

## Support Newsletter

October 2022

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**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

### Board Member Announcement!

During the September meeting, Phil announced that after 14 years, he would be stepping down as the Front Range Chapter leader on December 31, 2022. In addition, the remaining board members, Tiffany, Andy, and Juli, also gave their notice.

The board understands that change is hard; it's something we've all endured from our tragedies. However, change can also create an opportunity.

The board invites you to join this rewarding experience that provides an invaluable service to our members. If interested, contact a current board member today!

"I think there's incredible pride in giving meaningfully to something that I care about."

"Serving on the Board of an organization that I admire may be one of the most rewarding and valuable decisions I've made."

"Joining a board is a positive thing we should all do. You can use your skills and talents to help the organization achieve its goals, and you'll also have the chance to network with other community leaders."

## Contact Us

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Phil Clark - Leader

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Tiffany Starrett - Treasurer

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[trstarrett@comcast.net](mailto:trstarrett@comcast.net)

Juli Jenicek - Secretary

720-666-2993

Andy Starrett – Board Member

303-601-4165

Joe Cannata – Resource

303-345-7301

[kaknota@aol.com](mailto:kaknota@aol.com)

Kaye Cannata – Resource

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## **“You Are Not Alone”**

[www.colorado-pomc.org](http://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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## Love Gifts

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

None currently

## A Message From The National Board

As we are transitioning from the long lazy days of summer into the Holiday Season, we want to provide an update on recent POMC events. We were together in person July 21-24, 2022 at St. Louis, Missouri for the 36th Annual National POMC Conference, "Journey through the Gateway to Healing and Hope."

Attendees were able to choose from over 40 workshops on various topics. The topics ranged from what to expect from investigators, victims' rights information, navigating the judicial system, daily prison life, how to prepare for a parole hearing, as well as many courses on trauma, resources, hope and healing. There were many discussions about community partnerships as well as resources at the national level, such as VINE, to assist us in our journey. No matter where each of us is in our healing journey, a workshop was available for each step on our road to hope.

Board members and others were able to welcome and meet newcomers at the special session for first time attendees. It takes courage as a new attendee to come to the meetings and to reach out to others. It was supportive to meet others that understand the situations in which we have all been placed. It is reassuring to know that we are not alone.

This conference provided plenty of free time to interact with old and new friends alike. There were many chances to enjoy each other with activities such as the bingo meet and greet, chuckling over Paul's jokes, and famous dance moves, as well as through the days visiting in the hotel areas or nearby restaurants. By the time we were on the dance floor Saturday night, it was a full few days.

There were many motivational speakers, those that understand what we are going through because many themselves are co survivors. We were fortunate on opening day to have OVC Director Kristina Rose present information from the Department of Justice mission to enhance options, access, and information to victims of crime. This year the OVC provided conference scholarships totaling \$10,000.

Our closing speaker, OVC award winner Missy & Greg Smith, spoke of their daughter's homicide and how through this tragedy new legislation was passed. Kelsey's Law, now in 24 states, requires phone companies to provide cell phone location data to law enforcement agencies in an emergency. During the course of the conference, attendees shared their experiences and information to others, providing increased awareness and support.

#### 4-POMC Colorado Front Range Chapter

Board members were available during the conference from working in the bookstore, assisting with registration, monitoring sessions, and providing presentations for the conference workshops.

Throughout the year there are several members of the board who work on the conference committee. The conference committee plans for the upcoming workshop topics and other details. The committee co-chair is our board president, Connie Sheely. During the year your board has been meeting virtually and in person. We hope that the voices of victims have been lifted and heard through our endeavors.

POMC, along with other groups that promote the voices of those impacted by crime, has been encouraged to see the passing of various bills, including seeing the Homicide Victims' Families' Rights Act recently signed into law. This legislation requires federal agencies to revisit cold case murder files and apply new technologies in search of a potential breakthrough.

Additionally, throughout the year many board members write remembrance notes, participate in various media interviews, collaborate with community partners to help strengthen the voices of victims, participate in observation of National Crime Victims' Rights week, attend local grief support groups, and many other activities. It is the voices of victims that will make a difference. Our voices matter.

Thank you to everyone who was able to attend the conference. We missed those unable to attend. We are stronger together. We hope to see you all next year!

We welcome people who are interested in applying to be on the National Board of Trustees to reach out to Bev Warnock at [bwarnock@pomc.org](mailto:bwarnock@pomc.org).

If you haven't been to a conference please consider joining us at the 37th Annual National POMC Conference July 20-23, 2023, in Atlanta, Georgia. Our theme is "Always on our Hearts and in our Minds."

Leslie Boone, National Board of Trustees"

Click the Website Link for more information:

[Survivors Newsletter \(pomc.org\)](#)

## Donations

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**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

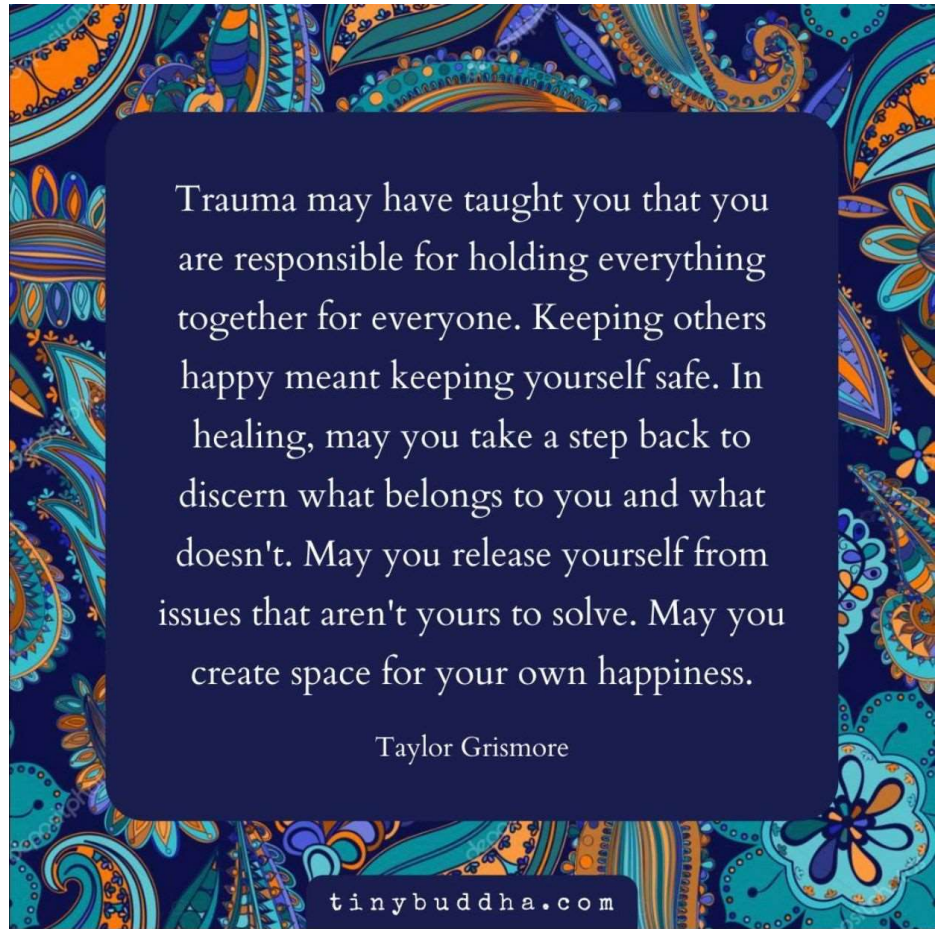
PAYPAL ACCOUNT:  
pomccolorado@gmail.com

Donations are  
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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

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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

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

Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
to receive more information.

See you then!

## Additional Information

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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](mailto:POMCColorado@gmail.com).

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:  
[POMCColorado@gmail.com](mailto: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