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

POMC

SUPPORT NEWSLETTER

Front Range Chapter
Parents of Murdered Children

Oct 2012—Nov 2012

JOIN US ON NOV 17 FOR OUR ANNUAL THANKSGIVING POTLUCK

Our Annual Thanksgiving Potluck will be held on Saturday, November 17 at 6:30 PM at our regular meeting place. The board will provide the meat (turkey and ham) and we are asking the general membership to provide side dishes, salads and desserts.

Each family is asked to bring one of the following to share:
Last name: A thru H…a dessert
I thru P…..a salad
Q thru Z….a side dish

This is a great time to come together with our extended family and acknowledge all the many things we have to be thankful for despite the tragedy that has befallen each of us.

NATIONAL DAY OF REMEMBRANCE FOR MURDER VICTIMS HELD

Approximately 150 people joined with us on Tuesday, September 26, when our Front Range Chapter of POMC along with COVA, Voices of Victims and the Victim Assistance Unit of the Denver Police Department held the 6th National Day of Remembrance for Murder Victims at the Plaza in front of the new Denver Crime Lab in downtown Denver.

Mark your calendar and remember to join us on Wednesday the 25th of September next year as we come together again to honor our murdered loved ones.

BUY YOUR HONEYBAKED GIFT CARDS NOW

Our fundraiser for this year is now in full swing!!!! The Front Range Chapter of POMC is already taking orders for Gift Cards from Honey-Baked and will continue through mid November. Gift Cards come in any denomination
In addition to the World's Best Ham, HoneyBaked offers other delicious entrees like Turkey, BBQ and Pot Roast, as well as side dishes and desserts. Plus your nearby HoneyBaked store has a great lunch menu and wonderful party platters. You can purchase Gift Cards as gifts or to use yourself. This alone can make gift giving easy. POMC will receive 20% of the proceeds. Contact Nancy or Tom Rasser at 303-798-2841, or Joe Cannata at 303-345-7301 with your order.

COVA CONFERENCE AT KEYSTONE 10/21-24

"Remember the Past--Strength in the Present--Confidence in the Future" is the theme for this year's COVA Conference to be held at Keystone Resort & Conference Center in Keystone, Colorado October 21 - 24. With 76 workshops to choose from it will help you on your path toward healing while acknowledging the importance of balance in our lives. This is also a great opportunity to network, socialize and have fun. Contact COVA at 303-861-1160 for more info.

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

Web Site
www.coloradopomc.org

Leader ……..**Joe Cannata**
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kaknota@aol.com

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Board Member ……...**Barb Kaptanian**
303-792-5432
bkaptanian@q.com

Outreach Chair ..... **June Menger**
303-651-2326

Member ……..**Everett & Linda Donelson**
303-693-8887

Member ..... **Caryl & Charles Harvey**
970-854-2665

Member .....**Jean Heil**
719-254-6162

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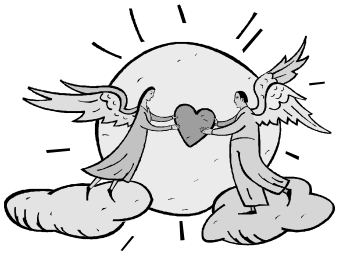
Love Gifts



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

Rae & Jim Shuford
in memory of their son
Jordan Shuford

Carolyn Latham,
in memory of her daughter
Joni Lynn Bradshaw

Brenda Olivas,
a friend of POMC

Erica Mulligan,
in memory of her son,
Michael Tarasiuk

Jerri & Don Reichert,
in memory of their son,
Michael Reichert

Phyllis and Ciro Pena,
in memory of their son,
Ricky Bobian

New Members

Theresa Barela

Norma Flores

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
10063 Boca Circle Parker, CO 80134.
Email is welcome at:
ca.lusk@comcast.net

Contacts

Memorials & Birthdays:
Cherri Lusk, 303 593-0784

Roster & Mailing List:
Robert Curnow, 303 948-3494

Healing & Bereavement Resources:
Barbara Kaptanian, 303-792-5432

Trials and Hearings:
Tom Rasser, 303 798-2841

Trials & Hearings

In the 1996 murder of Sherri Majors, daughter of Linda & Everett Donelson, the most recent hearing for the accused and confessed murderer, Chester Todd, was completed on Sept. 28. This was the preliminary hearing of the case, and the prosecution presented some of its evidence against Todd. Based on the evidence presented, the judge approved continuation of the prosecution of the case for the charges of 1st degree murder and felony murder; and set the arraignment for Nov. 1, at 8:30 AM. With the defense approval, previous competency issues were either resolved or put aside for the time being.

The initial hearing for the Dec. 2010 murder of James Sanchez, 24 year old son of Pat and Tony Sanchez, was held on Sept. 28. Very little progress was made at this hearing; and another status hearing was scheduled for Nov. 9. The defendant in this case is Jeremy Torres.

November 12th is a date to remember

Hansen's Grill & Tavern, located at 1301 S Pearl St in Denver, has decided to donate a percentage of its food revenue all day on Monday, November 12 to support our Front Range Chapter of Parents of Murdered Children. Mark your calendar and plan on having lunch or dinner that day at Hansen's. Don't forget to bring your family and friends. This is a great opportunity for our community to get to know and support us.

If you are unable to dine with us on November 12, please consider sending a tax deductible donation to POMC, P.O. Box 375, Littleton, CO 80160-0375.

Correction to previous newsletter article…..*'Heaven Bound Memories'* regarding memorial necklaces... should have listed Caryl Meitler's phone as 303-775-5357 and her e-mail address as caryhrly@msn.com. We are sorry for any inconvenience.

Notes from Barb Kaptanian

WALKING THE GRIEF JOURNEY

Alan Wolfelt, founder and director of the Center for Loss and Life Transition in Ft. Collins, CO, describes grief attacks as "grief bursts". Isn't that a great expression – grief bursts? Bursting out of nowhere, any time, any place, unexpectedly, for no apparent reason. We all have them! Just about every time I hear a song, see a movie, read a poem about loss, see someone that looks like my son, anything reminding me of him, I have a grief burst. Small, brief, or heart-throbbing sobs. It varies. Sometimes the tears flow, sometimes I laugh with fond remembrance. Writing this newsletter sometimes brings on a depth I find difficult to explain, but you understand. Not that I'm stuck in my grief, but my heart quivers. I remember my first few visits to POMC (I was unaware of POMC until several years after the death of my son), I wondered how on earth anyone could have survived 20 + years after the death of their child – I surely couldn't, I thought. Well, here I am, 18 years later and still surviving. Life is good for me, fortunately. But that doesn't mean I'm exempt from bursts of passion, grief, and tears. I had a grief burst this morning listening to a song. One of the few times I really allow myself to journey down the path of loss and memory deep within my heart. Sound familiar?

Wolfelt describes it this way: "I was just sailing along feeling pretty good, when out of nowhere came this overwhelming feeling of grief." He terms this as grief attack or a memory embrace; "grief burst"! A time of intense anxiety and sharp pain. Hopefully this subsides over time and is not experienced frequently. But it's OK that it surfaces once in a while, these pangs or spasms attacking out of nowhere. It's normal, thank you! Alan states it is "…a reflection of how those we love are determined not to be forgotten." Well said.

Recently I was in Petersburg, Kentucky (about 15 minutes south of Cincinnati), visiting The Creation Museum. Of all places, and catching me completely by surprise, I had a little grief burst and could barely keep from breaking down in front of a large audience. Buddy Davis, on staff of Creation Museum, is quite the creative country song writer playing about 8 different instruments! His words are beautiful. Know what I mean when you suddenly hear something that reminds you of your child and the tears flow?
By answersingenesis.org Hebron, KY 41048

If Heaven Had a Window

Heaven knows how I miss you, but I couldn't wish you back. I know you're healed completely and heaven is where you're at. But if heaven had a window that I could look through, I'd search all through heaven, just to get a glimpse of you.

I know I'd see you smiling; there would be a twinkle in your eye. Surrounded by the angels, where loved ones never die. Oh, if heaven had a window that I could look through, I'd search all through heaven, just to get a glimpse of you.

Even though my heart is breaking, I know that you are fine. You're at home with Jesus, where there's no such thing as time. Your memories are my window that my heart looks through. I would cherish every moment that I could spend with you.

I know someday I'll be with you, what a glorious day it will be. Forever we'll worship our Savior, through all eternity. Oh, if heaven had a window that I could look through, I'd search all through heaven, just to get a glimpse of you.

I do not diminish others' religious beliefs. Although this song speaks to my heart, I genuinely support with love all other spiritual views that may speak to you.

Other notes that my interest you:

Brought to my attention recently is a cd set by Dr. Charles Stanley, the founder and president of In Touch Ministries and is known internationally for his radio and TV programs, intouch.org. Perhaps some of you may be interested in his cd set, The God Who Cares Enough to Comfort Us. Stanley addresses comfort through a God that provides us with answers, comfort, and help in times of trouble.

On a recent tour of the Evergreen Fine Art Gallery in Evergreen, CO, I discovered the most beautiful collection of limited edition angel pendants, with or without gemstones. These unique angels are available in a variety of styles including mini pendants and earrings as well, paired with a chain, bracelet, or key ring of choice. I have heard from many of you that collecting angels has been very healing and a lovely way to remember your child. These are truly special and I think would make a most memorable treasure to wear next to your heart. The limited edition designs began in 1993 by the Evergreen Fine Arts staff, hand-designed in sterling, actually to benefit Mt. Evans Hospice. You may want to check them out! Quite lovely. www.evergreenangel.com Evergreen Fine Art 3042 Evergreen Pkwy Evergreen, CO 80439

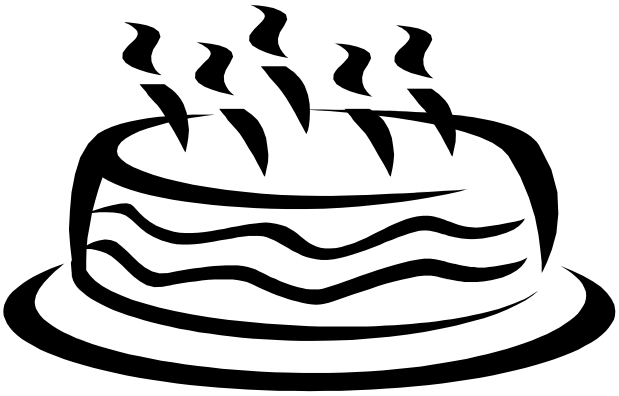
My prayer for you today is one of love, joyful remembrances, and hope.
Blessings to you. Barb

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.

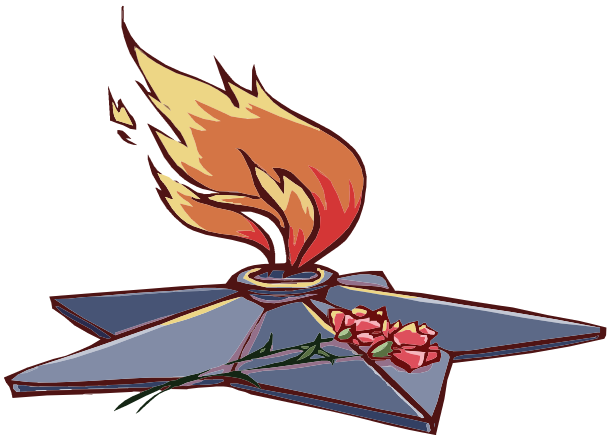
Birthdays Remembered

Cindy Stewart, October 1, 1955
Damon A Roberts, October 1, 1972
Colin Ehlers, October 1, 1974
Ada Johnson, October 2, 1963
Matthew Worden, October 2, 1966
ChristineWaegele, October 3, 1969
Dale Yanda, October 4, 1967
Shaundra Schell, October 5, 1966
Damon J. Murphy, October 5, 1972
Chelsea Santaguida, October 5, 1985
Chelsea Strauss, October 5, 1985
Frankie Paul, October 6, 1969
Cynthia Mc Queen, October 7, 1959
Jodi Carrigg, October 7, 1959
Martha Munoz, October 7, 1981
Ronald Eugene Hinson Jr, October 8, 1959
Brooklyn Jean Ricks, October 8, 1973
Jason Ortiz, October 9, 1974
Ray (Paisano) Linebarger, October 12, 1944
Katheryn Gonzales, October 12, 1990
Britt Mackay, October 14, 1980
Mark Antony Wilson, October 15, 1972
Fernando Sanchez, October 15, 1980
Jennifer Mesa, October 16, 1970
Matt Ownbey, October 17, 1980
Theodore C. Carleton, October 19, 1954
Robert Grau, October 22, 1960
Peter Beaupre, October 24, 1974
Jessica Morehouse, October 25, 1973
Andrew Sheppard, October 25, 2006
Charley Richards, October 26 1967
Joni Lynn Bradshaw, October 27, 1960
Lori Bases, October 28, 1968
Katie Bailey, October 30, 1975
Ryan C. McDaniel, October 30, 1994
Yvonne Cossio, October 31, 1969
Rickey Ritter, November 4, 1981
Ralph Earl Pettis, November 5, 1928
Phillip Rose Jr., November 6, 1969
Tami Medina, November 6, 1977
Cassie Bernall, November 6, 1981
Thomas Hollar, November 6, 1992
Polly Elizabeth Sullivan, November 7, 1954
Julie Gordy, November 7, 1958
Stoneham Farris, November 7, 1973
Jamie Paine, November 7, 1979
Shashan S Ortiz, November 9, 1980
Gina Padilla, November 9, 1983
Conrad Duran, November 10, 1984
Jon-Paul Lewis, November 12, 1982
Paula Ross Stiner, November 13, 1966
John C. Abeyta, November 15, 1977
Sammy Burks, November 16, 1987
Lynn Cannata, November 17, 1966
Jessica Ann Arredondo, November 20, 1967
Virginia Sakala / Russo, November 21, 1964
Ron Haynes, November 22, 1979
Ronald Overstreet, November 22, 1979
Laura Hetes, November 23, 1968
Linnea Dick, November 23, 1987
Marcos Torres, November 24, 1978
Douglas "Dougie" Charles, November 25, 1957
Eddie Garcia, November 25, 1978



In Memoriam

Jim Gardner, October 3, 1997
Joni Edwards, October 4, 1995
Jack Koller, October 5, 2009
Beulah Lawson, October 6, 2006
Gary McGee, October 7, 2001
Bill Leis, October 8, 1999
Michael Scott Reichert, October 9, 2000
Joni Lynn Bradshaw, October 10, 1986
Ennis Walton, October 10, 1999
Frank Sumpton, Jr., October 13, 1989
Kevin Blunt, October 15, 1997
Alan Michael Conner, October 15,1998
Greg Swazo, October 15, 2001
Anthony Taiitt, October 16, 1981
Earl Mitchell, October 16, 1984
Casey Korgan, October 16, 2010
Michael J. Loughrey, October 17, 1983
Rebecca Lynn Ochs, October 17, 1995
Mel Gurule Jr., October 17, 1997
Henry Kellie, October 18, 1975
David Enos, October 19, 2002
Virginia Sakala/Russo, October 21, 1994
Shantel Duran, October 23, 1998
Jason Trembath, October 25, 1992
Ron Griego Jr., October 25, 2003
Ronald (Ron) Georgopulos, October 26, 1988
Dale Yanda, October 26, 1988
Michael Allendorf, October 29, 1994
Kimberly Greene-Medina, October 29, 1996
Roy Cozby, October 31, 1994
Larry Orrantia, October, 2004
Sgt Lyle Wohlers, November 4, 1992
Larry Carmichael, November 6, 1988
Randy Arlin Russom, November 8, 1983
Ibrahim Bradley, November 9, 1996
Joseph Nelson, November 10, 2005
Pamela Blandon, November 12, 1991
Tiffany Brill Jarmon, November 13, 2008
Justin Maggard, November 13, 2009
Melodie Robertson, November 14, 2003
Michael Adams, November 16, 1985
Lorren Holcomb, November 16, 2001
Raymond Albert Nieto, November 17, 1996
Justin Andrew Archuleta, November 17, 1996
Christine Waegele, November 18, 1993
Jan Mariano, November 19, 1991
Jesse Lamblin, November 19, 1996
Buffy Rice Donahue, November 21, 1993
Matthew Foley, November 21, 1996
Cody Faust, November 22, 2002
John Larose, November 22, 2009
Blaine Eric Noble, November 23, 1993
Diane J. Caldwell, November 23, 1998
Jessica Ann Arredondo, November 25, 1988
Danny Steve McQueen, November 25, 1992
Gregory Scott Stone, November 25, 1992
Geronimo Maestas, November 26, 1993
H Gregory Jukiewicz, November 26, 1994
Jason Ortiz, November 27, 1994
Julie Gordy, November 28, 1982
Linda Zambotti, November 28, 1996
Ali Muhammad Sparks, November 29, 1998
Angel Delgado, November 29, 2005
Alan Little, November, 2003



ANNOUNCEMENTS

October/November – HoneyBaked Fundraiser
(see pg 1 for details)

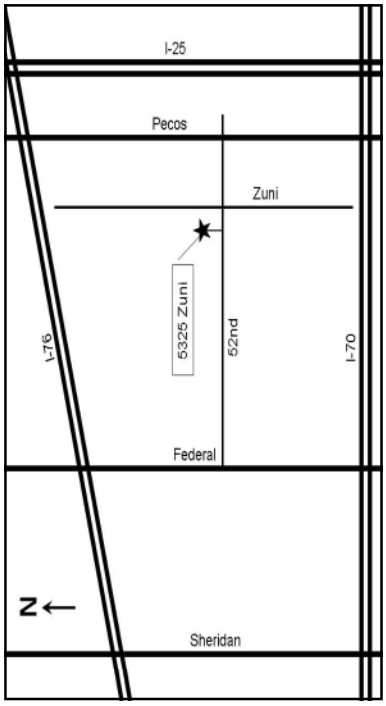
October 20 - Regular Meeting at 7:30 PM

October 21-24 - COVA Conference
(see pg 1 for details)

November 12 - Fundraiser at Hansen's Grill & Tavern
(see pg 3 for details)

November 17 - Thanksgiving Potluck 6:30 PM

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



ADDRESS SERVICE REQUESTED

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