



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

# POMC

Front Range Chapter  
Parents of Murdered Children

SUPPORT  
NEWSLETTER

September 2021

## ANNOUNCEMENTS

**National Day of Remembrance  
Saturday, September 25th, 11am—12:30pm  
Rose Andum Center**

**Masks Are REQUIRED**

**For those that are new to the National Day of Remembrance, we will start with a couple of speakers. Then anyone that wishes, can bring a picture of your loved one, step up to the microphone and say their names, birth and death dates and their age. To allow time for everyone to be able to participate in the ceremony, we ask that everyone keep their statements to name, birth and death dates and age.**





# FRONT RANGE CHAPTER

## "We Are Here to Help"

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

Phil Clark  
303-748-6395  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
Other Resources: Healing & Bereavement, Trials and Hearings

### SECRETARY

Juli Jenicek  
720-666-2993

### TREASURER

Tiffany Starrett  
303-601-2416  
[trstarrett@comcast.net](mailto:trstarrett@comcast.net)  
Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

### BOARD MEMBER

Andy Starrett  
303-601-4165

### BOARD MEMBER

Julie Rudnick  
720-822-6551

### OTHER CONTACTS

Joe Cannata, 303-345-7301  
Kaye Cannata, 720-366-4165  
[kaknota@aol.com](mailto:kaknota@aol.com)

### POMC NATIONAL OFFICE

4960 Ridge Ave., Suite 2  
Cincinnati, Ohio 45209  
Email: [natlpomc@pomc.org](mailto:natlpomc@pomc.org)  
Website: [www.pomc.org](http://www.pomc.org)  
Office: (513) 721-5683  
Fax: (513) 345-4489  
Toll Free: (888) 818-POMC (7662)

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](mailto: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](mailto:POMCColorado@gmail.com).



## LOVE GIFTS

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



## TRIALS & HEARINGS



## 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**  
**18121 E. Hampden Ave Unit C #145**  
**AURORA, CO 80013**

**PAYPAL ACCOUNT : [pomccolorado@gmail.com](mailto:pomccolorado@gmail.com)**

Donations are tax-deductible Federal ID 31-1023437



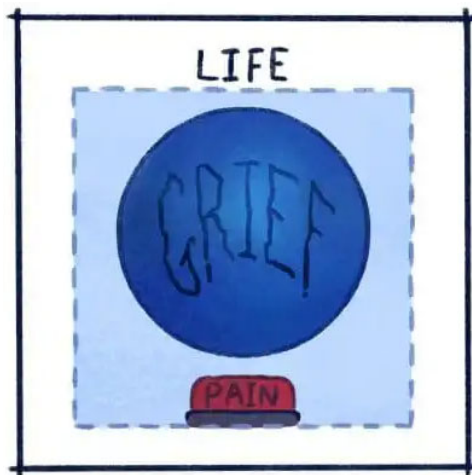
## Coping with Grief: The Ball & The Box

Grief strikes each person in a different way. When we lose someone we love, that loss can hit us hard, all at once. Or it might lie in waiting until weeks or even months have passed before rearing its dark head.

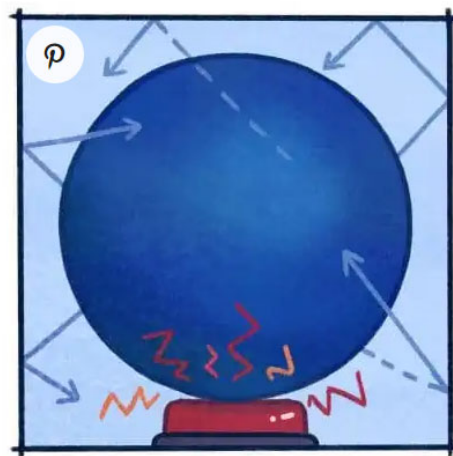
One of the things that might be difficult to understand is that for most people, the grief of a loss never leaves a person completely. The loss stays with most of us forever. It changes over time — it may start off as huge and overwhelming, but becomes smaller over time.

I came across this analogy on Twitter (by Lauren Herschel) about how grief is felt by many people and thought I'd share it with you.

Imagine your life is a box and the grief you feel is a ball inside of the box. Also inside the box is a pain button:



In the beginning, when the loss is so fresh and new, the grief that many people feel is overwhelming and large. It's so large, in fact, that every time you move the box — moving through your every day life — the grief ball can't help but hit the pain button:



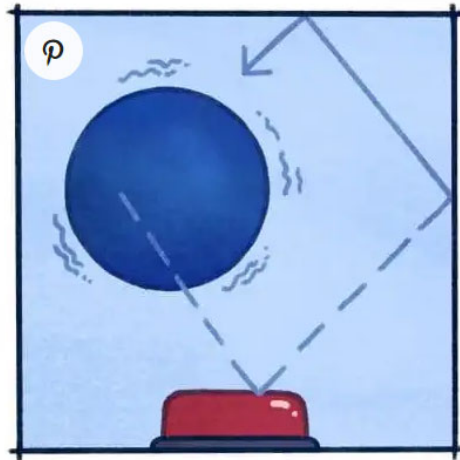
Continued to Next Page



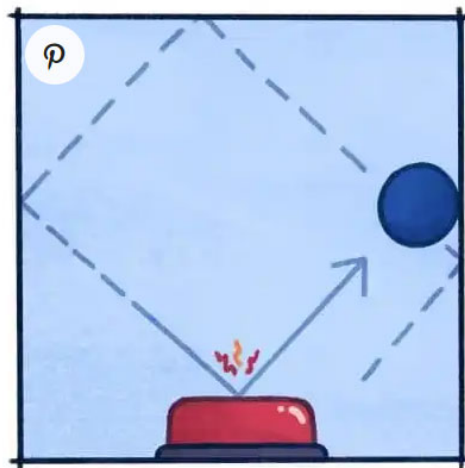
# COMFORT CORNER: HEALING

## Continued From Previous Page

The ball rattles around the box at random, hitting the pain button every time. This is how many people initially experience loss. You can't control it and you can't stop it. The pain just keeps coming pretty regularly, no matter what you do or how much others try and comfort you. The pain a person experiences may feel unrelenting and never-ending. Over time, however, the ball starts to shrink on its own:



You still go through life and the grief ball still rattles around inside the box. But because the ball has gotten smaller, it hits the pain button a little less often. You almost feel like you can go through most days without even having the pain button hit. But when it does hit, it can be completely random and unexpected. Like when you're staring at the person's name in your friend's list, or come across their favorite video or TV show. The pain button still delivers the same amount of pain no matter how large or small the ball is.



Continued to Next Page

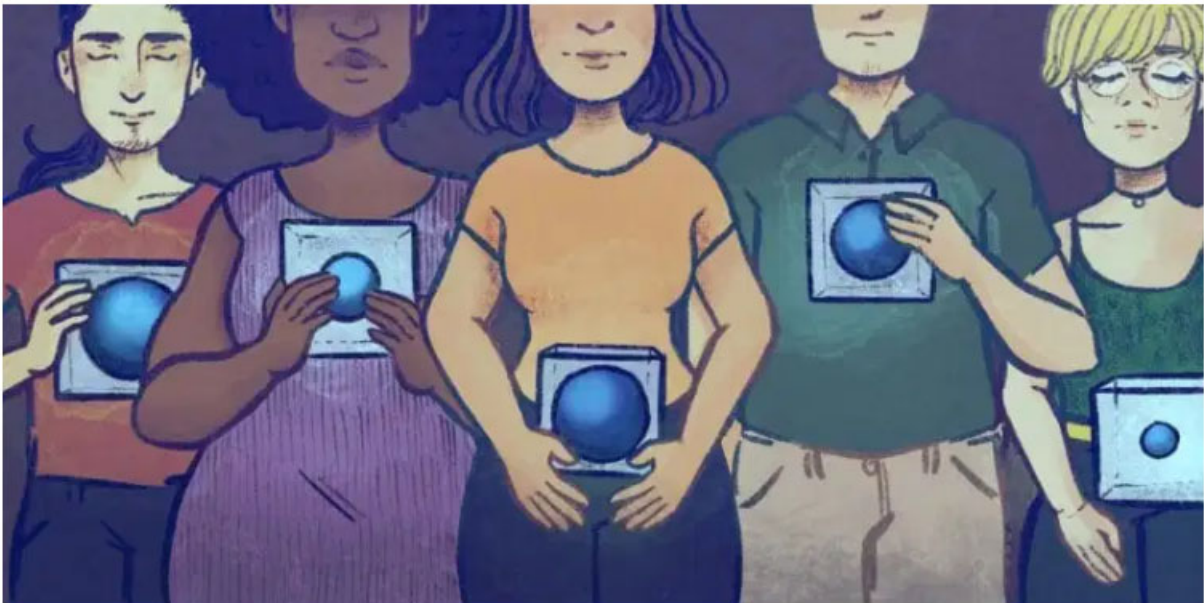


## COMFORT CORNER: SELF CARE

### Continued From Previous Page

As time passes, the ball continues to shrink and with it, our grief for the loss experienced. Most people never forget the loss they experienced. But over time, the ball becomes so small that it rarely hits the pain button. When it does, it is still as painful and hard to understand as it was the very first time we felt it. But the frequency of the hits has decreased significantly. This gives a person more time in-between each hit, time used to recover and feel “normal” again.

Time also allows our hearts to heal and to begin to remember the person as they were in life. Grief is never experienced the same way for any two people. But it helps to know that grief impacts most of us in a way where the pain is intense at the beginning, but the frequency (if not the intensity) of the pain lessens over time. Most of us walk through life, carrying our own box with a ball of grief inside of it. Remember that the next time you see someone, as they may be struggling with their own ball in the box.



**Resource:** [Coping with Grief: The Ball & The Box \(psychcentral.com\)](https://psychcentral.com/2017/05/15/coping-with-grief-the-ball-and-the-box/)





HEARING SOMEONE  
ELSE'S STORY  
IS HOW WE MAKE SENSE  
OF OUR OWN.  
TELLING OUR STORY  
IS WHAT ALCHEMIZES  
OUR PAIN  
INTO SOMEONE ELSE'S  
MEDICINE.

