	31	1986



MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM**

For Year: **2020**

January 18*

February 15

March 21*

April 18

May 16*

June 20

July 18*

August 15

September 19*

October 17

November 21*

December 19

****Board meetings are held the 3rd Saturday of every other
month at 5:30 PM***

Due to COVID:

***Both Support and Board meetings are being held
via ZOOM.***

***Email POMCColorado@gmail.com to receive
an invite.***

ADDRESS SERVICE REQUESTED

POMC
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013