

THE SAN ANTONIO CHAPTER OF
PARENTS OF MURDERED CHILDREN AND
OTHER SURVIVORS OF HOMICIDE VICTIMS
NEWSLETTER



Issue 153

JANUARY 2009

DECEMBER MEETING

Twenty Four people attended the Candlelight Vigil.
We received good coverage from the media.
The prizes were lovely poinsettia plants, won by
Margie Salinas and Arceli Tegel.
We had one new family attend the meeting.

The Bingo license was renewed and put on
Administrative hold for another year.
There are no vacancies in the recommended halls.

We are still looking for a Newsletter Editor.
This is the last issue that Kathy Scott Perry
will be doing. We thank her for the wonderful job.
If you would like to take over this important job,
please contact Mary Jane Peterson at 830-981-9490.

JANUARY MEETING

When: Monday, January 12, 2009
Time: 7:00pm
Where: 107 Glenarm

PROGRAM
BOD Meeting to elect officers

While the BOD is meeting to elect officers
We will break up in to smaller groups and
discuss survival tips and how we can help
ourselves and each other get through the
holidays and every day. The groups will be
Moderated by Bette Bernes and Mindi Weiss

ANNUAL MEETING, JANUARY 12, 2009

Members in attendance will vote to fill 3, 3 year Board of Director Positions. BOD members serve for 3 years. The BOD then meets to elect officers who serve for 1 year. National POMC requires that 1/3 of the BOD be certified. This training is held at National offices in Ohio in October of every year. The nominating committee for the following year is appointed along with the other committee chairs. The nominating committee appointed for 2009 were Nathala Moody, Mary Jane Peterson and Sharon Enderlin. They have nominated the following 3 people to fill these 3 positions: Muriel Perry, Aurora Valek and Gloria Astudillo, they are all certified BOD.

If anyone is interested in serving on or chairing a committee please:
Contact Mary Jane at: 830-981-9490 mjpadar@aol.com before the January meeting.

A Big Thank you to the Heidi Search Center for hosting the Angel Tree Event. The Music and the program were absolutely wonderful. It was a very special time for all. Around 30 people attended.

If you would like to help with writing the birthday cards please contact Sharon Enderlin to volunteer at 1-325-379-1432 or enderlintow@hotmail.com. Volunteering is therapeutic!

Please E mail the photos of your loved ones to the webmaster at the POMC website so we can link them to your loved ones name with their birthday and death day. If you are having problems doing this, call or E mail Rachelle Barabe, and she will walk you through it.

Contact: webmaster@sanantoniopomc.org 210-415-9049

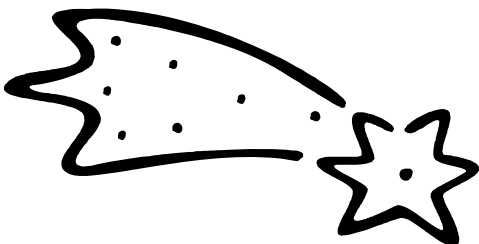
Gloria Astudillo has redone the picture boards. Each photo is on a card with the name, birthday, death day, and a cross with the words "In Loving Memory". If you are not of Christian faith, please let Mary Jane know so we can change the cross to the appropriate symbol.

OUR JANUARY ANGELS OF REMEMBRANCE



Name	Birthday
Donald Morrison	January 3
Ashley Rose Marie Villarreal	January 3
Walter Lozano, Jr	January 5
Mark Anthony Torres	January 6
Shawn C Briseno	January 7
Jonathan David Sanchez	January 8
Christopher Lloyd Cloud	January 13
Margaret Gonzales	January 15
Kirk Rummel	January 16
Ronald Blackmon, Jr	January 18
Patrick Lira	January 18
Alan David Baxter	January 23
Adriane Christopher Rangel	January 24
Mark A Cerda	January 25
Joseph Priestley, Jr	January 25
Gabriel Rene Delgado	January 29
Anthony (Tony) Staton	January 30

We only part to meet again
 Though mighty boundless waves may sever
 Remembrance oft shall bring thee near
 And I will with thee go forever
 And oft at midnights silent hour
 When brilliant planets shall guide the ocean
 The name shall rise to heaven's highest star
 And mingle with my soul's devotion
Tani Jantsang



