



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

March 2020

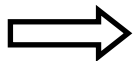
ANNOUNCEMENTS

National Crime Victims' Rights Week Event: Crime Victims' Rally at the Capitol Steps

Wednesday, April 22
Noon—1:00 pm
Colorado State Capitol, West Steps
This is a free and open event to the public

DID YOU KNOW?

"As an Amazon Associate, POMC earns from
qualifying purchases"



<https://www.amazon.com/?tag=pareofmurdchi-20&linkCode=ur1>

(The use of this link does not increase the cost of your purchase)

Save the Date:

POMC National Conference
July 23-26, 2020
Atlanta Hilton in Atlanta, Georgia

Place: Hilton Atlanta Airport
1031 Virginia Avenue
Atlanta, Georgia 30354
404-767-9000



[https://www.eventbrite.com/e/2020-pomc-national-conference-registration-83931624749?
ref=ebtn](https://www.eventbrite.com/e/2020-pomc-national-conference-registration-83931624749?ref=ebtn)



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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 Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

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

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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...



NEW MEMBERS



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 Motions Hearing was rescheduled to March 11, 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

Loss of Our Assumptive World

By Elizabeth Harper Neeld, Ph.D.

When my mother, ten years younger than my father and in good health, surprised everyone by dying first, I felt she—and my sister, brother, and I—had been betrayed by life. We had expected to have her with us at least a decade after Daddy died. Perhaps we could help make up some for the years of sacrificial care she gave our ailing father. She'd go with us on trips, which she loved to do.

Even in her late seventies she still imagined that she might take a course or two at the local community college. I could imagine helping to make that possible when our father died. I was surprised at how angry I became when we got to do none of these things. I was also surprised at how many years and how much work it took for me to handle that anger. Sensible? No. Understandable? Yes. My assumptive world had been logical; it just had not been realistic. (Excerpt from *Tough Transitions* by Elizabeth Harper Neeld)

When we are dealing with loss, we know what we have lost in the outside world. We miss a person and everything that entails. What we are often surprised by is that, in addition to losing a person, we have lost something internally. We have lost the rudder that guided our lives.

What we think of as a rudder can also be thought of as the assumptions on which we based our lives, assumptions that seemed firm and dependable until they suddenly weren't. I think of the deck on the back of our house. Ordinarily, I don't go around thinking about the framework of that deck. The structure is just there. Until one day I see termites swarming on that deck. Then I start to think about the posts that hold up that deck and the foundation on which the deck is built.

The assumptions each of us holds about how life works can be compared to the structure of a deck on a house. What kinds of assumptions are normal?

People who are careful (hardworking, loving, believing, etc.) can avoid misfortune.
Parents die before children.

I will grow old with this person.

People who have faith or who are prayed for by those who have faith will be protected.

Family members will be helpful.

Friends will always be there for me.

Now, if you pin us down, we know these assumptions don't always hold. We all can give examples of more than one of these assumptions that did not prove to be true. But the fact is that it is normal for human beings to act as if the assumptions by which we live can be counted on. It is these mental maps, our assumptions that shape our daily actions and thoughts without our realizing it. When a loss shatters that assumptive world, we suddenly find ourselves questioning everything we lived by in the past.

Continued to Next Page



COMFORT CORNER: HEALING

Continued from Previous Page

Building a new assumptive world takes time. We have to identify and examine all the assumptions we have unconsciously lived by and decide which of these continue to hold true for us and which must be jettisoned, clarified, or amended. We have to examine and reflect on what we now believe, what we now know. When we have done this, we stand on an even more solid foundation of a life that has been examined. Until that new assumptive world can be built, however, we feel as if we are living in Pogo's "Land of the Trembling Earth."

How to Think About Rebuilding Our Assumptive World

A young man whose father died and who himself had just recovered from a life-threatening disease told me:

The way I see it, everybody has a kind of contract with the world. According to the terms of that contract, the world acts in a certain way and you act in a certain way and the world responded in a certain way. It's a contract that builds up over time.

And I think one of the most fundamental clauses in that contract is the immortality clause. The immortality clause says the world doesn't go on without you and those you love in it. We wouldn't admit to believing the immortality clause if we were pinned down to it, but we act as if it is true nevertheless.

Then something comes along to contest that clause. With no warning, with no signs pointing to it...All of a sudden everything is shattered....So I have realized that the clause has gotten canceled, and I have to rewrite the contract completely. The whole contract with life has to be renegotiated because none of it makes sense any longer. I'm now in the process of doing that renegotiation.
(Excerpt from Seven Choices by Elizabeth Harper Needl)



For questions go to:

<http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A4613>



SELF-CARE FOR

ANXIETY

By Blessing
Manifesting

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a **good routine** helps a lot.

Rationalize

Anxiety likes to pull out the worst-case scenario. **Reassure yourself** as many times as it takes that you are okay.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. **Break the stigma!**

Schedule

If there's something that's triggering your anxiety, **try scheduling** it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to **self-soothe**.



But grief is a walk alone.
Others can be there, and listen. But you will walk alone down your own path, at your own pace, with your sheared-off pain, your raw wounds, your denial, anger, and bitter loss. You'll come to your own peace, hopefully ...but it will be on your own, **in your own time.**

Cathy Lamb

Out of the Ashes / FB



BIRTHDAYS REMEMBERED

Garett Cordova	3	1	1965
Jennifer Manchego	3	1	1974
Jeremy Campton Craft	3	2	1970
Sindy Wong	3	2	1977
Corey DePooter	3	3	1982
Beth Haynes	3	5	1972
Danny Steve McQueen	3	5	1955
Kurt Moore	3	5	1963
Wayne Craig	3	6	1969
John Rasser	3	7	1966
Mark Francis	3	7	1976
Michael Reichert	3	8	1964
Shaniqua Coffman	3	8	1991
Steven Johnson	3	8	1986
Nathan Bailey	3	10	1996
Edward Perez	3	15	1946
Pedro A. Dominguez	3	16	1982
Megan Patricia Neylon	3	17	1982
Megan Patricia Rapacz	3	17	1982
Tina Sandoval	3	17	1972
Paul A. Stone	3	18	1980
Leslie Gonzales	3	20	1989
McKinley Dixon Jr	3	20	1975

David Aric Rothrock	3	23	0
Troy Baker	3	23	1977
Anthony (Tony) Gonzales	3	24	1942
Andrew Just	3	25	1980
Jeffrey Smith	3	27	1992
Jeffrey Smith	3	27	1992
Jesse Field	3	27	1979
Andrea Weiss	3	28	1976
Sid Wells	3	28	1961
Chad Harvey	3	30	1975
Daniel Kitts	3	31	1996

*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

Falon Watson	3	1	2014
Maria Cordova	3	1	2003
Mark Francis	3	1	1998
Alice Jane Hensley	3	3	2001
Martin Macias	3	4	1901
Mark Smith	3	4	1995
Ron Haynes	3	4	2006
Andrew Just	3	7	1998
James Mora	3	7	1992
Gloria Bailey	3	8	1981
Ruby Sparks	3	8	1981
Harold Lee Prelow	3	9	1996
Ralph Earl Pettis	3	9	1986
Alan Friedman	3	10	1989
Carrie Lee Gonzales	3	11	1984
Roxanne Logan	3	12	1995
Larry Heil	3	12	1991
Eddie Garcia	3	15	1998
Roderick Paulsen	3	15	1997
Nathan Leon	3	17	2013
Sherri Majors	3	18	1996
Lee Pumroy	3	18	1993
Ted Carleton	3	18	1996
Thoedore "Ted" C. Carleton	3	18	1996

Meglan Renaud	3	21	1989
Lori Jean Burritt	3	22	1990
Paul Hurtado Jr	3	22	1990
Natalie Lynn	3	27	2013
Cher Elder	3	28	1993
Michelle Vinson	3	28	1992
Paris Lamar Davis	3	29	1998



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

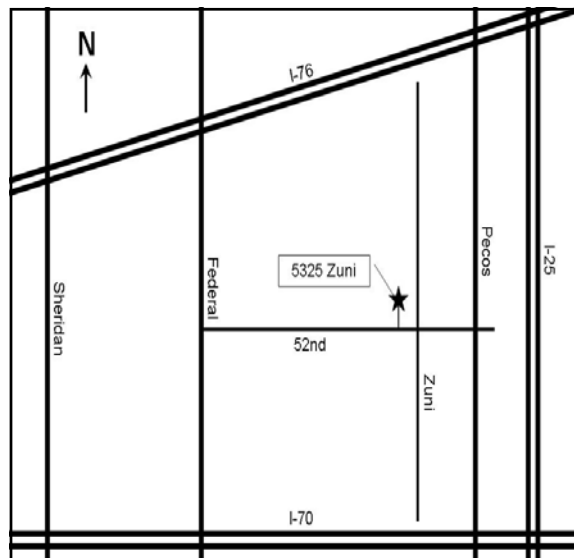
September 19*

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.

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LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED