



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

# POMC

SUPPORT  
NEWSLETTER

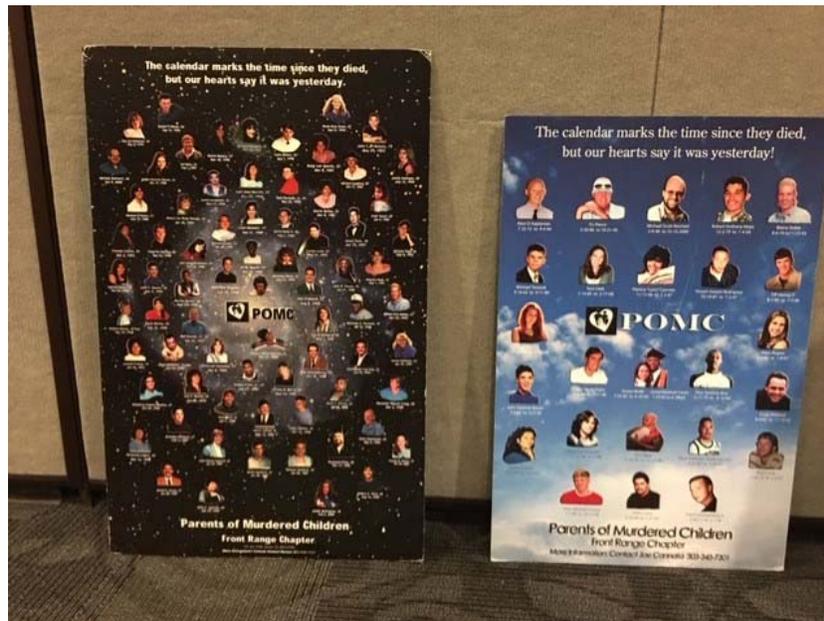
Front Range Chapter  
Parents of Murdered Children

November 2019

## ANNOUNCEMENTS

### POMC Posters for Awareness

In the past, the Front Range Chapter created and distributed posters of our loved ones throughout several local agencies to help provide awareness of our organization. We want to produce new signs for 2020. If you are interested in participating, the cost is \$20.



#### Options to get us your photo:

Email to: [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com). Indicate your loved ones: Name, Birth, and Death Date.  
Or, bring a photo to the next November or December meeting.

#### Options to pay:

Bring a check or cash to the next November or December meeting.  
Or, mail a check, or use Paypal. Address and information is on Page 3 of the newsletter.

The due date is December 21, 2019.



# FRONT RANGE CHAPTER

## “We Are Here to Help”

[www.colorado-pomc.org](http://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**

Kaye Cannata  
720-366-4165

**TREASURER**

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

**BOARD MEMBER**

Joe Cannata  
303-345-7301  
kaknota@aol.com  
Other Resources: Trials and Hearings

**BOARD MEMBER**

Bill Lusk  
303-593-0784  
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**OTHER CONTACTS**

Everett & Linda Donelson  
720-508-4268  
Caryl & Charles Harvey  
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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](mailto: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](mailto: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 extradited to Arapahoe County on June 11, 2019.  
The preliminary hearing/proof evident hearing concluded on November 6, 2019.  
The arraignment is scheduled for December 9, 2019.



## 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: \_\_\_\_\_

Mail Checks to:

**POMC**  
9888 W Belleview Ave. #103  
LITTLETON, CO 80123

**PAYPAL ACCOUNT : pomccolorado@gmail.com**

Donations are tax-deductible Federal ID 31-1023437



# COMFORT CORNER: GRIEF

## What Helps When We're Stumbling in the Dark

*By Elizabeth Harper Neeld, Ph. D.*

It was almost dark when I got home, and a light rain was falling. I could see the kitchen from the carport. I had left a light on, and through the mist the room looked warm and cheerful: tall, bright red chairs clustered around an old circular oak farm table, red-and-white napkins on the table; green plants on the shelf. But I knew the scene was a lie. That kitchen was not warm and cheery; it was empty... it came to me that nothing from the past now gave me any pleasure. Not only was my husband gone — so was everything that I had valued in the past.

Just the evening before I had gone with friends to hear the Houston Symphony play some of my favorite music. It had meant nothing to me. I never sat down at my loom to weave anymore... I had no enthusiasm for teaching; work was just a place I had to go to in order to make the money I needed to make... My house could have fallen down, and I would have hardly have noticed. My family was important to me, but it was clear now that they alone couldn't give meaning to my future.

Whether I wanted to or not, I was beginning to see more and more clearly what I was facing. I began to realize that I had to establish entirely new habit patterns — how I came into the house, what I did in my spare moments, what I did when I got up. "New paths must be made," I realized, "like new veins for blood to run in." I had seen what I had to do, and I didn't want to do it. (Excerpt from Elizabeth Neeld's book, *Seven Choices*.)

