



## THE SAN ANTONIO CHAPTER OF PARENTS OF MURDERED CHILDREN

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

### MEETING HIGHLIGHTS

#### DECEMBER

Meeting Cancelled

Requesting prayers for Aurora Valek who had a stroke and is having eye surgery

Prayers are requested for Heather Gomez's dad who is in hospital

Please let me know updates on you, cases, trials, etc. so I can get in newsletter

Had 9 newsletters returned No Forwarding address

Please if you are moving and want to receive newsletters let me new address

We pay 1st class postage to get them returned

#### JANUARY

Meeting canceled due to flu, COVID and RSV cases

January is election month

Candidates for 3-year BOD terms Mary Jane Peterson

Barbara Edens and Charles Edens

VOTE BY E-mail to [mjpadar@aol.com](mailto:mjpadar@aol.com) on JANUARY 9th

only put POMC Vote in the subject line

BOD members will vote the same way for 1-year term

officers Ch Leader, Co chapter leader, Secretary, and Treasurer

Aurora Valek is not running for any office due to her health, she has 1 year left on BOD but will not run again

We will try to have some ZOOM meetings in 2023

Results from the January elections will be in the February newsletter

#### Murder Wall

POMC/SANANTONIO will repay 1/2 of the cost of plaque with proof, form for Plaques on National website

#### MEMBERS, WE NEED YOUR HELP

We are trying to update the database

Please update phone numbers and send email addresses to Mary Jane at 830 981-9490 [mjpadar@aol.com](mailto:mjpadar@aol.com) Need last name 1st then first name and phone number.

PLEASE call or email any BOD member to let us know what we can do for you. Programs, speakers or something else. We are all on this journey together.

#### GIVE A GIFT IN HONOR OF YOUR LOVED ONE

Sponsor a newsletter for \$120.00 per issue, Sponsor a meeting for \$25 Sponsor Birthday Cards for \$50 per month, Sponsor a mailing for \$100

Your name will be listed in the newsletter. Any size donation is appreciated. Books of stamps are welcome.

#### Meeting

NO IN-PERSON MEETING

When: January 2023

Time 7:00 PM

Where: Balcones Heights Justice Center

Room 225 2nd floor

3300 Hillcrest Drive

San Antonio TX 78201

enter off Gentleman Drive

If the door is locked press the black button on the left side wall and tell the person who answers to unlock

the door as you are there for POMC Meeting

**MASKS REQUIRED**

**SOCIAL DISTANCE**

**NO PHYSICAL CONTACT**

#### Future Meetings

Check the Website for All Future Meetings

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](mailto:enderlintow@hotmail.com). Volunteering is therapeutic! If you wish to help on a Committee, please contact a chairperson or a BOD member

#### SPECIAL NOTICE

NATIONAL POMC does not want children attending meetings due to sensitive matters that may be discussed. Please do not bring children under the age of 18 to our POMC/San Antonio meetings. Thank you

Please email the photos of your loved ones to the webmaster at the POMC website so we can link them to your loved one's name with their birth and date of death. Call or email Alfred Jeitani at 210-317-3463 at [alfred.jeitani@gmail.com](mailto:alfred.jeitani@gmail.com)

### January Birth Days

Celso Compean	1
Frank Wendeborn	1
Michael Vandyke	2
Walter Lozano, Jr	5
Mark Torres	6
Zachariah Bostic	7
Sofia Mondini	7
Joshua Alvarez	7
Jonathan Sanchez	8
Manuel Barrera	11
Andrew Ramirez	13
Julio C. Guterrez	14
Paul De Leon	18
William Lopez	21
Alan Baxter	23
Alexander Re	29
Oscar Thompson, II	29
Zachary Segura	30
Lupe Hernandez Jr.	31

### January Dates of Death

Dedra Salinas	1
Rudy Garza, Jr	1
Debbie Moberg	1
Michael T. Bussey	2
Rick Estrada	6
Daniel Cortez	10
Ernest Rodriguez	12
Mark Bernal	13
Heathcliff Lopez	16
Joe Massiatte	16
Elias Dominguez	19
Jonathan Sanchez	20
Albert N. Garza	21
Michael Benishek	22
Grant Whitaker	23
Antonio Chavez	25
Kevin Delgado	26
Dennis Eli Schultz	27
Amber Belken	29
John Ryan Burton	29

**S.A. Chapter POMC**

information@pomcsanantonio.org  
National POMC 1- 888-8187662  
Phone Support  
Evelyn Guerrero 210-732-1908 (speaks Spanish)  
Mary Jane Peterson 830-981-9490  
Nathala Moody 210-654-3632  
Bette Zickerfoose 210-789-6909  
[nursebetty234@yahoo.com](mailto:nursebetty234@yahoo.com)  
National POMC's new address is [635 West 7th Street SUITE 307 Cincinnati OH 45203](#)

**MEMBERS OFFER SUPPORT**

**Court accompaniment:**

If there is a hearing or trial in your loved one's case & you'd like to have another POMC member go with you to court, you can call:  
Ida Gonzalez 210-758-7854  
Anne Garza 210-452-4258  
Mike Luna 210-373-4766  
Temple Stralla 210-648-0731  
POMC will reimburse bus/parking for members who accompany other victims' families during court cases, up to \$10. Please save receipts. If you can attend court sessions with family or provide phone support & your name is not on one of these lists please contact:  
Alfred Jeitani at 210-317-3463 or at [webmaster@pomcsanantonio.org](mailto:webmaster@pomcsanantonio.org)

**DIRECTORS**

Mary Jane Peterson (Leader) 830-981-9490  
Aurora Valek (Co-leader) 210-683-3999  
Charles Edens (Secretary) 210-367-9770  
Margie Salinas (Treasurer) 210-922-7950  
Ida Gonzalez 210-758-7854  
Terri Cleborne 210-413-6271  
Al Huerta 210 914 2188  
Gloria Astudillo 210-501-6479

**NEWSLETTER**

Heather Gomez [heather.gomez2008@gmail.com](mailto:heather.gomez2008@gmail.com)

**APPOINTED CHAIRPERSONS**

Refreshments: Margie Salinas & Aurora Valek  
Press Releases:  
Birthday Cards: Sharon Enderlin 325-379-1432  
Historian: Anne Garza 210-452-4258  
Librarian: Janie Esparza [210-367-5493](tel:210-367-5493)  
Photo Panels: Gloria Astudillo 210-501-6479  
Web: Alfred Jeitani 210-772-2607  
[webmaster@pomcsanantonio.org](mailto:webmaster@pomcsanantonio.org)  
Database: Alfred Jeitani 210-317-3463  
Parole Block: Aurora Valek [210-683-3999](tel:210-683-3999)  
Crime Victims Week: Margie Salinas 922-7950  
Day of Remembrance: Lori Rocha 210-535-5084

**Other Helpful Numbers**

Lucy Ziegler LPC [210-289-6066](tel:210-289-6066), [830 249 4777](tel:830-249-4777)  
S.A.P.D. 210-207-7201  
SA Police Police Chief – 210-207-7360 Bexar County  
Sheriff 210-335-6000  
Dean Wideman,  
Forensic Scientist 210-336-7285 [dnawideman@gmail.com](mailto:dnawideman@gmail.com)  
Crime Stoppers of San Antonio 210-207-7867  
Texas Department of Criminal Justice Victim Services Division  
Angie McCown – Director  
800-848-4284 or 512-406 5900  
For questions about Crime Victims' Compensation Program Call the TX Attorney General's Office: 800-983-9933  
Contact Robert Rodriguez, Eligibility Manager Bexar County D.A. Victims Assistance Coord.: Cynthia Jahn 210-335-2733  
Website: [www.pomcsanantonio.org](http://www.pomcsanantonio.org)  
Mary Jane Peterson Email: [mjpadar@aol.com](mailto:mjpadar@aol.com)  
POMC PO Box  
690173 San Antonio, Tx 78269  
IF YOU ARE MOVING OR HAVE MOVED PLEASE CALL MARY JANE TO CHANGE YOUR MAILING ADDRESS, CALL 830-981-9490 TO MAKE CHANGES

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**DONATIONS**

I wish to make a tax-deductible donation in the amount of \$\_\_\_\_\_ to the San Antonio Chapter of Parents of Murdered Children & Other Survivors of Homicide Victims. In Memory Of: \_\_\_\_\_  
In Honor of: \_\_\_\_\_ Donors  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_ POMC  
members donations will be acknowledge in the newsletter Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State.Zip: \_\_\_\_\_  
Please Mail this form with your check to: POMC PO Box 690173 SA Tx 78269  
THANK YOU FOR YOUR SUPPORT

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

Return Service Requested

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
SAN ANTONIO, TX  
PERMIT NO. 1001

### Next Meeting

When: January 2023

Time 7:00 PM

Where: Balcones Heights Justice Center

Room 225 2nd floor

3300 Hillcrest Drive

San Antonio, TX 78201

enter off Gentleman Drive

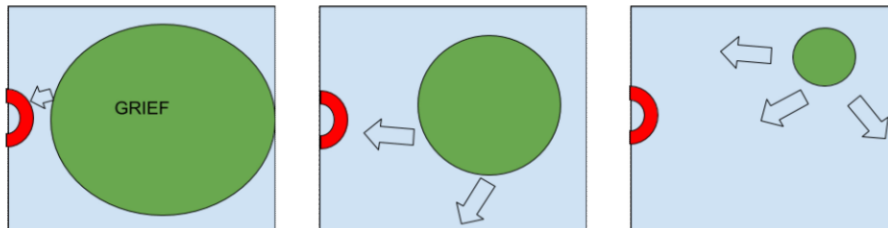
MASKS REQUIRED

SOCIAL DISTANCE

NO PHYSICAL CONTACT

### The Ball in the Box

(Analogy of Grief as told to Lauren Herschel by her doctor)



When grief is new, it takes up most of the box and hits the pain button over and over again so the pain is fairly constant and seems unrelenting and completely overwhelming.

Over time the ball shrinks a bit, but a song or a memory can trigger the ball and as it bounces against the pain button it still hurts just as much. The ball will shrink at different rates for each person experiencing grief.

As the ball continues to get smaller over time, one can function day to day more easily and you have more time to recover between hits. However the ball can still hit the button randomly and it may be surprising how much it still hurts.