



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

May 2020

ANNOUNCEMENTS

34 th ANNUAL POMC CONFERENCE July 23 - 26, 2020 HAS BEEN CANCELED

Due to the coronavirus pandemic and the challenges it has presented, the Conference Committee and the National Board of Trustees have made the difficult decision to cancel the Parents Of Murdered Children Conference in Atlanta Georgia scheduled for July 23-26, 2020.

The decision was a very difficult one and was made after much discussion and careful consideration. We all know the importance of the Conference to our POMC family and any new members who were planning to attend. The Conference Committee and the National Board of Trustees are as disappointed as all of you are, but we didn't feel it would be safe and we would be acting irresponsibly going forward with the National Conference in Atlanta in July.

Anyone who has already registered will receive a full refund of paid registration fees. If you have made hotel reservations remember to cancel.

The Conference Committee is still looking into other ways we can provide emotional help and support to you, so please check the National POMC website [pomc.org](http://www.pomc.org) for update.

We thank those who had already committed to participating as a speaker, workshop presenter, or one of our many other volunteers.

Please take care of yourself during these challenging and trying times.

Parents Of Murdered Children
Conference Committee
National Board of Trustees
Bev Warnock, Executive Director

 <http://www.pomc.com/>



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

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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.
 The trial has been rescheduled to June 16, 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

Grief - The Human Experience

By Wanda Bincer, M.D.

Madison, Wisconsin

Grief is a universal human experience and all of us are familiar with the feelings of pain and sadness following a loss. We read about tragedies every day in the newspapers, see them on TV, hear about misfortunes from friends or experience a loss of someone dear to us through illness or old age. Our culture tends to encourage us to ignore death and pain, and promotes the myth that we can all be young, beautiful and if we live right, happy forever.

Many have read or heard of the work of Elisabeth Kubler-Ross and other experts on death and dying. Thus we are familiar with the stages of grief, shock, denial, rage, despair, and finally acceptance. We may find reassurance in the fact that the terrain has been studied, that there is a map on how to travel the areas that need to be passed on the road to our destination. For some the travel is made easier by a strong faith, by a sense of meaning and purpose, and by the firm belief that they will need with absent loved ones after death.

At different times many of us come into contact with grieving persons at a funeral, memorial service or when visiting the bereaved. We offer caring words, compassion, practical help and maybe even love, but then we are finished and go on with our lives. I was thrust into the world of senseless violence, grief and anguish with the sudden news of the murder of my oldest child and only daughter. It began with utter shock and disbelief and a slim hope that a mistake had been made. The shock and disbelief still catch me at times, even though four years have passed. And of course a terrible mistake was made; some cruel and misguided man ended the life of a young woman, who loved life, people and animals. She picked up stray puppies, loved children, had a radiant sunny smile and wanted to start a camp for mentally retarded and disabled children. A part of me was killed with her and I will never be the same again.

We all ask "why"? We become acutely aware of our vulnerability. The world suddenly becomes an unfair and dangerous place. Our sense of trust, order, and the belief that should we live just and good life nothing bad will happen to us, are shattered. However, it is important to remember that we are all individuals, that our circumstances differ, as does the length and pattern of our grief. What we can offer those who are grieving is a caring acceptance of their special way of dealing with their anguish and a willingness to listen.

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COMFORT CORNER: HEALING

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“Give Sorrow Words”; is the message of the self-support group Parents of Murdered Children. Healing can be facilitated by telling one's story again and again and by allowing oneself to experience pain, rage and despair. Most of us do not realize our own strengths and ability to cope. The resiliency and power of the human spirit are awesome. When I come into contact with families whose child has been murdered and experience the compassion and caring within the group, my faith in the human spirit is restored. Survivors of the murder of a child, spouse, or friend have a great deal to offer one another and often can be of more help than the clergy or mental health professionals.

I would say that probably the most important element that can help us in our grieving is that we treat ourselves with great kindness and that we do not set up unfair expectations of ourselves. Length of time, intensity of sorrow, may be different for each of us. The different stages of grief follow no rigid order and we need to give ourselves permission to experience our anguish in our own time, without deadlines or hurtful judgments.

As we live through unimaginable heartbreak and sadness, it is a time for gentleness; it is a time to forgive ourselves, our anger and self-centeredness; it is a time to allow ourselves to weep, as long and as often as we wish.

It is important not to allow society in general, our friends, mental health professionals, or the clergy in particular, to pressure us into getting on with the business of living and thus shortening or suppressing our grieving. Well-meaning people who expect the bereaved to become quickly functional, smiling and cheerful again, may do incredible harm and will certainly increase the feelings of loneliness, hurt and alienation already present.

It is important to grieve, to experience the pain, to weep and to acknowledge the impact of our loss. To allow ourselves to grieve is healing in the long run. It enables us to put our lives together again as best we can under the circumstances.



For questions go to:

<http://www.pomc.com/grief.html>



COMFORT CORNER: SELF CARE

A fun and relaxing resource to help you take care of your mental health.

May Word Search Puzzle

I T H T W O R G I S U N C C H
E R S Y A D E N O Y T R I H T
Y A D Y A M T S A I N H N O N
A W T H I E U M N O N T C H O
D O F N Y R G M R A Y G O O M
A T I Y U L N I O T S N D A H
I E L A G N I T H G I N E M T
R S T D E B M L T N A U M W F
O T P S I T O S W I P R A O I
T B A R B L O Y A N N R Y A F
C M E E I D L M H E M A O F T
I E R H M N B A I D A R O M A
V N G T O D G D S R E W O L F
M E M O R I A L D A Y E S S O
F S E M E R A L D G P R I N G

BLOOMING
CINCO DE MAYO
EMERALD
FIFTH MONTH
FLOWERS
GARDENING
GEMINI
GROWTH
HAWTHORN
LILY

MAIA
MAY DAY
MEMORIAL DAY
MOTHER'S DAY
NIGHTINGALE
SPRING
TAURUS
THIRTY-ONE DAYS
VICTORIA DAY
WARM



MINDFUL MEMES

When you go into deep conversation
with someone who understands





BIRTHDAYS REMEMBERED

Alan Michael Conner	5	1	1980
Carol Peoples III	5	1	1987
Cody Faust	5	1	1982
Jackie Maldonado	5	2	1962
Steve Murgatroyd	5	2	1962
Jeff Walker	5	3	1972
Melodie Robertson	5	3	2000
Patricia "Trisha" Green	5	3	1977
Terrance Mayo	5	3	1976
Trisha Green	5	3	1977
Jacob Wiens	5	6	1991
Roy Cozby	5	10	1940
Michael Cates	5	11	1975
Lindsey Kay Creason	5	12	1993
Sgt. Tim Mossbrucker	5	15	1958
Tina Abbott	5	15	1949
Ennis Walton	5	17	1970
Rebecca Lynn Gonzales	5	20	1989
Vera Escobedo	5	21	1966
Mark Anthony David Johnsen	5	22	1987
Mark Gonzalez	5	22	1987
Eric Martinez	5	24	1978
Nate Tallman	5	24	1988

Page Ten Brook	5	24	1966
Christopher Aragon	5	26	1960
Jordan Miranda	5	26	1991
Jack Koller	5	27	2009
Abdul Muhammed	5	28	1953
Michael Julius Ford	5	29	1984
Gary Carlson	5	31	1962
Joseph Seara	5	31	1977

*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

Chandra Haak	5	1	1991
Angelina Sicola	5	2	2013
Karla Winberg	5	2	1981
Aaron Richart	5	3	1999
Kyra Harris	5	3	1987
Christy Marie Brown	5	4	1995
Danny Stanazyk	5	5	2005
Eddie Hairston, Jr.	5	6	1978
Frankie Paul	5	8	1998
Kay Lyn Robinson	5	8	1979
Rubon Wayne Norwood	5	9	1988
Anthony (Tony) Gonzales	5	10	1990
Lori Bases	5	11	2000
Heather Victoria Reyes	5	15	1998
Alie Berrelez	5	18	1993
Jeffrey Smith	5	18	1993
Jeffrey Smith	5	18	1993
Ronald Eugene Hinson Jr.	5	18	1988
Leslie Ann Russell	5	20	1991
Carlos Luna	5	21	1992
Beth Gallegos	5	23	1998
Britt Mackay	5	23	2007
Christy Birmingham Barry	5	23	1989
Isaiah Gargia	5	23	2012

Geney Crutchley	5	26	2002
Jeremy Campton Craft	5	26	1995
Shaniqua Coffman	5	26	1993
Shaundra Schell	5	28	1990
Asjer Kirlan	5	29	2013
John C. Abeyta	5	29	1993
Kaci	5	29	2008
Kevin	5	29	2011
Ivory Mefford	5	30	2009
Linnea Dick	5	30	2008
Brandy DuVall	5	31	1997



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

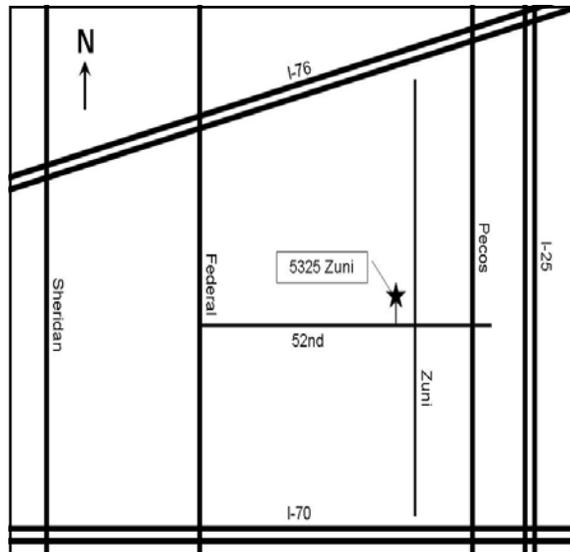
September 19*

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