Name	Date of Death
Susan Miller	January 1
Debbie Moberg	January 1
Ronald Blackmon, Jr	January 1
Don Lyons	January 1
Rudy Garza, Jr	January 1
Tomas Christopher Garza	January 1
Michael T Bussey	January 2
Daniel Cortez	January 10
W. Jeffrey Plyant	January 10
Ernest Rodriguez	January 12
Noah Chadwell	January 15
Bridgett Townsend	January 15
Heathcliff Lopez	January 16
Joe Massiatte	January 16
Heathcliff Lopez	January 16
Joel A Murillo	January 17
Rogelio Bautista	January 18
Elias Cruz Dominguez	January 19
Jonathan David Sanchez	January 20
Keith Millman	January 20
Albert N Garza	January 21
Michael Burt Benishek	January 22
Gabriel Rene Delgado	January 23
Antonio Christopher Chavez	January 25
Jenny Garcia Hayden	January 26
Kevin Delgado	January 26
Dennis Elias Schultz	January 27
George Rodriguez	January 29
Stacie Mogg	January 30
Phillip G Garcia	January 30
Gena Lynn Stocklin	January 31

DID YOU KNOW?

Parents Of Murdered Children, Inc. (POMC) was founded in 1978 by Robert & Charlotte Hullinger, (Cincinnati, Ohio), after the murder of their 19 year old daughter Lisa on September 25th of that year.

Since 1978 up through 2006, there have been 573,454 homicides in the U.S. That does not include those killed by drunk drivers or those whose remains have never been found.

There are 3,000 people murdered every 10 weeks in this country.

A resolution declaring September 25th as a National Day of Remembrance for Murder Victims was passed by the House of Representatives in May 2007, & by the Senate in October 2007.

The POMC website, www.pomc.org will scroll the names of thousands of murder victims beginning at 4:00 p.m., Wednesday, September 23rd to 4:00 p.m., Friday, September 26, 2008.

POMC remains the only nation-wide, self-help support group dedicated to the aftermath & the prevention of murder.

The National POMC staff handles approximately 1,052 murder-related contacts a week.

POMC's Parole Block Program has helped stop the early release/parole of over 1,200 convicted murderers.

POMC's Second Opinion Service (SOS) has helped solve numerous unsolved cases.

Since the Murder Wall...Honoring Their Memories was first established in 1987 it has grown to 31 panels. Each panel holds 120 names, dates of birth & dates of death.

POMC's Murder Response Team members have assisted in the aftermath of such tragedies as the Oklahoma City bombing, the Jonesboro, Arkansas school shooting, and the September 11, 2001 terrorist attack in New York.

In August 2009, POMC will host its 23rd annual National Conference in Cincinnati, Ohio.

POMC has fought for victims' rights and protection by signing onto numerous Amicus Briefs.

POMC has been recognized by the Foundation for the Improvement of Justice, the Ohio Attorney General, The U.S. Department of Justice, Governor Bob Taft (OH), Senator Van Regenmorter (MI), State's Attorney Cook, County, IL, Hamilton County NCVRW, National Organization of Victim Assistance (NOVA), Department of Justice, Office for Victims of Crime, among numerous others. In 2007, Dan Levey, POMC's President, received the Ronald Wilson Reagan Public Policy Award.

To find out more about POMC or how to help those left behind, visit our website at www.pomc.org

WANTED!! Mothers Whose Sons Were Killed by Law Enforcement

(by Marcía Riley/Atlanta, GA)

An Invitation to Join Us

Mothers, who have lost love-ones to in-custody deaths, are gathering in Chattanooga, Tennessee December 29, 2008 to commemorate the life of their sons and start a movement for CHANGE. Law enforcement must be accountable for unnecessary excessive force that results in the deaths of our defenseless sons.

This pivotal event that brings in the New Year is something so unexpected, so new, so needed and so timely. These mothers have decided to defy the unjust actions of police officers and jailers that result in stolen lives. From their painful experience, they are determined to share and educate other mothers as well as citizens.

Dr. Loretta Prater's son, Leslie, was killed when a citizen called the police after seeing him get out of his car and pull off his clothes. Police officers' response and their subsequent brutal actions, resulted in Leslie's homicide death by positional asphyxia according to two independent autopsy reports. From that day forward, Dr. Prater and family have held an annual memorial service in that same **Tennessee** parking lot to honor the memory of her son. However, this year she's expanding the event to include other mothers across the country, who have suffered in silence a tragic loss due to police brutality.

"It's past time to enlighten the community on the horrific situations that happen to many young men when in the custody of law enforcement," according to Dr. Marcía Riley, whose 22-year old son, Marcus, was dead within less than 48 hours of being arrested in **Texas**. Jailers initially claimed that he committed suicide. "We can not sit still and be quiet – we must be voices for our dead sons. We must make this injustice visible and help other families avoid the painful tragedy we've experienced," stated Ms. Sandra Robertson. Ms. Robertson's 19-year old son, John, was

arrested on the street corner in **Arizona**. John was shot five times – two in the back and while bleeding profusively, he was handcuffed and bled to death on the sidewalk. In **Oregon**, a 20 year-old Irish kid, Andrew Hanlon, was riddled with bullets when a cop fired seven rounds into his defenseless body. Being psychologically vulnerable, Hanlon had gone to the wrong house, banging on the door, when a neighbor thought it was an attempted break-in and called the police. Having returned from two tours of military duty in Iraqi, Ms. Connie Riding was devastated when her 25 year-old son was killed by a trigger-happy police officer in **Delaware**. After fighting for our country, it is a shame that this young man's life was tragically ended while attending a "Toys for Tots" community fundraising event.

These mothers are well aware that good officers exist within the system; however, there's an "epidemic" of fear which has engulfed them to silence. Nonetheless, it's the bad officers and jailers who are the focus of their efforts. It's the supervisors who knowingly turn a blind eye to these heinous killings; it's the taxpayers who lose valuable dollars through court costs and lawsuit settlements; and it's families who are plagued with a lifetime of grief.

These senseless killings by dishonorable cops have transfixed families, paralyzed communities and halted the lives of unarmed young men.

When you encounter a dangerously out-of-control criminal justice system that includes abusive jailers and overzealous Rambo police officers backed by their defense attorneys who shamelessly use any means to excuse these criminal acts, it is time for CHANGE. When there is no exigency that justifies excessive force, officers must be accountable; they are not above the law and should not be allowed to function as judge, jury and executor.

If you are interested in supporting and attending, please contact Loretta (lesmom@charter.net) **or** Marcía (marcia95@mindspring.com) **or** go to <http://www.policeabuse.com> for further details.

AROMATHERAPY, A BENEFICIAL TOOL FOR LOSS AND GRIEF

Aromatic Essential Oils have been used throughout time, dating back to 4500 BC. From perfumes and pleasant aromas to medicinal purposes. Essential oils are particularly useful in helping with grief, sadness, emotional exhaustion, stress, and anxiety. They make you feel good and uplift your mood. They are beneficial in getting you through a challenging day and to sleep better at night. Below are some essential oils that are traditionally considered helpful for certain emotional issues. Note that the examples below are based on traditional uses and anecdotal information, and not on scientific studies.

- ~ Bergamot (*Citrus aurantium*): anger, anxiety, frustration, sadness
- ~ Cardamom (*Elettaria cardamomum*): apathy, emotional exhaustion, emotional tension
- ~ Cedarwood, Atlas (*Cedrus atlantica*): anxiety, anger, fear, worry
- ~ Chamomile, German (*Matricaria recutita*): frustration, emotional over-stimulation, stress, moody tendencies, bitterness
- ~ Chamomile, Roman (*Chamaemelum nobile*): anger, grief, irritability, emotional over-stimulation, sadness, stress, worry
- ~ Clary Sage (*Salvia sclarea*): fear, sadness, worry
- ~ Frankincense (*Boswellia carteri*): emotional exhaustion, grief, stress
- ~ Geranium (*Pelargonium graveolens*): anger, anxiety, moody tendencies, sadness, stress
- ~ Grapefruit (*Citrus paradisi*): anxiety, emotional exhaustion, frustration, sadness
- ~ Helichrysum (*Helichrysum agustifolium*): emotional over-stimulation, grief, sadness, stress
- ~ Jasmine (*Jasminum officinale*): anxiety, guilt, listlessness, sadness, stress
- ~ Lavender (*Lavandula augustifolia*): anxiety, irritability, sadness, stress, worry
- ~ Lemon (*Citrus lemon*): anxiety, bitterness, stress
- ~ Neroli (*Citrus aurantium bigaradia*): anxiety, emotional over-stimulation, grief, impatience, sadness, stress
- ~ Peppermint (*Mentha piperita*): anxiety, sadness, stress
- ~ Rose (*Rosa damascena*): anger, bitterness, emotional exhaustion, grief, jealousy, sadness
- ~ Rosemary (*Rosmarinus officinalis*): emotional over-stimulation, stress
- ~ Sandalwood (*Santalum album*): anxiety, irritability, sadness, stress
- ~ Spikenard (*Nardostachys jatamansi*): anxiety, emotional over-stimulation, stress
- ~ Ylang Ylang (*Cananga odorata*): anxiety, emotional exhaustion, frustration, guilt, impatience, sadness, stress

HOW TO USE ESSENTIAL OILS

All of these individual oils can be looked up readily on the internet. Jeanne Rose, Valerie Worwood, and Shirley Price have some good books on Aromatherapy. Pure essential oils are the most effective and the safest. Its best to get a 100% pure oil at a health food store or online. Below are a variety of ways to use the oils for emotional application.

