



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

April 2019

ANNOUNCEMENTS

The 33rd Annual - 2019 National Conference

will be held in DENVER, **August 8-11th.**

The convention will be held at the Denver Tech Center Marriott.

This years theme is "Together We Climb The Mountain To The Peak Of Hope"
Denver Marriott Tech Center, 4900 S. Syracuse Street,
Denver, CO 80237-2725

**Effective April 2019: The support meeting time has been
shifted to 7:00 pm**

COVA Remembers Columbine 20 Years Later

Retired Principal Frank DeAngelis to Keynote National Crime Victims' Rights Week Observation

WHO: Keynote Speaker - Frank DeAngelis, Principal of Columbine High School

(Ret.) Emcee - Steve Siegel, Denver District Attorney's Office, Special Programs Unit (Ret.)

WHAT: A free public ceremony observing National Crime Victims' Rights Week (#NCVRW)

WHEN: Monday, **April 8, 2019** From: Noon - 1:00 p.m

WHERE: Rose Aodom Center 2nd Floor Training Room
1330 Fox Street, Denver, CO

Stop the Violence Charity Paintball Game

Saturday **May 18th** 10:00 am to 4:00 pm

29701 E. Jewell Ave Aurora CO. 80018

www.dynamicpaintball.com

Come join The Expendables, Veteran Navy Seal Jimmy Graham and Able Shepherd in our efforts to end Domestic Violence and raise support for the POMC.

Entry Fee for non rental: \$15.00

Rental Gear Available: \$25 includes entry fee, marker, mask, air and 500 rounds

Raffle Tickets: \$5.00 each. Prizes include—paintball marker and more TBA



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.

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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...

Cynthia Jones in memory of Nate Leon Earl
Claudette Elder in memory of Cher Elder



NEW MEMBERS

Abe Vigil
Mike Kirkland
James Montoya
Mane Carlson



TRIALS & HEARINGS

Juli Jenicek:

On Friday March 22, 2019 Alicia Valdes waived all of her rights to the robbery at the Metro PC and all additional charges were added to her. Wednesday the 27th the three suspects will go to court to find out if they will be going to trial as a group or individuals.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was captured on February 26, 2019. A Governor's Warrant was issued and he is currently in Texas awaiting extradition to Arapahoe County.



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 Bellview Ave. #103
LITTLETON, CO 80123

PAYPAL ACCOUNT : COMING SOON

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

Do Men Grieve Differently from Women?

By Elizabeth Harper Neeld, Ph.D.

On the fourth day after Greg died, I finally cried. Two friends who had not been able to come to the funeral flew from New York to Tennessee. I wanted to drive to the airport to get them. When I sat down behind the wheel of the car, every detail of Monday afternoon came back to me. Leaving the cabin. Looking for Greg. Asking the man what had happened. Stretching high to reach the wire-mesh step at the back of the ambulance. As I remembered, the tears came in a torrent.

And now I could not stop crying. I cried as I typed letters. I cried when I went to bed at night, and I cried when I woke up in the morning. At times during the day I would feel rushes of grief, like waves, and I would sob convulsively... Of course, the manner in which each of us expresses our grief varies. I remember that my 72-year-old father showed little outward emotion while he was with the family in the weeks following Greg's death. But he spent an inordinate amount of time by himself on the creek, in his old wooden boat. He later told us that during these periods of solitude he talked out loud to Greg, prayed and just let the boat drift where it wanted to go on the water. (Excerpt from *Seven Choices* by Elizabeth Harper Neeld.)

Before we talk about whether or not men grieve differently from women, let's note this truth. As Dr. Colin Parkes reminds us, there is an "optimal level of grieving" that differs from one person to another. No two people—no matter their gender—grieve alike. There is no right way to grieve. Someone once said that we grieve as we live. If someone is a reserved stoic in life in general, that person is likely to grieve as a reserved stoic. If someone else finds it easy to express emotion in life, then that person will be more likely to show grief by expressing emotion. What is important is that grief be expressed. What is not important is the specific manner in which that expression occurs.

But what about men and women? Do they, in general, express grief differently?

Researchers suggest this: there is what might be called a "male model" of grief and what might be called a "female model" of grief. But all women do not display the "female model"; and all men do not display the "male model." Phyllis Silverman, who did important work on grieving at Harvard, points out that there is a "male model" of loss, in which one speaks of "learning to break away from the past." Persons—and they might be women or men—who follow this "male model" prefer to "get on with life" and quickly involve themselves in work or other activities.