===== EMILY McDOWELL =====  
===== @EMILYONLIFE =====



# ONGOING HOPE

## Courage Garden Rebuilt Better, Stronger

The Courage Garden, located on the west side of the Jefferson County Courthouse, was first constructed in 1995 as a quiet, serene place to remember departed loved ones and honor victims of crime. The gazebo in the garden was dedicated to the memory of JCSO Sgt. Tim Mossbrucker, who was killed as he responded to an incident on April 28, 1995. Since then, the garden has grown – trees and memorial benches adorn the space to honor the memories of Jefferson County employees. It has been a special place and quiet spot for crime victims and survivors, as well as our community to find peace and solitude when remembering loved ones.

Sadly, on Oct. 7, 2020, the gazebo along with several memorial benches and trees were destroyed by fire. The cause of the fire was never determined. However, the community knew it had to be rebuilt. The result is now a beautiful new gazebo made of metal - representing the resiliency that comes after tragedy.

The official reopening was on June 30, 2021. The wife of Sgt. Mossbrucker, Lynn, was at the ceremony and gave an emotional speech about never forgetting those we've lost, but also the importance of moving forward.

"We must walk through a fire we didn't start. And in doing so, we must become fireproof."  
--Lynn Mossbrucker

We appreciate all of the generous community members who helped make this new gazebo possible. The Jefferson County community will enjoy the new gazebo for years to come.







## BIRTHDAYS REMEMBERED

Geney Crutchley	9	1	1950	Nathan Leon	9	19	1985
Jerry Schild	9	1	1954	Tami Krizman	9	19	1957
John Tomlin	9	1	1982	Tyrone Anthony Bennett	9	19	1970
Tawni Nicholson	9	1	1992	A.J. Boik	9	20	1993
Joel England	9	4	1972	Amber Carlson	9	22	1989
Mark Smith	9	4	1973	Patrick Murphy	9	22	1983
Andrew Jenicek	9	5	1990	Roderick Paulsen	9	22	1971
John Flores	9	5	1969	Jerry Baca	9	26	1968
NA	9	5	1976	Kip Merry	9	26	1973
Michael O'Fallon	9	8	1962	Andre` Price Jr	9	28	1973
Jordan Shuford	9	9	1980	Jesus Diaz	9	28	1978
Michael Allendorf	9	9	1963	Zoie Alexa Martin-Macko	9	28	1993
Paul Christopher Bueno	9	9	1965	Jeffrey B. Packard	9	29	1955
Shuford	9	9	1980	John LaRose	9	29	1958
Beth Gallegos	9	10	1996	Gregory Scott Stone	9	30	1955
Angel Delgado	9	12	1980				
Cymone Duran	9	13	1990				
James Darrell Steele, Jr.	9	13	1969				
Carolyn Walker	9	14	1966				
Ibrahim Bradley	9	14	1975				
Alan Cardenas	9	15	1979				
Michael Tarasiak	9	16	1962				
Guy Oliver Morton	9	19	1956				

\*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.



## IN MEMORIAM

Angela Harold	9	0	1994	Mark Anthony David Johnsen	9	25	2005
Cissy Foster	9	1	1993	Mark Gonzalez	9	25	2005
Isaiah Vialpando	9	2	2015	Michael E. Duran Jr	9	28	1983
Sindy Wong	9	3	1997	Troy Baker	9	28	2000
Alexi Kaptanian	9	4	1994				
Jordan Hood	9	4	2008				
Dale Morris	9	5	1985				
Michael Nigg	9	8	1995				
Sarah Robinson	9	8	0				
Tami Medina	9	8	1994				
Alexis V. Bush	9	9	2019				
Nicole Holm	9	9	1998				
Heather Harper	9	10	1991				
Katie Bailey	9	10	1998				
Nathan Bailey	9	10	1998				
Paul A. Stone	9	10	1998				
Michael Tarasiak	9	11	1980				
Gary Carlson	9	13	1994				
Daniel Walsh	9	15	1996				
Neal Eldrenkamp	9	18	1997				
Tristen Bingham	9	18	2017				
Stephanie Bechtold	9	20	1991				
Leah Mandell	9	21	1989				
Paula Ross Stiner	9	21	1994				
Chad Harvey	9	23	1995				
Randy Fleming	9	23	1983				
Kurt Moore	9	24	2017				



## MONTHLY MEETINGS

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

For Year: **2021**

***January 16\****

February 20

***March 20\****

April 17

***May 15\****

June 19

***July 17\****

August 21

***September 18\****

October 16

***November 20\****

December 18

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

***Due to COVID:***

***Both Support and Board meetings are being held  
via ZOOM.***

***Email [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com) to receive  
an invite.***

POMC  
18121 E. Hampden Ave Unit C #145  
Aurora, CO 80013

ADDRESS SERVICE REQUESTED