



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

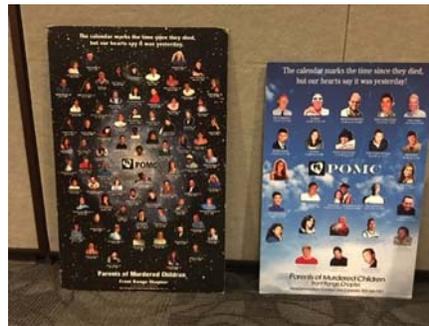
January 2020

ANNOUNCEMENTS

POMC Posters for Awareness—EXTENDED

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. Indicate your loved ones: Name, Birth, and Death Date.
Or, bring a photo to the next December meeting.

Options to pay:

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

The due date is January 18, 2020.

Save the Date:

**THE COURAGE TO GRIEVE hosted by the POMC
A Weekend Retreat of Hope and Healing
April 17, 18 and 19, 2020
in Cincinnati, Ohio**

For questions go to:



<http://www.pomc.com/docs/2020%20Grief%20Retreat%20Flyer.pdf>



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

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

SECRETARY

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TREASURER

Tiffany Starrett
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Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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Other Resources: Trials and Hearings

BOARD MEMBER

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OTHER CONTACTS

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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...

Cynthis Thye - In honor of Charla, Mark and Tawni Nicholson

MaryJo Haffen - In honor of Michael O'Fallon

Lonnie Hutzenbiler



NEW MEMBERS

Mark & Christine Bush

Betty Byrd

Sabien Padilla



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 Motions Hearing is scheduled for February 7, 2020.
 The Pretrial Readiness Hearing is scheduled for March 20, 2020.
 The trial is scheduled for April 7, 2020.



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
9888 W Belleview Ave. #103
LITTLETON, CO 80123

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

A New Year and the Challenge of Grief

By Hello Grief

Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on New Year’s. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when the media and others encouraged you to have a HAPPY New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January. Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person’s joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for YOU in a “new year”. Even if you haven’t consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next. Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don’t necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one but you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything “wrong” on your list. Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

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COMFORT CORNER: HEALING

Continued from Previous Page

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This “something” will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don't have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving. I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a “new year” can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.



For questions go to:

<http://www.hellogrief.org/a-new-year-and-the-challenge-of-grief/>



COMFORT CORNER: SELF CARE

21 Grief Journaling Prompts to Get the Healing Energy Flowing

By: Jennifer Williamson

Through grief journaling, we take small but solid and honest steps forward, which is the only way through grief (we can't sidestep the work of grieving and healing; it is truly hard and heart work). From the pages of my own journal, I'm offering some prompts to encourage those steps inward and forward.

1. Today, I am really missing...
2. I am having a hard time with...
3. The hardest time of day is...
4. I have been feeling a lot of...
5. To allow these feelings room to transform into something else, I am willing to...
6. I could use some more...
7. I could use a little less...

Grief journaling is a therapeutic offering of compassion, a true gift of possibility.

8. I am ready to feel...
9. A simple activity or non-activity I could try today to make things easier is...
10. If I were to ask for help, who might I ask and what would I ask for specifically?
11. My support system includes...
12. I find it helpful when...
13. I feel most connected to my loved one when I...
14. A comforting memory of my loved one is...

When we sincerely contemplate what we can do from this place to participate in our own healing, miracles are summoned.

15. My loved one had a way of making me feel...
16. One way I can express this feeling (or these feelings) in a creative way is...
17. If I could be like my loved one in any way, I would adopt their...
18. I can honor my loved one by...
19. Whenever I start to feel overwhelmed by pain, regret, guilt, or despair, I will repeat this mantra:
20. To be more compassionate toward myself, I am willing to try...
21. Is there someone else who is hurting, and is there something I could do to show them I care?



