

Support Newsletter

December 2022

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



Parents of Murdered
Children National Office –
Cincinnati, OH

POMC Colorado

Front Range Chapter

Transition Directives

Family -

As you know from the September announcement and the most recent newsletters, the board for the Front Range Chapter has given their notice that on December 31, 2022, they will be stepping down as your leaders.

Although we haven't had any local volunteers, we are working diligently with the National POMC to identify a new team.

Most importantly, we want to stress that your support **will not** be interrupted during this transition. Other chapters, such as Arizona and Los Angeles, also utilize video conferencing.

You can find their contact info here:

[Arizona Valley of the Sun - POMC](#)

[Los Angeles - POMC](#)

If their dates or times don't fit into your schedule, you can find other chapters here:

<https://pomc.org/chapters/>

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“You Are Not Alone”

www.colorado-pomc.org

The Mission of POMC:

POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

“We Are Here to Help”

- To support persons who survive the violent death of someone close as they seek to recover.
- To provide contact with similarly bereaved persons and establish self-help groups that meet regularly.
- To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
- To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.

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Website: www.pomc.org
Office: (513) 721-5683***

Love Gifts

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

None currently

When Murderers are Free and Justice Expires By Peg Kerouac

During our workshop, with the same title, at 2022 POMC Conference, we ran out of time to complete some of our steps to empowerment, ways to reduce murder events as a society, coping strategies in systems requiring acceptance (of justice served) while rendering us powerless. The first activity for the large group requested that people place themselves on a continuum from “Justice Never Served,” to some level of “Justice was Realized”, to “Justice Expires/d”. Perhaps, the title should have clued me in that I would hear a lot about anger as the dominant emotional toll. However, I never expected that the group that had some level of justice realized were as angry and disappointed as those that never realized justice and for those who justice was expiring. I hope this follow-up will help all to realize the power inherent in anger.

Anchor Howard Beale was quoted as saying “I am mad as hell and I am not going to take it anymore!” (Film: Network, 1975). The great part of anger is the amount of energy we can derive from it. The bad part about suppressed (withheld) anger is holding control over it severely depresses you by eroding vital energy and your immunity.

We noted that individually, our voices were barely heard in the greater systems of Dept. of Justice and Dept. of Corrections systems that have been financial broke and otherwise broken, in need of reform. As we were in our session, the “Rights for Families of Crimes Act” passed Senate and Congress. The foundation of this act was the culmination of so many people with cold cases that got mad as hell and pursued federal reform and all cold cases must be reviewed by an independent team and afforded the newer forms of science in crime scene investigations (like DNA testing). Every state has been fighting to have Marsy’s Law or a national “Victim Rights Amendment” to our constitution. To date, 30 states need to pass this law, including my own, that defeated it narrowly two years ago. Marsy's Law seeks to give crime victims meaningful and enforceable constitutional rights equal to the rights of the accused. Some examples of the types of rights to which we believe all victims are entitled are:

- To be treated with dignity and respect throughout criminal justice proceedings
- To be notified of his, her or their rights as a victim of crime
- To be notified of specific public proceedings throughout the criminal justice process and to be present and heard during those proceedings.

Anyone involved in criminal justice systems have tragically learned that criminals have more rights than many Americans are afforded.

4-POMC Colorado Front Range Chapter

Your Dept. of Corrections and Dept. of Justice needs the collective voices to get budgets and resources assigned to them. They have been in a downward spiral in federal budgets since 2010. Some members would love to see a “Convicted Violent Criminal Registry” much like the model created by survivors of sexual abuse. New laws, new legislations, new input on budgets, new constitutional amendments, new justice reform, new policies to retain violent prisoners and release nonviolent offenders, those that never violated humans out before those convicted and serving 25 years or more (as is the current national policy, 95% chance of release after 25 years in jail).

We can have an impact on media that promotes violence, teaches, trains, replicates. We can create resources and media for counter conditioning, just like our military did to condition soldiers. Remember, since 1975 mass shootings were not regular events in our society. Nor was the social media promoting first person engagement in violent media. Media and video games can be created that have an extremely positive impact on emotional and social development. We as parents can regulate and monitor our children’s input from society, from media, and toward good.

In closing, we wrote portions of the Serenity Prayer to: “Grant me the serenity to change the things I can, Accept the things I can’t, and the Wisdom to know the Difference.” Remember anger is as charged of an emotion as we have and we can harness it and bridle it like a magnificent stallion or we can let it erode us, society, and our safety with our emotions. The challenge is to use your powers for promoting positive change while you represent your loved ones.

Click the Website Link for more information:

[POMC Newsletters](#)

Donations

Love Gifts provide restorative resources for the participants of the Colorado Front Range Chapter.

Make Checks Payable to:
POMC

18121 E. Hampden Ave
Unit C #145

AURORA, CO 80013

PAYPAL ACCOUNT:
pomccolorado@gmail.com

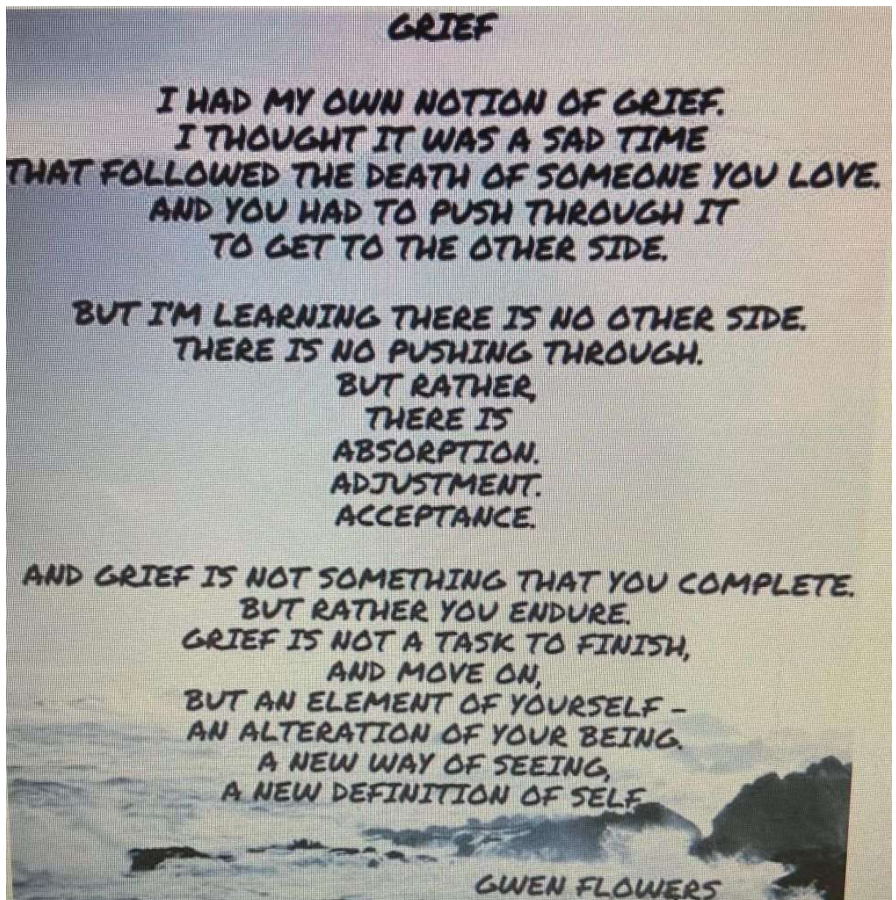
Donations are
tax-deductible.

Federal ID: 31-1023437

*If you wish to be acknowledged in the POMC newsletter, please ADD A DONOR NAME in the FOR section of your check or ADD A NOTE if donating by PAYPAL.

Acknowledgements are located on Page 3.

Mindful Meme



Trials & Hearings

Member Experiences...

None currently

What Happens at Meetings?

POMC local Chapters hold monthly meetings, provide a telephone network of support, supply information about the grief process, organize a speakers' bureau and provide accompaniment for survivors who attend court proceedings. Many Chapters publish their own newsletter.

In areas where there are not enough members to sustain a Chapter, Contact Persons provide much of the same level of support.

Most meetings begin with introductions and each survivor telling of his/her loss. Often there is a topic to guide discussions such as the grief process, the criminal justice system or favorite memories. Usually meetings revolve around group member's own knowledge and experiences but occasionally outside speakers are invited to present information and to learn from survivors.

One member said "In the meetings, people are so supportive, you don't have to be afraid to say what you feel. No one is there to judge your feelings or to persuade you to think differently."

A reporter described a meeting in Wisconsin: "These mothers and fathers talked about their feelings of anger, hopelessness, bitterness and their seemingly endless grief. No one told them 'Forget about it' or 'You should be over that by now'.

As members help one another by sharing experiences, feelings and insights and by allowing others to do the same, their grief is somehow lessened.

Click the Website Link for more information:

[What Happens at Meetings? \(pomc.org\)](http://pomc.org)

Meeting Information

Want to attend via Zoom or in person? No problem!

Email:
POMCColorado@gmail.com
to receive more information.

See you then!

Additional Information

This newsletter is published monthly by volunteers and it is the official publication of the Front Range Chapter of POMC. Articles, poems, recipes, and letters from members are welcomed.

Email:
POMCColorado@gmail.com.

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:
POMCColorado@gmail.com
with comments and suggestions.

Monthly Meetings

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

For Year: 2022

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

*Board meetings begin at 5:30 PM