INHALATION: Directly smell the oils, gently raise the bottle to your nose letting the aroma rise up, Jeannie Rose says, "Waft, don't draft", as the oils essence will be more beneficial.

DIFFUSING IN THE AIR: Use a cold air diffuser, available on line or in health food stores. Cold air diffusing maintains the integrity of the therapeutic essential oil molecules. Burning the oils over a candle is only for the aroma. Put drops of oil on cotton balls and put them on ceiling fans, in the escaping steam from a humidifier, and in car vents.

BATHS: A warm bath in Essential Oils is very healing and relaxing. Essential Oils are not water soluble, so they need to be mixed in Epsom salts or bath oil, mix 5 to 10 drops of oil in ¼ cup of Epsom salts. Don't use Citrus oils in the bath unless they are well diluted, they will burn. If an oil burns, put a vegetable oil (olive) on it, not water.

MASSAGE: Mix 5 drops of Essential Oil in a tablespoon of pure vegetable or massage oil and enjoy a wonderful relaxing massage. Touch is therapeutic.

Most Essential Oils are safe for general use. Do not put the oils in sensitive areas, such as the eyes or ears. For a complete regimen consult an Aromatherapist or a Natural Health Practitioner. If you are pregnant, or have specific health problems, consult your doctor. Most of all, enjoy the benefits of these wonderful natural tools for upliftment, relaxation and general well being.

CAMP AGAPE

This is a Christian based bereavement camp for any child (7-12 years of age) who has lost a loved one. This ministry began in 2000, so it has been around for a while. We operate solely from sponsorship and all volunteers. Camp will be in the Texas hill country at Camp Buckner June 26-29, 2009 (just out of Kingsland). Please visit our web site at www.campagapetexas.org. The camp its self is free to the children. There are many ways which you or your organization could help.

1. Get the word out in your area that this service is available to families who has suffered the death of a loved one. If you would like someone to speak to your group please call Kim Turk at 512-756-7353. The child's application can be done online (it is first come, first serve).
2. Volunteer as a buddy, each child will have a buddy with them through out the camp. Doctors and Nurses are needed during check-in on Friday. Maybe you have a special talent such as photography, there are may areas of need. Applications can be down-loaded and faxed to 512-756-8516.
3. Sponsorship of a child through fund-raising, as a company or group, or as an individual (any amount is graciously accepted, it all adds up for the children). Your group may consider making small AGAPE gifts for the children.

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OTHER SUPPORT GROUPS

The Compassionate Friends Alamo Area Chapter: Meet each month at Covenant Presbyterian Church, 211 Roletto; near Blanco Road and West Ave. 210-653-8680 / 210-653-8680. Free.

Forever Loved: Free Support for bereaved parents. Every Monday, 7:00P.M., St. Pius X Catholic Church, St. Martins Hall, Rm 211. 3303 Urban Crest (Corner of Harry Wurzbach Road, inside Loop 410) Contact, Paula Loring -210-227-8332

Free Grief Support/Therapy Group: Southside Family Counseling Center will begin a free Grief Support/Therapy Group to meet weekly on Wednesdays at 4:00pm at 1151 Mission Road. It is structured specifically for the surviving family and friends of murdered victims. Call 210-533-1112 and speak with Mindi Silver-Weiss or Maria Tijerina for information and directions

Mothers Against Drunk Driving, MADD: Meet every fourth Thursday from 6:30 to 8:00 pm. at D.R. Semms YMCA, at 903 North Saint Mary's Street (corner of Saint Mary's and Lexington) Contact: Melissa Montgomery, 210-349-0200. Free to participate.

