



THE SAN ANTONIO CHAPTER OF PARENTS OF MURDERED CHILDREN

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

MEETING HIGHLIGHTS

- February Meeting Cancelled
- Thanks to Charles and Barbara Edens on help with the annual report. National has received it
- Barbara and Charles will start Certification training this month.
- Barbara will also work on Zoom meetings Info maybe next month
- Let me know any updates on your cases or yourselves so I can share in newsletter
- **MARCH MEETING CANCELLED**

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 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: February 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. 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

March Birth Days

Ricardo Rodriguez	4
Rafael Rivas, Ii	4
Aurelio Rodriguez	5
Leslie Zickefoose IV	7
Zachary Benavidez	10
Miranda Milowski	10
Grant Whitaker	12
Leslie Keehan	14
Mark Bernal	17
Chad Renfroe	19
Antonio Chavez	20
Denise Mamalejo	20
Casandra Lopez	20
Eric Mendoza	22
Stephen D. Lightsey	23
Evaristo Sierra	28

March Dates of Death

• Patricia Campos	1
• Kaitlin Castilleja	1
• Brandon Shank	4
• Corey Baxter	5
• Albert Arriaga, Jr	9
• Sofia Mondini	9
• Francisco Montoya	9
• Jesus Montoya	9
• Rafael Rivas, II	9
• Donna Barrientes	10
• Ashley Degerstrom	12
• Lucas Martin	13
• Kevin Sorrell	13
• Celso Compean	14
• Randall Perkins	14
• Alonzo Garza	17
• Walter Lozano, Jr	18
• Ruben Garza III	20
• James Stahl	21
• Brandon Lowder	23
• Adrian Ramey	25

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

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

DIRECTORS

Mary Jane Peterson (Leader) 830-981-9490

Barbara Edens (Co-leader) 210-367-0996

Charles Edens (Secretary) 210-367-9770

Margie Salinas (Treasurer) 210-922-7950

Aurora Valek 219-683-3999

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

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

Database: Alfred Jeitani 210-317-3463

Parole Block: Aurora Valek 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

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

Mary Jane Peterson Email:

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**

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

We'll See This Through

They say this, too, shall pass,
They say grief eventually fades.
But those sayings are of little comfort
When you're living through such sad days.

They say that time heals all,
And this much I know is true.
So hang in there, my dearest friend,
And together we'll see this through.

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

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

Return Service Requested

Next Meeting

When: March 2023

Time 7:00 PM

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Room 225 2nd floor

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San Antonio, TX 78201

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Understanding Stages *of Adult Grief*

Grieving is unique to each person and situation. You can't really manage grief. You experience it your own way. Below are the stages of grief you often go through before you start to heal.

1

Denial and shock

Refusing to believe death has occurred is a natural coping technique. To move forward, it helps to think about your feelings about the loss.

2

Anger and guilt

Feelings of frustration, anxiety, shame and guilt arise. Find ways to express anger constructively to help prevent long-lasting depression.

3

Bargaining

You may believe there is something you can do to change reality through bargaining. It is common to struggle to find meaning at this time.

4

Sadness

Feelings of intense sadness are likely. To move toward healing, try to accept support and to cope with the changes that are happening.

5

Acceptance

Sadness will become less intense. You will begin to accept that life goes on. Energy returns and you start looking to the future.