



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

August 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

\*If you need help with the registration fee, up to 20 people from Denver can  
get their registration paid for\*



Register NOW:

<https://www.eventbrite.com/e/2019-pomc-national-conference-registration-51110146825?ref=ebtn>

### Rocky Mountain Survivors' Studio

(RMSS) invites you to attend FREE

studio/support meetings. RMSS is a Christian peer support group for friends and family of murder victims. We assist victims to rebuild their lives through led by the Spirit writing, visual art, and music. Members do not need to have experience in any of these three creative areas, only an interest in at least one of the three and a teachable heart. This summer we are meeting in beautiful Genesee Colorado on the fourth Monday of the month. Our next meeting is on Monday, August 26th from 6 pm to 8 pm.

Also, we accept requests to come to a specific location for group meetings.

For questions or to enroll go to the website or contact Cynthia at [info@rmsurvivorsstudio.org](mailto:info@rmsurvivorsstudio.org)  
or 720-316-7491.



For questions or to enroll go to:

[www.rmsurvivorsstudio.org](http://www.rmsurvivorsstudio.org)





# 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](mailto: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](mailto:trstarrett@comcast.net)  
 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

### BOARD MEMBER

Joe Cannata  
 303-345-7301  
[kaknota@aol.com](mailto:kaknota@aol.com)  
 Other Resources: Trials and Hearings

### BOARD MEMBER

Bill Lusk  
 303-593-0784  
[wjlusk@comcast.net](mailto:wjlusk@comcast.net)

### OTHER CONTACTS

Everett & Linda Donelson  
 720-508-4268  
 Caryl & Charles Harvey  
 970-854-2665

### POMC NATIONAL OFFICE

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 Cincinnati, Ohio 45209  
 Email: [natlpomc@pomc.org](mailto:natlpomc@pomc.org)  
 Website: [www.pomc.org](http://www.pomc.org)  
 Office: (513) 721-5683  
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 Toll Free: (888) 818-POMC (7662)

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...

The Expendables Paintball Team in memory of All Victims



## NEW MEMBERS



# TRIALS & HEARINGS

Juli Jenicek:

Miss Valdes received First Degree Murder, Life Without Parole with an additional five charges. Her sentencing will be August 23, 2019.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was extradited to Arapahoe County on June 11, 2019. The preliminary hearing/proof evident hearing is scheduled for September 6, 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

**Bob Willis**

July has been set aside to remember bereaved parents across our nation, even around the world. This is a very important step of public awareness. In reality, bereaved parents are among us each month, each day, every moment. Some of them are vocal about their pain, others keep it hidden within their heart. But the pain is like no other. There can be the pain of regret, guilt, unfinished business, broken relationships, and lost dreams.

Several years ago I was commissioned by Integris Baptist Hospital in Oklahoma City to sculpt a bronze figure for the memory garden at the hospital. As I considered the emotions that needed to be expressed....I recalled the countless times I heard bereaved parents say "my heart has been ripped from my chest". This sculpture is in honor of all bereaved parents who are aware of the empty place in their heart. It still hurts, some days more than others. I want to encourage bereaved parents to reach out to a safe person...talk about your loss, your pain, your feelings. The empty place will always be there, but it can soften. May God be near to you.



[https://www.facebook.com/stasi.clark/posts/10218608926070995?comment\\_id=10218609464244449](https://www.facebook.com/stasi.clark/posts/10218608926070995?comment_id=10218609464244449)



# COMFORT CORNER: HEALING

## Grief Recovery: You Know You're Getting Better When...

*By Helen Fitzgerald, CT*

**The progress through grief is so slow, and so often of a "one step forward and two steps backwards" motion, that it is difficult to see signs of improvement. The following are clues that will help you to see that you are beginning to work through your grief:**

- You are in touch with the finality of the death. You now know in your heart that your loved one is truly gone and will never return to this earth.
- You can review both pleasant and unpleasant memories. In early grief, memories are painful because they remind you of how much you have lost. Now it feels good to remember, and you look for people to share memories with.
- You can enjoy time alone and feel comfortable. You no longer need to have someone with you all the time or look for activities to keep you distracted.
- You can drive somewhere by yourself without crying the whole time. Driving seems to be a place where many people cry, which can be dangerous for you and other drivers.
  - You are less sensitive to some of the comments people make. You realize that painful comments made by family or friends are made in ignorance.
- You look forward to holidays. Once dreaded occasions can now be anticipated with excitement, perhaps through returning to old traditions or creating new ones.
  - You can reach out to help someone else in a similar situation. It is healing to be able to use your experience to help others.
- The music you shared with the one you lost is no longer painful to hear. Now, you may even find it comforting.
  - You can sit through a church service without crying.
- Some time passes in which you have not thought of your loved one. When this first happens, you may panic, thinking, "I am forgetting." This is not true. You will never forget. You are giving yourself permission to go on with your life and your loved one would want you to do this.
  - You can enjoy a good joke and have a good laugh without feeling guilty.
  - Your eating, sleeping, and exercise patterns return to what they were beforehand.
    - You no longer feel tired all the time.
- You have developed a routine or a new schedule in your daily life that does not include your loved one.
  - You can concentrate on a book or favorite television program. You can even retain information you have just read or viewed.
- You no longer have to make daily or weekly trips to the cemetery. You now feel comfortable going once a month or only on holidays or other special occasions.
  - You can find something to be thankful for. You always knew there were good things going on in your life, but they didn't matter much before.
- You can establish new and healthy relationships. New friends are now part of your life and you enjoy participating in activities with them.
  - You feel confident again. You are in touch with your new identity and have a stronger sense of what you are going to do with the rest of your life.
    - You can organize and plan your future.
  - You can accept things as they are and not keep trying to return things to what they were.
  - You have patience with yourself through "grief attacks." You know they are becoming further apart and less frightening and painful.
    - You look forward to getting up in the morning.
  - You stop to smell the flowers along the way and enjoy experiences in life that are meant to be enjoyed.
- The vacated roles that your loved one filled in your life are now being filled by yourself or others. When a loved one dies he or she leaves many "holes" in your life. Now those holes are being filled with other people and activities, although some will remain empty. You are more at ease with these changes.
- You can take the energy and time spent thinking about your loss and put those energies elsewhere, perhaps by helping others in similar situations or making concrete plans with your own life.
  - You acknowledge your new life and even discover personal growth from experiencing grief.



## COMFORT CORNER: SELF CARE

### SELF-CARE IS A RADICAL ACT IN ITSELF

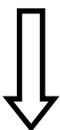
*Lydia Blanco*

As a prominent figure within this new era of civil rights, Sharon Cooper wants people to know that you have to take care of yourself before and as you show up for others.

### HERE ARE 5 PIECES OF ADVICE FROM COOPER ON HOW TO EXPERIENCE TRANSFORMATION AFTER GRIEF.

1. **Take off the cape.** — It's something that I think is an art and it's a skill and it takes learning over a duration of time. But it's OK for you to take your cape off; that cape that we all wear every single day.
2. **Find your tribe.**
3. **It's OK to be vulnerable and expose yourself.** — When we hold on to that notion of what it means to be superman or superwoman, or superhuman—what we do is deny ourselves what it really is to be vulnerable.
4. **Give yourself time and permission to take care of yourself.** — I love the hashtags Black Girl Magic, Black Boy Joy, and anything else that I'm forgetting; but here's the thing, we break, right? So you have to be kind to yourself and be gentle to yourself so that when you're called up and into that meeting with the top exec that you've been planning for your entire career, you show up...as a parent, spouse, partner, or at home so that you can show up in the fullness of yourself as opposed to in pieces because you're broken because you haven't taken care of yourself.
5. *On helping others who might be grieving:* **Meet people where they are.** — When we have people in our lives that we love dearly, we want to fix the pain and make it go away. But I think that it's more natural to allow people to go through the progression of grief.

Since 2015, Cooper and her family have continued to keep Sandra Bland's message alive with their continued fight for justice and the NAACP award-winning HBO documentary, *Say Her Name: The Life and Death of Sandra Bland*.



<https://www.blackenterprise.com/sandra-bland-sister-overcomes-grief-with-self-care/>



# FOOD FOR THOUGHT



## Easy Meatloaf

allrecipes!



Prep  
10 m

Cook  
1 h

Ready In  
1 h 10 m

Recipe By: Janet Caldwell

"This is a very easy and no fail recipe for meatloaf. It won't take long to make at all, and it's quite good!"

### Ingredients

1 1/2 pounds ground beef	salt and pepper to taste
1 egg	2 tablespoons brown sugar
1 onion, chopped	2 tablespoons prepared mustard
1 cup milk	1/3 cup ketchup
1 cup dried bread crumbs	

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
- 3 In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- 4 Bake at 350 degrees F (175 degrees C) for 1 hour.

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[https://www.allrecipes.com/recipe/16354/easy-meatloaf/print/?  
recipeType=Recipe&servings=8&isMetric=false](https://www.allrecipes.com/recipe/16354/easy-meatloaf/print/?recipeType=Recipe&servings=8&isMetric=false)



# BIRTHDAYS REMEMBERED

David Blea	8	1	1967
Tiff Vainey 5th	8	1	1984
Bill Leis	8	3	1948
Eddie Wayne Hairston	8	3	1961
Brandon Hurtado	8	3	1978
Cody Martell	8	4	1966
Kevin	8	6	1971
Blaine Eric Noble	8	6	1974
H Gregory Jukiewicz	8	6	1975
Trevin Eno	8	10	1970
Jesse Maldonado	8	12	1977
Earl Mitchell	8	13	1907
Phillip Dearing	8	13	1980
Carmina "Nina" Anderson	8	14	1930
Lysa Beth Moser	8	14	1962
James Mendoza	8	14	1989
Cindy Jolene Tiemann	8	15	1959
Michelle Leigh Cospers	8	15	1973
Larry Heil	8	16	1962
Leon Nuanes	8	17	1975
Angelina Sicola	8	17	1992
Matthew Foley	8	19	1980
Christy Marie Brown	8	20	1975

Gertrude Brown/Nussel	8	22	1906
Joni Edwards	8	23	1962
Aaron Tuneberg	8	23	1983
Josh Harman	8	23	1984
Justin Andrew Archuleta	8	26	1975
Steven Robert Curnow	8	28	1984
Heather Victoria Reyes	8	29	1975
Rebecca Lynn Ochs	8	30	1971

\*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

Sid Wells	8	1	1983
Colin Ehlers	8	1	1998
Robert James Schoen	8	4	Xxxx
Damon J. Murphy	8	6	1991
Donald Hubbard	8	7	2011
Trevin Eno	8	8	2017
Joel England	8	8	1998
Rickey Ritter	8	11	2006
Mary Anne Southwick	8	14	1993
James Darrell Steele, Jr.	8	14	1995
Rodney Lee	8	14	1999
Robert A. Vinci	8	14	1990
Ray (Paisano) Linebarger	8	16	1993
Micheala Carol Hanson	8	18	1988
Cecelia Vigil Talavera	8	21	Xx11
Charley Richards	8	21	1992
Michelle Leigh Cospers	8	23	1988
Tami Krizman	8	24	1995
Matthew Worden	8	24	1995
Paul Anthony Ciaramitaro	8	25	1988
Tammy Lamberty	8	26	1994
Devon Smeltz	8	26	2016
Mary Buso	8	27	1993
Marcos Torres	8	27	2005

Michael Ned	8	28	1992
Brandon Cruz Sigala	8	28	2011
Ricky Bobian	8	30	2009
James Mendoza	8	30	2009



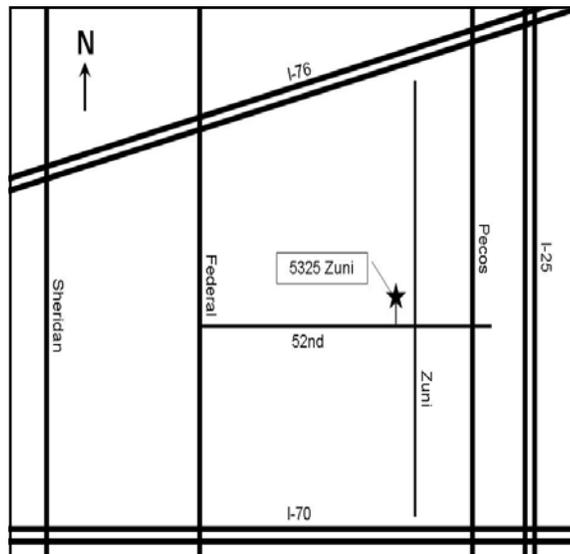
# MONTHLY MEETINGS

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