For questions go to:

<https://healingbrave.com/blogs/all/grief-journaling-prompts>



MINDFUL MEMES

Do not stand at my grave and weep

*Do not stand at my grave and weep
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you awaken in the morning's
hush
I am the swift uplifting rush.
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there. I did not die*

Poem by Mary Elizabeth Frye



BIRTHDAYS REMEMBERED

Jan Mariano	1	1	1952
Sarah Robinson	1	3	1985
Neal Eldrenkamp	1	5	1959
Lori Jean Burritt	1	6	1953
Alan Friedman	1	9	1951
Thad "T.J." Tigges	1	9	1968
Marlon Horton	1	10	1984
Judy Gushard	1	11	1945
Angie Fite	1	11	1970
Mitch Anderson	1	11	1975
Ricky Bobian	1	15	1974
Zoey Espinoza	1	15	2003
Heather Moore	1	16	1974
Jacine Gielinski	1	16	1975
Carrie Lee Gonzales	1	17	1957
Jason Paiz	1	17	1979
Aaron Richart	1	18	1978
Isaiah Vialpando	1	20	1995
Bailey Davidson	1	20	2005
Dylan Gushard	1	21	1971
Bryan D. Lusk	1	24	1976
Leah Mandell	1	29	1972
Javad Marshall-Fields	1	29	1983

Maitreya Byrd	1	29	1985
Cameron Weaver	1	29	1991
Heather Riccardi	1	30	1975

*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

Michael Cates	1	1	1994
Phillip Mc Cain	1	1	1994
Brad Amack	1	1	1998
Jordan Shuford	1	1	2002
Ashley Raguindin	1	1	2012
Tiff Vainey 5th	1	2	2006
Robert Mejia	1	3	2004
Conrad Duran	1	3	2010
Cindi Talor	1	4	1996
Christa Benton	1	6	2016
Steven Johnson	1	7	1995
Mary Rogers	1	8	2001
Marquis Garcia	1	10	2017
David Gonzales Shuker	1	11	2004
Elvin Landrum	1	12	1996
Gina Padilla	1	13	1996
Gary Clark	1	14	1988
Cameron Weaver	1	14	2013
Jolene Romero	1	15	1994
Ryan C. McDaniel	1	16	1996
Kimberlie Rose Urstadt	1	16	2011
Josh Harman	1	18	1999
Jamie Paine	1	20	1997
Eric Martinez	1	20	2001

Craig Jackman	1	21	1981
John Flores	1	21	1989
Nate Tallman	1	21	2014
Page Ten Brook	1	23	1997
Nick Thelley	1	25	1999
Thad "T.J." Tigges	1	25	2001
Garry Gene Bailey	1	26	1996
Robert Hayden	1	26	1999
Edward Gomez (Martinez)	1	27	1997
James Springer Jr	1	27	2002
Drake Smith	1	27	2018
Dylan Gushard	1	30	1987
Judy Gushard	1	30	1987
Vanessa Gushard	1	30	1987



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

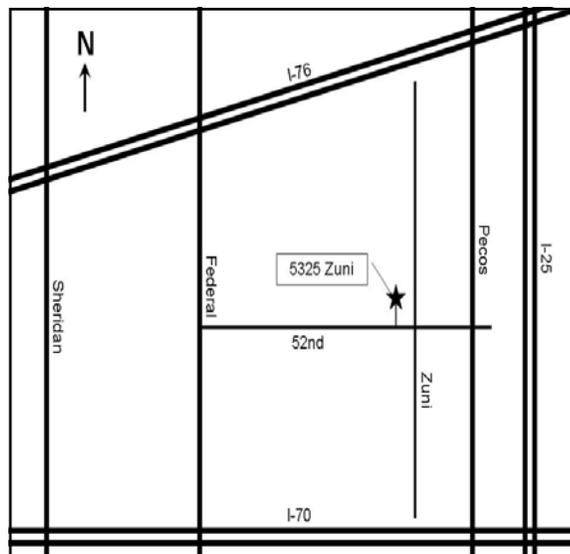
September 19*

October 17

November 21*

December 19

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



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

POMC
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LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED