



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

Dec 2012—Jan 2013

DESSERT POTLUCK & CANDLE- LIGHT SERVICE SET

Holidays can be a very difficult time of the year for survivors, a time when traditions have been a great part of our lives, be it Christmas, Hanukkah, or Kwanzaa. Most of us have already broken those traditions with the loss of our loved one(s). We at POMC have our own very special tradition...we come together to share in fellowship and to honor our loved ones with dessert, tree trimming and candlelight service. Plan on joining us for our Holiday Dessert Potluck on Saturday, December 15 at 7:00 PM instead of the usual time of 7:30 PM.

Bring your special dessert or a favorite of your loved one. After dessert we will go outside to decorate our beautiful evergreen tree with our very special ornaments that you have provided. Weather permitting, we will have our candlelight service by the tree, otherwise we will come back inside and continue. Bring your singing voices and any favorite carols.

We have the ornaments that decorated our tree last year but you are always welcome to bring a new one, just be sure to have your loved one's name on it. We also have extra if needed. **DON'T FORGET TO BRING THE FAMILY TOO.** This will be a beautiful evening for all to share in. We look forward to seeing you there and...if you can't make it, we will put an ornament on the tree for you.

NEXT VOICE FORUM SET FOR JANUARY

You are invited to the Victims Organized in Correctional Exchange (VOICE) forum with the Colorado Department of Corrections to be held at

District 3 Denver Police
1625 S. University Blvd.
Denver, Colorado
Monday, January
6:00 – 8:30 PM

There is ample street parking available.

Topic for the evening will be Legislative Update: What has passed in 2012 and what is coming up in 2013 that will affect victims.

THANK YOU...THANK YOU...

On behalf of our Board of Directors of the Front Range Chapter of POMC we would like to thank all of you who participated in our recent Honey-Baked Ham Gift Card fundraiser. Thanks to you and especially Phyllis Pena for her committed effort, it was a big success. We were able to raise \$505.00 which will be used for operational expenses for our chapter.

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May the peace and joy of the season remain with you throughout the coming year.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

**FRONT RANGE CHAPTER
INFORMATION AND NUMBERS
"We Are Here to Help"**

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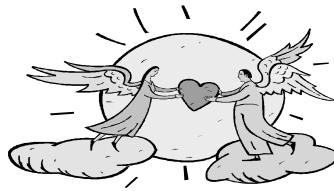
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(7662)

Love Gifts



**Our Chapter Thanks the
following group of members
who gave a donation in honor
of their loved one.**

**Barbara & Tiff Varney
in memory of son,
Tiff Varney 5th**

**Terri Cox, in memory of daughter,
Brooklyn Ricks**

**Cathy Perez,
in memory of her husband,
Edward**

**Mary Jo Halfen, in memory of son,
Michael O' Fallen**

**Kay & Joe Cannata
in memory of daughter,
Lynn**

**Red Nikkel, in memory of
Lynn Cannata**

**Erica Mulligan in memory of son,
Michael Tarasiuk**

**Nancy & Tom Rasser
in memory of son,
John**

**Joanne Rasmussen, in memory
of John Rasser**

**Connie Kelly in memory of
John Rasser**

**Agnes Arredondo
in memory of daughter,
Jessica**

WHY WE ARE HERE

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.

POMC NEWSLETTER STAFF AND INFORMATION

This newsletter is published bi-monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors,

**Cherri and Bill Lusk
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ca.lusk@comcast.net**

Contacts

Memorials & Birthdays:
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Robert Curnow, 303 948-3494

**Healing & Bereavement
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Barbara Kaptanian, 303-792-5432

Trials and Hearings:
Tom Rasser, 303 798-2841



Trials & Hearings

In the 1996 murder of Sherri Majors, the arraignment for accused and confessed murderer, Chester Todd was completed on Nov. 1. Todd was charged with first degree murder and felony murder after sexual assault; and his attorney entered a "not guilty" plea, since Todd chose not to appear at this hearing. The next scheduled hearing is Jan. 17, 2013. Sherri is the daughter of Linda and Everett Donelson.

A status hearing was held on Nov. 9 in the drive-by murder of James Sanchez, 24 year old son of Pat and Tony Sanchez. The accused in this case is Jeremy Torres. Little progress had been made prior to this hearing, but the arraignment has been scheduled for Dec. 21.

In the Nov, 2012 murder of 27 year old Manuel Martinez, son of Carolyn Urdiaks and brother of Tiffany Rodriguez; an initial hearing is scheduled in Denver on Dec. 7. The accused in this murder is Alfred Flores.

BOARD MEMBERS NEEDED...If you feel that you would like give back to Parents of Murdered Children and are interested in serving as a Board Member of the Front Range Chapter of POMC, please contact Joe Cannata at 303-345-7301 or contact Tom and Nancy Rasser at 303-798-2841 for information regarding responsibilities.

PLEDGE YOUR MILE HIGH UNITED WAY CONTRIBUTIONS TO POMC

For those of you who contribute to the Mile High United Way through payroll deductions, you can allocate funds to a specific organization, such as POMC. All you have to do is write in: Front Range Chapter
Parents of Murdered Children #12674 on your pledge card and your donation will be directed to our chapter.

NEW MEMBERS

Jose Torrens
Carolyn Urdiaks
Isabella Bailey

Barb Kaptanian's Message

A Holiday Pay It Forward

In reading her article, which I'll share below, the idea of paying it forward began to ruminate in my mind eventually growing into the idea of making this world, this holiday season, the New Year, a more prosperous and enriching experience. Now just how this can come about when facing another holiday, or maybe your first holiday, without your loved one can be a challenge! As everyone knows, holidays are not only a time of festivity but sometimes are also wrought with loss, loneliness, depression and stress. I began to chew on the thought of doing something completely different; something that would be a happy, memorable thing to do, something that would help me remember my son in a positive way, and that possibly I could pass on to all of you in such a light that you could make a difference too! For you, your family, and for others out there that you may never even know about! What a holiday that would be!

Ann Healey's notes (taken in part): "Breanna S., a college student, eases up to the McDonald's drive-through to pay for her Egg McMuffin, only to find the driver ahead has already done so. Lauren G. gleefully peers through the window of Yogurtland as dawning amazement slides across the face of the woman whose yogurt she secretly bought. "In a gray world, acts of kindness glow." The title of an article written by Ann Macari Healey in my Lone Tree Voice newspaper in September 2012. Healey, who has edited and published weekly newspapers with her husband, Colorado Community Media publisher Jerry Healey, reported for the Miami Herald and The Providence Journal before coming to Colorado. Her column about people, places and issues of everyday life appears every other week in local papers. She may be reached at ahaley@ourcoloradonews.com

"Random acts of kindness. Little gifts with unpredictable and sometimes limitless reverberations. Healey writes here is Breanna's philosophy: 'You want to move mountains, but you can't. You can only start by pushing pebbles. It's the little things that will make a difference some day.' Push enough pebbles of kindness and who knows what might happen.

"Take Rachel's Challenge, a program aimed at creating a culture of kindness and compassion, which grew from the beliefs of Rachel Scott, 17, who died in the 1999 Columbine shootings. Her father, Darrell Scott, and stepmother, Sandy, started the program after discovering her writings and drawings. 'I have this theory,' she had written, 'that if people can go out of their way to show compassion, then it will start a chain reaction.' Today, Rachel's Challenge reaches 3 million students worldwide and is in 2,000 schools nationally. Scott said because of its teachings, school officials report significant reductions of bullying and hundreds of prevented suicides. Scott added that the built-in challenges are about how we treat each other. Kindness should be a way of life. But sometimes, for all kinds of reasons, it gets lost."

Here I would like to insert that not only will acts of kindness prove to significantly reduce bullying and suicide, but they also could perhaps save a life – prevent a murder???? Now wouldn't that be the best Christmas gift you could give? And wouldn't that make your loved-one smile? I think so!!!

Healey continues to write, “For some, acts of kindness have come from loss. Take the case of a young girl named Lisa who, with a friend, walked into an ice cream shop and asked the owner what they could do for her. At first the owner was taken aback by the request to help, but then she heard their story. A friend of theirs had been murdered several years earlier. So ‘they did this, once a year on a certain date.’ This was their way of remembering that friend and trying to make a positive out of a tragedy.

“Another Colorado woman made a promise to her friend who died from a terminal pulmonary disease to continue her practice of secretly performing random acts of kindness. Just think of it – it kind of gives you a bit of hope and respect for the people around you, you can see that there are still good people in the world and people willing to do this kind of thing with no intention of getting something in return. It’s pretty powerful says one woman. There is so much gratitude. You can see it in their eyes, in their smile, and you know your kindness made their day.”

Of all the people in the world that need compassion, it’s us, we the parents or family/friend of a murdered child! People try to give us compassion, they often don’t know how, and we sometimes have difficulty even giving compassion to ourselves let alone to someone else because the loss is so great. But people watch us; they watch to see how we handle this tragedy, how it affects our lives, how we continue to live and respond. If we continue a life worth living or one filled with anger, bitterness, and revenge. What would happen if we were to look at life a little differently this holiday and New Year? Reach out in compassion for another who also lost a child? Or someone who experienced another type of loss? Or simply compassion for any reason just because there is a desperate need? Is there a way a positive can come out of a negative? Can we be a part of the change we need to see in a grey world? Can we make this holiday one of joy and festivity? My guess is absolutely! And what a wonderful way to remember by son. I believe I have more compassion now than before my loss – it is direct proportion to the degree of my pain. I know deep sorrow and if I can help someone else, all will not be lost.

Have you ever watched the movie, *Pay It Forward*? Produced in 2000, rated PG-13, it a marvelous flick about a thoughtful, young boy who responds to a school assignment with a plan to help three people who will, in turn, help three more people, who will help three more, and so on. The number of people grows exponentially. Now there’s a world changer! A heartwarming story for the entire family. Why not watch it this Christmas and see if it touches you? I know you’ve all heard the stories about acts of kindness only to eventually find out that because of that random act, that person changed their life, or decided not to commit suicide. We do have the ability to touch another life, many of them. What will you decide to do this holiday and New Year? Maybe start a random act of kindness chain reaction and then wonder...how far, I wonder, how far will it go? Maybe our world would see a little of that glow Healey writes about and be a better place. I don’t wish for anyone to experience the type of loss my family has experienced. To give and receive compassion has to be one of the greatest gifts of all.

With that, I wish you all a Very Merry Christmas – or Holiday Season – and a Very Happy New Year!

Blessings to all. Barb

Birthdays Remembered

Rubon Wayne Norwood, December 1, 1938

Ethan Wolf, December 1, 1974

Chad Ferguson, December 1, 1977

Robert Mejia, December 2, 1979

Meglan Renaud, December 3, 1976

Paul Anthony Ciaramitaro, December 4, 1959

Kyra Harris, December 7, 1959

Jason Trembath, December 9, 1974

Dale Morris, December 11, 1931

Marilyn Gillespie, December 11, 1951

Mel Gurule Jr., December 11, 1959

Chandra Haak, December 12, 1975

Craig Jackman, December 18, 1964

Tammy Lamberty, December 18, 1970

Edward Gomez, December 19, 1986

Randy Arlin Russom, December 20, 1964

Desiree Holland, December 20, 1975

Frank Hernandez Jr., December 21, 1979

Michelle Vinson, December 22, 1968

Michelle Mellema-Witherell, December 23, 1967

Daniel Chavez, December 25, 1972

Diane J. Caldwell, December 26, 1950

Cindy Wilson/Langlois, December 26, 1954

Michael Adams, December 26, 1962

Michael L. Crouch, December 27, 1957

Linda Zambotti, December 29, 1954

Emily Reilly, December 29, 1991

Jan Mariano, January 1, 1952

Sarah Robinson, January 3, 1985

Neal Eldrenkamp, January 5, 1959

Lori Jean Burritt, January 6, 1953

Alan Friedman, January 9, 1951

Thad "T.J." Tigges, January 9, 1968

Marlon Horton, January 10, 1984

Judy Gushard, January 11, 1945

Angie Fite, January 11, 1970

Mitch Anderson, January 11, 1975

Rick R. January 15, 1974

Ricky Bobian, January 15, 1974

Heather Moore, January 16, 1974

Jacine Gielinski, January 16, 1975

Carrie Lee Gonzales, January 17, 1957

Jason Paiz, January 17, 1979

Aaron Richart, January 18, 1978

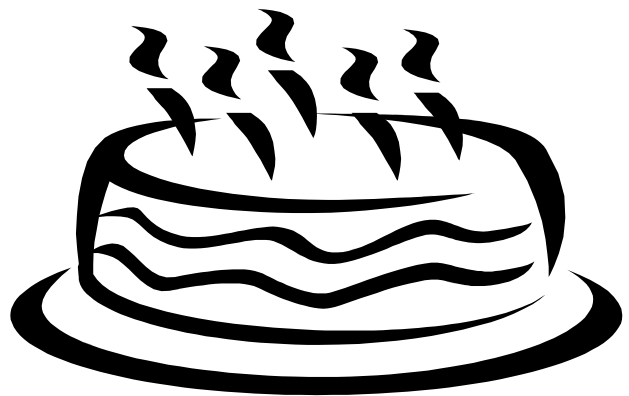
Bailey Davidson, January 20, 2005

Dylan Gushard, January 21, 1971

Bryan D. Lusk, January 24, 1976

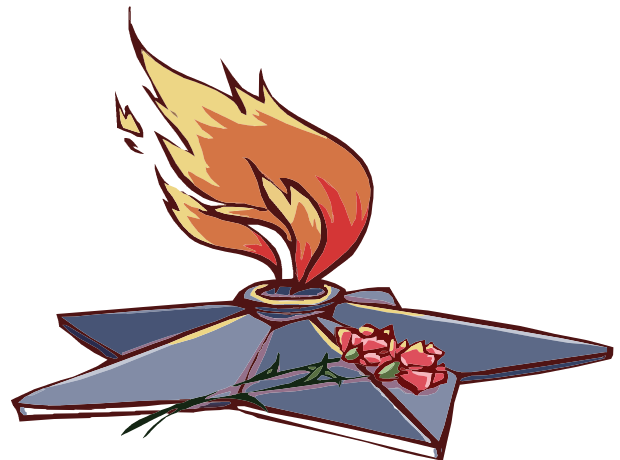
Leah Mandell, January 29, 1972

Javad Marshall-Fields, January 29, 1983



In Memoriam

- Leroy Martinez II**, December 2, 1993
Yvonne Cossio, December 2, 1993
Steve Murgatroyd, December 4, 1993
Wayne Craig, December 4, 1998
John Rasser, December 5, 1996
Terry Sheeran, December 5, 1999
Cody Martell, December 10, 2002
Dennis Meredith, December 11, 1992
Matt Ownbey, December 12, 2000
Fernando Sanchez, December 12, 2004
Cindy Jolene Tiemann, December 16, 1987
Frank Hernandez Jr., December 17, 1998
Jerry Baca, December 18, 2008
Megan Patricia Neylon, December 19, 1998
Michelle Mellema-Witherell, December 20, 1992
Heather Moore, December 21, 1995
Michael McMullen, December 22, 2007
Polly Elizabeth Sullivan, December 25, 1998
Martha Munoz, December 26, 1998
Paul Christopher Bueno, December 28, 1999
Damon A Roberts, December 30, 1992
Michael L. Crouch, December 31, 1986
Christine Marie Zablocki-Alicata, December 31, 1986
Phillip Mc Cain, January 1, 1994
Michael Cates, January 1, 1994
Brad Amack, January 1, 1998
Jordan Shuford, January 1, 2002
Ashley Raguindin, January 1, 2012
Tiff Vainey 5th, January 2, 2006
Robert Mejia, January 3, 2004
Conrad Duran, January 3, 2010
Cindi Talor, January 4, 1996
Steven Johnson, January 7, 1995
Mary Rogers, January 8, 2001
David Gonzales Shuker, January 11, 2004
Elvin Landrum, January 12, 1996
Gina Padilla, January 13, 1996
Gary Clark, January 14, 1988
Jolene Romero, January 15, 1994
Ryan C. McDaniel, January 16, 1996
Josh Harman, January 18, 1999
Jamie Paine, January 20, 1997
Eric Martinez, January 20, 2001
Craig Jackman, January 21, 1981
John Flores, January 21, 1989
Page Ten Brook, January 23, 1997
Nick Thelley, January 23, 2004
Chris Mains, January 25, 1999
Thad "T.J." Tigges, January 25, 2001
Garry Gene Bailey, January 26, 1996
Robert Hayden, January 26, 1999
Edward Gomez, January 27, 1997
James Springer Jr., January 27, 2002
Judy Gushard, January 30, 1987
Dylan Gushard, January 30, 1987
Vanessa Gushard, January 30, 1987

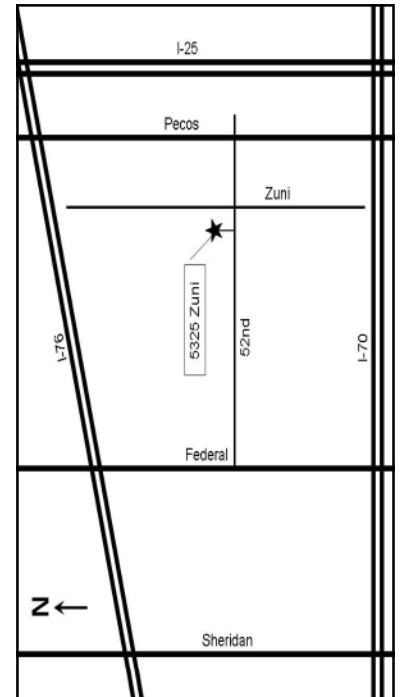


ANNOUNCEMENTS

- December 15 - Dessert Potluck 7:00 PM
Tree Trimming & Candlelight Service
- January 14 - Quarterly VOICE Forum
(See pg 1 for details)
- January 19 - Board Meeting at 6:00 PM
Regular Meeting at 7:30 PM

ADDRESS SERVICE REQUESTED

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LITTLETON, CO
80160-0375



We meet in the
cafeteria of the
CenturyLink Building
at 5325 Zuni in Denver on
the 3rd Saturday