When we lose someone we love, we not only lose the physical presence of the person; but we also lose the shape of our life as we knew it. It's a double loss... a person and the familiarity and structure of my daily existence. Nothing remains the same. Everything seems to exist in an empty vacuum. What is there to do?

I cannot pretend that there is an easy answer for this dark experience of loss and grief. But what I can do is testify to the power of the human spirit to persevere.

Maya Angelou says in her wonderful poem-book, *Phenomenal Woman*: "All of my work is meant to say, 'You may encounter many defeats but you must not be defeated.' In fact, the encountering may be the very experience which creates the vitality and the power to endure."

Maya's words remind me, too, of the haunting words of that old song, "You gotta walk that lonesome road; gotta take that trip through the long, long vale."

Yes, we do have to walk that road when we lose someone we love. And there is something inside each of us, something that resides in our human spirit that sustains us as we stumble through this very dark place.

A wise woman who lived in the medieval age, Hildegard of Bingen, spoke of what sustains us: The Spirit's power makes all withered sticks and souls green again with the juice of life... The Spirit awakens mighty hope, blowing everywhere the winds of renewal in creation... As we tell the truth about the emptiness of our daily life, we come to be able say, "Yes, I have been hit hard. I don't know how everything is going to work out. But I do know this: I will endure."

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## Continued to From Previous Page

What's Normal When We're Stumbling in the Dark?

- Experiencing daily life in disarray
- Feeling of being suspended in mid-air, having no foundation
- Seeming unable to find a meaningful shape for our lives

What Can We Do?

Dr. Antonio Damasio, professor of neurology at the University of Iowa Medical Center, talks about ways to “make our way to a happy ending in a universe where even the cheerful, sunny souls can so easily see human suffering.” He suggest a number of things we can do during the dark time while we are making our way, everything from the most simple (take an aspirin) to recommendations like these (which I've put in my own words):

- Think of rituals that might help and do these
- Assemble with others who also share experiences of loss
- Meditate, pray, think thoughts of hope and salvation

To Professor Damasio's list I would add:

Slow down, talk to a professional, keep a journal, exercise, take nature walks, listen to music, get a medical checkup, and continue to ask for what you need.



For questions go to:

<http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A5808>



# COMFORT CORNER: SELF CARE

## Getting through the Holidays

[help@dougy.org](mailto:help@dougy.org)

1. Plan ahead. Anxiety and anticipation leading up to the season can be more intense than the actual holidays. Planning ahead can help lower anxiety, especially for children. Once you've decided what you can and can't do, share your decisions with friends and family.
2. Don't let other people determine what you "should" (or "shouldn't") do. You don't have to do what others think you should do. Give yourselves the right to do what you want to do!
3. Accept limitations. You may not be able to do all the things you've always done. Which aspects of the holidays are especially challenging for your family? Consider scaling back or changing things you may have done in the past, and consider what has been or might be especially enjoyable or meaningful to your family.
4. Celebrate different feelings and preferences. Involve your children in discussions about what they would like to do. You and your family may decide to keep everything the same or change everything – or you may fall somewhere in-between.
5. Be informed before attending events. Find out who will be there, how long it's expected to last, and whether you need to do anything to prepare for it. As a family, brainstorm ways you and your children want to respond to questions or offers of help from others.
6. Ask for help, even when it's hard to do. If it feels right, allow people to help in concrete ways such as cleaning, cooking, baking, shopping, childcare, and running errands. Sometimes we worry about burdening others, but more often than not, they are eager to help.
7. Find time for rest.  
The holidays can be physically and emotionally draining, especially if you're grieving. Encourage rest and quiet play at times, and plan for healthy eating and hydration for the entire family.
8. Find ways to remember and honor the person who died. Here are some ideas to consider:
  - Light a memorial candle. Invite children and other friends/family to share memories.
  - Write a card or letter to the person who died.
  - Write memories on strips of paper and use them to create a paper chain.
  - Hang a special decoration in memory of the person, such as a wreath or stocking. If a stocking is used, family members can place cards or pieces of paper with memories inside.
  - Buy a gift the person would have liked and donate it to a charity.
  - Giftwrap a box and make an opening in the top for family and friends to share written memories. At a special time the box can be unwrapped and the memories shared.
  - Set a special memorial place at the table during a holiday meal.
  - Create a memorabilia table or corner where you can place photos, stuffed animals, toys, cards, foods, and any other kinds of mementos.
  - Share one of the person's favorite foods or meals. Food can be a great spark for sharing memories.



For questions go to:

<https://www.dougy.org/grief-resources/getting-through-the-holidays/>



**Experiencing your  
emotions and being  
vulnerable with the people  
that you trust is a sign of  
true strength, not a  
weakness.**

**-Jennifer Rollin**

[www.AwesomeWithin.com](http://www.AwesomeWithin.com)



# BIRTHDAYS REMEMBERED

Marquis Garcia	11	2	1992	Virginia Sakala / Russo	11	21	1964
Kurt Gillotte	11	4	1970	Ally Raber	11	21	1998
Rickey Ritter	11	4	1981	Ron Haynes	11	22	1979
Ralph Earl Pettis	11	5	1928	Ronald Overstreet	11	22	1979
Phillip Rose Jr	11	6	1969	Laura Hetes	11	23	1968
Tami Medina	11	6	1977	Linnea Dick	11	23	1987
Cassie Bernall	11	6	1981	Marcos Torres	11	24	1978
Thomas Hollar	11	6	1992	Douglas "Dougie" Charles	11	25	1957
Polly Elizabeth Sullivan	11	7	1954	Eddie Garcia	11	25	1978
Julie Gordy	11	7	1958	Chris Stockwell	11	26	1982
Stoneham Farris	11	7	1973	Gregory Scott Stone	X	x	1955
Jamie Paine	11	7	1979				
Shashan S Ortiz	11	9	1980				
Gina Padilla	11	9	1983				
Conrad Duran	11	10	1984				
Jon-Paul Lewis	11	12	1982				
Kacey Hegerlein	11	12	1990				
Paula Ross Stiner	11	13	1966				
John C. Abeyta	11	15	1977				
Sammy Burks	11	16	1987				
Lynn Cannata	11	17	1966				
Kimberlie Rose Urstadt	11	18	1990				
Jessica Ann Arredondo	11	20	1967				

\*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

Sgt Lyle Wohlers	11	4	1992	Blaine Eric Noble	11	23	1993
Larry Carmichael	11	6	1988	Diane J. Caldwell	11	23	1998
Randy Arlin Russom	11	8	1983	Pedro A. Dominguez	11	23	2015
Ibrahim Bradley	11	9	1996	Jessica Ann Arredondo	11	25	1988
Joseph Nelson	11	10	2005	Danny Steve McQueen	11	25	1992
Pamela Blandon	11	12	1991	Gregory Scott Stone	11	25	1992
Tiffany Brill Jarmon	11	13	2008	Geronimo Maestas	11	26	1993
Justin Maggard	11	13	2009	H Gregory Jukiewicz	11	26	1994
Melodie Robertson	11	14	2003	Martel Thomas	11	26	2013
Michael Adams	11	16	1985	Jason Ortiz	11	27	1994
Loren Holcom	11	16	2001	Julie Gordy	11	28	1982
Lorren Holcomb	11	16	2001	Linda Zambotti	11	28	1996
Justin Andrew Archuleta	11	17	1996	Ali Muhammad Sparks	11	29	1998
Raymond Albert Nieto	11	17	1996	Angel Delgado	11	29	2005
Patrick Murphy	11	17	2016	Alan Little	11	x	2003
ChristineWaegele	11	18	1993				
Jan Mariano	11	19	1991				
Jesse Lamblin	11	19	1996				
Buffy Rice Donahue	11	21	1993				
Matthew Foley	11	21	1996				
Kayden Montoya	11	21	2018				
Jakob Montoya	11	21	2019				
Cody Faust	11	22	2002				
John LaRose	11	22	2009				



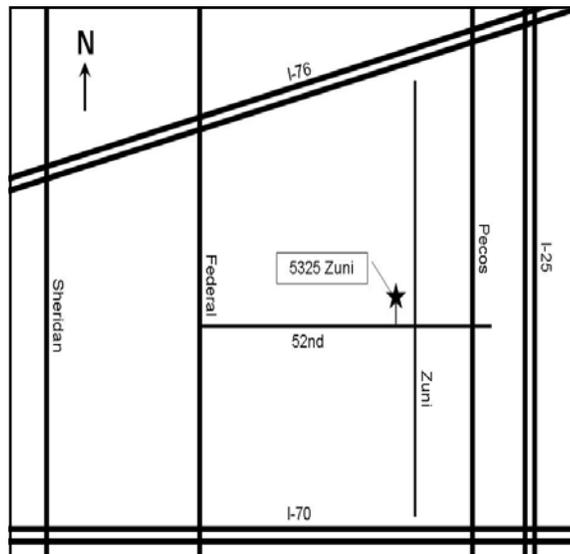
# MONTHLY MEETINGS

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

January 19, 2019  
February 16, 2019  
March 16, 2019  
April 20, 2019  
May 18, 2019  
June 15, 2019  
July 20, 2019  
August 17, 2019  
September 21, 2019  
October 19, 2019  
November 16, 2019  
December 21, 2019

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

January 19, 2019  
March 16, 2019  
May 18, 2019  
July 20, 2019  
September 21, 2019  
November 16, 2019



We meet in the **cafeteria** of the **CenturyLink Building**  
at 5325 Zuni in Denver. **The entrance to parking is on 52nd.**

POMC  
9888 W Bellevue Ave. #103  
LITTLETON, CO  
80123

ADDRESS SERVICE REQUESTED