FYI: Texans for Equal Justice has a new automated Parole Protest. You can now go online and fill out a simple form and send off a parole protest. You can send a request to TEJ to do a parole protest for you, all on line. The page and link are:

Title: Parole Protest Link:

<http://www.texansforequaljustice.org/protest/paroleprotest.cfm>

S.A. CHAPTER P.O.M.C. 210-344-7451
NATIONAL P.O.M.C. 1-888-818-7662

PHONE SUPPORT

Evelyn Guerrero 210-732-1908 (speaks Spanish)
Mary Jane Peterson 830-981-9490
Nathala Moody 210-654-3632
Doris Thompson Ganyo 210 883-6263

MEMBERS OFFER SUPPORT

Court accompaniment: If there is a hearing or trial in your loved ones case & you'd like to have another POMC member go with you to court, you can call:

Bette Berns 210-287-8406
Margaret Espinoza 210-433-8717
Mike Luna 210-673-4766
Nathala & Darrold Moody 210-654-3632
Temple Stralla 210-648-0731
Anne Garza 210-621-2478

POMC will reimburse bus/parking for members who accompany other victims' families during court cases, up to \$10.00. Please save receipts. If you are able to attend court sessions with family or provide phone support & your name is not on one of these lists please contact: Kathy Scott Perry kathyscottperry@gmail.com or 512-924-9583.

DIRECTORS

Mary Jane Peterson (Leader) 830-981-9490 (metro#)
Aurora Valek (Co-Leader) 210-521-2087
Muriel Perry (secretary) 210-696-3223
Nathala Moody (treasurer) 210-654-3632
Anne Garza 210-621-2478
Theresa Bean 210-823-1421
Margaret Espinoza 210-433-8717
Doris Thompson 210-883-6263
Gloria Astudillo 210-341-7378

NEWSLETTER

Kathy Scott Perry – 512-924-9583
kathyscottperry@gmail.com

APPOINTED CHAIRPERSONS

Press and Police Liaison: **Bette Berns** 210-287-8406
Refreshments: **Nathala Moody** and **Aurora Valek**
Press Releases: **Bette Berns** 210-287-8406
Birthday Cards: Sharon Enderlin-335-379-1432
Historian: **Anne Garza** 210-621-2478
Librarian: **Derek Richards** ldwrex@yahoo.com
Photo Panels: **Gloria Astudillo** 210-341-7378
Web/Data Base: **Rachelle Barabe** 210-415-9049
rbarabe@kockeyedcandles.com
Parole Block: **Aurora Valek** avalek@satx.rr.com
Crime Victims Week: **Sylvia Cerda** 210-922-7210
sylvia.cerda@sedgwickcms.com
Day of Remembrance: **Anne Garza and Aurora Valek**

Other Helpful Numbers

Chaplain Matt Rice 210-349-4241
S.A.P.D. 210-207-7201
S.A. Police Chief- William McManus 210-207-7360
Scott Simpson, Asst. DA 210-335-6000
Bexar County Sheriff 210-335-6000
Dean Wideman, Forensic Scientist 210-336-7285
dwideman@forensic-profiler.com
Crime Stoppers of San Antonio 210-207-7867
Heidi Search Center 210-650-0428

Victim Services

Tx. Dept. of Criminal Justice, Victim Services Division
Angela McCown:
1-800-848-4284
Institutional Division (Agency & Inmate information)
1-800-983-9933

For questions about **Crime Victims Compensation Program** call the TX Attorney General's Office
1-800-983-9933. Contact: **Robert Rodriguez**, Eligibility Manager

Bexar County D.A. Victims Assistance Coordinator,
Cynthia Jahn 210-335-2733
Not Above The Law – Director of Victim Advocacy Services – Bette Berns 210-287-8406

Web-site: www.pomcsanantonio.org

MARY JANE PETERSON EMAIL:
MJPADAR@aol.com

Our address: P.O.M.C. P.O. Box 690173
San Antonio, TX 78269

IF YOU ARE MOVING OR HAVE MOVED PLEASE CALL MARY JANE TO CHANGE YOU'RE MAILING ADDRESS. CALL 830-981-9490 (metro number) TO MAKE CHANGES.

DONATIONS

I wish to make a tax-deductible donation in the amount of \$_____ to The San Antonio Chapter of Parents of Murdered Children and Other Survivors of Homicide Victims.

In memory
of: _____

In honor
of: _____

Donor's
Name: _____

Address: _____

City/State/Zip: _____

POMC members' donations will be acknowledged in the newsletter

Name: _____

Address: _____

City _____

State _____ Zip _____

Please mail this form with your check to:
P.O.M.C., P.O. Box 690173
San Antonio, Texas 78269

THANK YOU FOR YOUR SUPPORT

Parents of Murdered Children
San Antonio Chapter
P.O. Box 690173
San Antonio, TX 78269

NONPROFIT ORG.
U.S. POSTAGE
PAID
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PERMIT NO. 2885

Return Service Requested

Next Meeting

Monday, January 12, 2009

7:00 pm

107 Glenarm

Balcones Heights Community Center



POMC
2ND MONDAY OF EACH
MONTH – 7:00 P.M.