A "female model" of grief, however, emphasizes connection rather than disengagement and separation. Those who identify with this model are more comfortable saying, "You don't break your ties with the past; you change your ties." People—and this, too, can be men and women—following the "female model" are more inclined to display grief to others, reach out to one or more persons around them, and to talk more openly about the loss.

Those inclined to the "male model" will keep grief to themselves, work hard to avoid losing control in front of others, and refrain from asking for help or assistance. In the "female model," feeling related or connected is of paramount importance, while in the "male model" feeling independent and autonomous is critical. What is most important here is to recognize that people—men and women—grieve consistently with their way of responding to life in general. Often when a husband and wife are grieving at the same time, one will think the other is not feeling the same depth of pain because the outward expressions are different. Or two siblings may respond very differently to the death of an adult parent, causing one to criticize the other for not caring or not giving proper respect.

There is, of course, a response to grieving that brings serious repercussions, for women and men alike. That is the response that shows an unwillingness to express grief in any form at all. It is a life-and-death choice for those of us who lose someone to be willing to express our grief fully...whatever the method that is right for us. Not to do so is to set ourselves up for a life of illness, bitterness, anger, sense of deadness, or lack of joy. Whatever our form of grieving, we want to reach a place of integration where we can again feel engaged with life. That is the outcome of healthy grieving, no matter what form that grieving might have taken.

As long as I breathe
you'll be remembered...





COMFORT CORNER: HEALING

Time Does Not Heal All Wounds

By Deborah Morris Coryell

Among the most frequently repeated phrases about suffering are that “time heals all wounds” or “this too shall pass.” Time passes. It does not heal. Healing is an active process, not a passive one. If we have a cut and do nothing to clean it out or do not apply a salve, it will probably form a scab. It might take longer and it might develop an infection, but the wound will most likely close and leave a scar.

When I was 5 years old, I ran away from home. I didn’t get very far: the downstairs vestibule. I waited what seemed like an eternity for someone to come looking for me. When no one did, I put my hand through a small decorative pane of glass in my attempt to open the door. A little sliver of glass was left in the soft fleshy part of my hand. It closed up with that glass inside.

When we experience woundings to our heart, soul and mind, it feels as if we have been torn open. Sometimes we are bleeding, figuratively, from every orifice of our bodies. Eventually the bleeding stops and the wound closes, but what has closed inside? Have we healed or just closed up with our anger, fear, resentment and doubt inside? Occasionally we develop a “weeping wound,” which doctors define as a wound that doesn’t heal because of noxious matter that continues to fester and ooze. How many “weeping wounds” can we sustain before our entire system becomes infected?

As we begin to explore the meaning of healing through loss, we discover the ancient spiritual roots of the healing arts. From prehistoric time, the healer or shaman was the most powerful teacher and wise one of the clan. In many languages, the phrase to heal comes from the expression “to be whole,” derived from the belief that when we become sick, we lose our wholeness. Something or someone has broken through our wholeness and caused dis-ease within our body. To heal is to come back into that lost wholeness and ease. Returning to wholeness often means that we must somehow integrate the disease so it is no longer identified as a threat. Once it becomes part of us, we have incorporated what was thought to be a threat into our hearts and souls and minds. This explains how it is possible for someone with an incurable illness to be healed—they can use the disease as a path into wholeness. My friend Philomena lived 21 months past the three-month life span doctors had given her. In those two years she reached out to find her healing and possibly her cure. She searched for all those places inside where she felt “not whole” and eventually became the person she always wanted to be. Her last words to me were: “If the price of this illness was learning all I’ve learned, I gladly pay with my life because I’ve become the person I always wanted to be.”

Healing and curing are two very different concepts. Healing is a spiritual idea and curing is a medical one. Healing is an active process. It doesn’t happen to us; we must participate in the process of our healing. Healing happens for us. It is a gift we give to ourselves in the moment we decide to stay “open” to that which has broken us.

In chronic pain management, we are taught not to tighten around the pain but to relax and allow the pain to be present. The idea is that when pain is resisted, it intensifies. When we breathe deeply and acknowledge the presence of pain, it has room to move and can flow through us more readily. Pain is there to tell us something, to warn us of possible danger. This is as true for emotional, spiritual, and mental pain as it is for physical pain. When pain speaks, we need to listen. All it takes is paying attention to our pain so that when it comes, we remember to breathe and get soft. We don’t want to fight with our pain. We want to learn from it.

Time does not heal. But healing does take time. Give yourself the gift of time. To become whole means that as we open to the pain, we open to the loss. We break open and, as a consequence, we get bigger and include more of life. We include what would have been “lost” to us if our hearts and minds had closed against the pain. We include what would have been lost if we had not taken the time to heal. As singer-songwriter Carly Simon tells us: “There’s more room in a broken heart.”

Excerpted from *Good Grief: Healing Through the Shadow of Loss*





COMFORT CORNER: SELF CARE

Now that Spring is here—we should **ALL** be getting outside more often.....

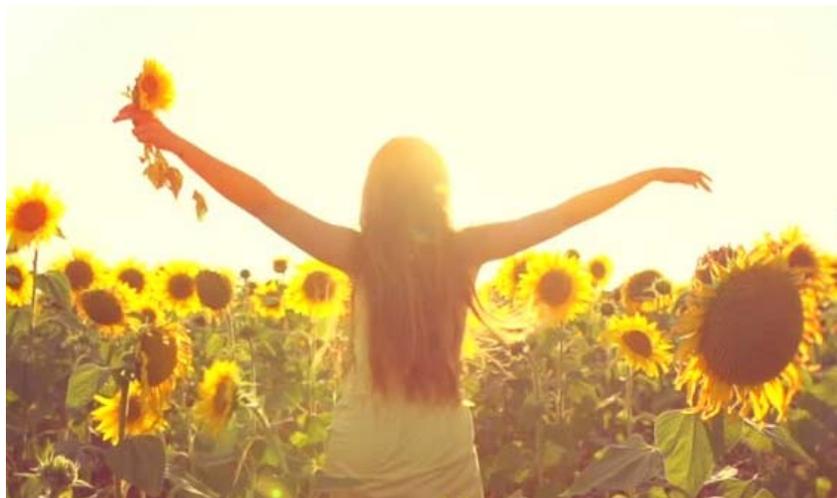
3 reasons why sun is good for you

A little sunshine can boost your mood and help prevent serious illnesses, says **Averil Nunes**.

Outwit Osteoporosis: Given that one in three women will break a bone or two at the hands of osteoporosis and the bone-building Vitamin D is best synthesized in the presence of the sun, it's advisable to get your daily dose of sunlight. It's even more important to get these doses of sunlight in your pre-30 years when your body is building bone faster than it is losing it. The bigger your bone density bank, the longer it will take for menopause to bankrupt it. Dr Ambrish Mithal, of Medanta Hospital, New Delhi, who is board member and lead author of the International Osteoporosis Foundation (IOF) Asia-Audit, 2013, tells us, "The sun remains the single largest source of Vitamin D, and contrary to popular belief, catching some sun between the hours of 11 am and 3 pm is highly recommended". Yes, you read right! The noon time sun is good for you.

Beat the Blues: Sting has sung about the healing power of the lithium in sunlight. Now, while sunlight may contain too little lithium—known to be effective at treating depression—to have the same effect as the physician-prescribed version of it; sunlight does release good doses of the feel-good hormone serotonin into your blood, making you feel happy. Perhaps even happy enough to sing, dance and clap along to Pharrell's Happy, like half the world seems intent on doing at present. With one in four women thought to be afflicted by depression, it seems wise to get some light before you become a statistic.

Boost Immunity: From ancient yogic systems to contemporary scientific observations of our biological clocks, everything points to keeping pace and time with the sun for a happy and healthy life. Cancers, heart disease, cholesterol, blood pressure, multiple sclerosis, infertility, insomnia, fatigue, irritable bowel syndrome, strokes... the sheer number of lifestyle-related disorders thought to be deterred by adequate sun exposure, is well worth spending time in the sun. And if that wasn't enough, sunlight is known to boost immunity levels, kill harmful bacteria and microbes on your skin, and prevent as well as cure skin diseases.





Comfort Meatballs



Recipe courtesy of Ree Drummond
Show: The Pioneer Woman | Episode: Potluck
Sunday



Total: 2 hr
Prep: 15 min
Inactive: 45 min
Cook: 1 hr
Yield: 6 to 8 servings
Level: Easy

Ingredients:

Meatballs:

- 1 1/2 pounds ground beef
- 3/4 cup quick oats
- 1 cup milk
- 3 tablespoons very finely minced onion
- 1 1/2 teaspoons salt
- Plenty of ground black pepper
- 4 tablespoons canola oil
- 1/2 cup all-purpose flour

Sauce:

- 1 cup ketchup
- 4 to 6 tablespoons minced onion
- 3 tablespoons distilled white vinegar
- 2 tablespoons sugar
- 2 tablespoons Worcestershire sauce
- Dash of hot sauce, such as Tabasco

Directions:

- 1** For the meatballs: In bowl, combine the ground beef and oats. Pour in the milk, and then add the onions, salt and pepper. Stir to combine. Roll the mixture into tablespoon-size balls and refrigerate them for 30 to 45 minutes to firm.
- 2** Preheat the oven to 350 degrees F.
- 3** Heat the canola oil in a large skillet over medium heat. Dredge the meatballs in the flour, and then brown the meatballs in batches until light brown. As they brown, place them into a rectangular baking dish.
- 4** For the sauce: Stir together the ketchup, onions, vinegar, sugar, Worcestershire sauce and hot sauce. Drizzle the sauce evenly on the meatballs.
- 5** Bake until bubbly and hot, about 45 minutes.





BIRTHDAYS REMEMBERED

Maria Cordova	4	1	1974	Devon Smeltz	4	28	1996
Dennis Sanchez	4	1	1977	Cher Elder	4	30	1972
Martin "Marty" Lawrence Martinez	4	3	1962				
Troy Krause	4	3	1967				
Mary	4	3	1983				
Latoya Cisneros	4	4	1985				
David Gonzales Shuker	4	5	1979				
Daniel Walsh	4	6	1976				
Gary McGee	4	7	1970				
Dennis Sanchez	4	7	1977				
Asjer Kirlan	4	7	2004				
Larry	4	8	1961				
Kris Kirk	4	8	1970				
Kim Hadley	4	8	1975				
Greg Swazo	4	8	1982				
Nolan Ware	4	11	Xxxx				
Stephanie Bechtold	4	13	1989				
Amanda Anders	4	14	1995				
Mary Buso	4	16	1913				
Dennis Meredith	4	17	1956				
Chris Mains	4	20	1972				
Rodney Lee	4	22	1988				
Falon Watson	4	22	1998				
Carlos Luna	4	24	1969				
Anne Elise Gibson	4	24	1996				
Kevin Blunt	4	27	1973				
Michael Nigg	4	28	1969				
Jolene Romero	4	28	1975				



IN MEMORIAM

Phillip Rose Jr	4	1	1992	Monica Martinez	4	22	1991
Christopher Aragon	4	2	1994	Ethan Wolf	4	23	1996
Dylan Lee Newman	4	3	2007	Nolan Ware	4	25	2015
Andrew Jenicek	4	5	2018	Gail Garcia-Hererra	4	27	1984
Phillip Dearing	4	9	2002	Nancy Begg Shoupp	4	28	1990
Yvette Strong	4	10	1992	Sgt Tim Mossbrucker	4	28	1995
Jared Whitney	4	11	1997	Dan Suazo	4	28	1995
Mitch Anderson	4	11	2001	Jacine Gielinski	4	29	1997
Kris Kirk	4	14	2014	Stoneham Farris	4	30	1996
Andrea Weiss	4	15	2015				
Beth Haynes	4	16	1994				
Mark Nicholson	4	16	2017				
Tawni Nicholson	4	16	2017				
Charla Nicholson	4	16	2017				
Paul Klein	4	17	1993				
Terrance Mayo	4	17	1995				
Carold Peoples III	4	17	Xxxx				
Douglas "Dougie" Charles	4	19	2000				
Cynthia Mc Queen	4	20	1983				
Matthew Kechter	4	20	1999				
Corey DePooter	4	20	1999				
Daniel Mauser	4	20	1999				
Steven Robert Curnow	4	20	1999				
John Tomlin	4	20	1999				
Cassie Bernal	4	20	1999				
Rachel Scott	4	20	1999				
Dan Rohrbough	4	20	1999				
Desiree Holland	4	20	2002				
Abdul Muhammed	4	20	2015				
Jesse Field	4	21	1998				



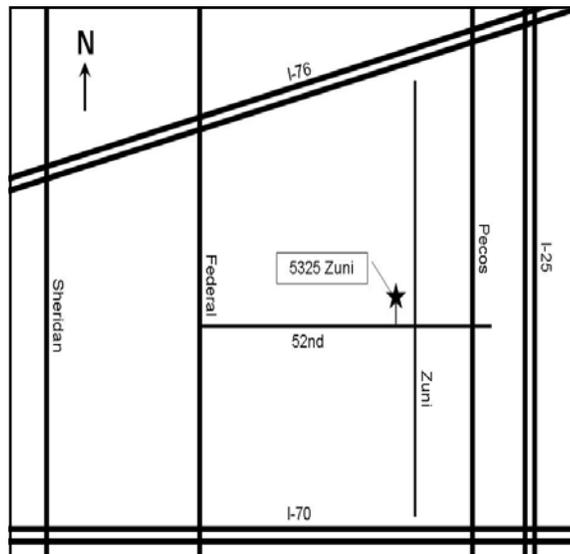
MONTHLY MEETINGS

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 Bellview Ave. #103
LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED