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MARK YOUR CALENDARS

Crime Victims' Rights Week will be held April 21 thru 27. Look for the schedule of events for the week in our next newsletter.

National Conference will be held in Cincinnati, Ohio on Aug 15-18. Theme this year is "Open Hearts, Sharing hope with Trusted Friends...We Remember Them." More info to follow.

National Day of Remembrance is set for Wednesday, September 25. Time & location TBD.

VOICE FORUM SET FOR APRIL 8

Victims are cordially invited to the 2013 quarterly VOICE (Victims Organized in Correctional Exchange) meeting to be held:

Where: District 3 Denver Police Station
1625 S University Blvd
Denver, Colorado

When: Monday, April 8, 2013

Time: 6:00 – 8:30 PM.

(Ample free parking is available)

VOICE is a quarterly forum providing victims the opportunity to engage with Department of Correction officials in constructive dialogue about DOC operations from a victim's perspective.

Agenda for the evening will include a Legislative Update on Bills that impact Crime Victims.

FOR YOUR INFORMATION.....

POMC is presently involved in a movement to get a Victim Rights Amendment to the U.S. Constitution that will be reintroduced to the new congress when it convenes. We will keep you informed of its progress and will urge you to contact your congressmen to support this bill when it is introduced.



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

Web Site
www.coloradopomc.org

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Member **Everett & Linda
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Member **Caryl & Charles
Harvey**
970-854-2665

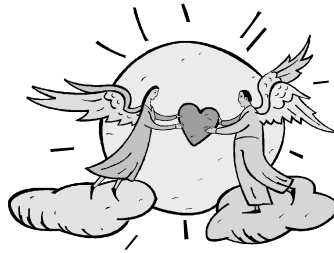
Member **Jean Heil**
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(7662)

Love Gifts



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

Barbara Kaptanian
in memory of her son,
Alexi

Vernon Paiz
in memory of his son,
Jason

Phyllis & Cero Pena
in memory of their son,
Ricky Bobian

Pat & Eugene Noble
in memory of their son,
Blaine

Erica Mulligan
in memory of her son,
Michael Tarasiuk

New Members

Patricia Sevier

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
22185 E Dry Creek Pl,
Aurora, CO 80016
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, the arraignment for confessed murderer, Chester Todd has been completed; and is charged with first degree murder and felony murder after sexual assault. The next scheduled hearing is Jan. 31. Sherri is the daughter of Linda and Everett Donelson.

The delayed arraignment in the drive-by murder of James Sanchez in June, 2011 was completed on Jan. 18th. James is the son of members, Pat and Tony Sanchez.. The accused in this case is Jeremy Torres, who is charged with first degree murder. The next hearing is scheduled for April 12.

Carolyn Russom

LeRoy Russom phoned in December to let POMC know his wife, Carolyn, died on October 23, 2012. LeRoy and Carolyn were some of the original members of POMC and Carolyn actually was the original president back in 1983. Meetings were held back then at Mullin High School and at members homes. The Russoms' son, Randy, was born December 20, 1963, and was killed on November 8, 1983. LeRoy spoke so warmly of POMC and stressed how important it was to them to go to a group that could be of so much help; they loved being at the meetings with friends that could assist them in facing their grief. He also mentioned that he and Carolyn got to the point they couldn't go anymore because there was so much grief they couldn't handle it anymore, but they sure missed the people they met through POMC! Carolyn used to phone to chat from time-to-time. Warmest thoughts go out to you, LeRoy, in memory of Carolyn and Randy.

Memorials for Loved Ones

In other chapter newsletters they publish memorial pages like the one we published in our Oct-Nov newsletter. This helps defray costs of publishing their newsletter. Our board decided at the January board meeting to offer the same service in our newsletter. You can choose a half page at \$50. or a quarter page for \$30. Please send Memorial page items with payment to the editor, Cherri Lusk, 22185 E Dry Creek Pl., Aurora, Co. 80016. Any pictures or copies are not returnable to the sender. You could also email them to me at ca.lusk@comcast.net. The memorial and or picture must be sent as an attachment for me to access it to place in the newsletter. Please put POMC newsletter in the subject line or I will not open the email. Any questions regarding this service, call Cherri at (303) 593-0784.

Love To You from Barb Kaptanian

Tonight My Heart Sang And I Danced

“...a time to weep and a time to laugh,
a time to mourn and a time to dance...”

Ecclesiastes 3:4

In today's world, we have technology.....is that good or , or what? Computers, MP3 players, smart phones, iPods, iPhones, iPads, Nooks, Kindles. I can't keep up with it! But one thing I do enjoy is the ability to download ONE song, one cd, one artist; find a song or video on YouTube, have a repertoire of music on my phone in my car... Do you know how easy all this is? I used to carry boxes of cd's in my car for trips. I'm so glad I have children and grandchildren that keep me in the modern world.

I spent hours. I lit candles. I brought out pictures of my son. I visualized him by my side, speaking to him. I felt my other children at my side. I felt I could speak directly to my son, or felt him speaking directly to me, or felt God speaking to me, or me speaking to God. I felt angry, I felt deeply lonely, I felt so alone in my grief I thought I could die too. I cried. I felt memories.... Yet I felt LOVE, I felt joy, I felt an abundance of a life shared, I felt wisdom, and I felt an old soul that knows, that knows the deeper things. Do I understand it all? Not really. But music allows me to feel. Seldom do I let my heart out, out of the box, and only when I'm alone because it's a lonely path. At least for me. But tonight my heart sang. And the tears flowed. And it was all good.

It's a privilege to share with you a list of songs that allows the spirit to soar with our children if that makes sense. Music is a way of communicating with the heart. Transcendence.

These are songs shared from fellow mourners in grief groups I have attended:

| | |
|---------------------------|---------------------------------|
| James Taylor Live | Secret of Life |
| The Best of John Denver | Sunshine On My Shoulders |
| Andrea Bocelli | The Prayer |
| Bill Douglas | Deep Peace |
| Kenny Loggins | Return to Pool Corner |
| Kenny Loggins | Love |
| Lee Ann Womack | I Hope You Dance |
| Keali'i Reichel | Wanting Memories |
| Keali'i Reichel | In My Life |
| Billy Joel | River of Dreams |
| Marc Cohn | The Things We've Handed Down |
| Sting | Fields of Gold |
| Steven Curtis Chapman | Be Still and Know |
| From Phantom of The Opera | Wishing You Were Somewhere Here |
| | Again |
| Reba McEntire | *Favorite |
| Les Miserables | If I Had Only Known |
| John Lennon | Bring Him Home |
| Frank Sinatra | Imagine |
| Celine Dion | America |
| | Fly |

Kathy Zavada
The Bagpipes of Scotland
Mary Chapin Carter

My Angel
Amazing Grace
10,000 Miles

Songs that I would like to add that truly touched my heart:

Horatio G. Spafford, Author

JoDee Messina

Ian Tyson

*Favorite

Truth

*Favorite

Truth

Buddy Davis

*Favorite

Alan Jackson

*Favorite

Clay Walker

*Favorite

Bruce Haynes

Garth Brooks

*Favorite

Joe Nichols

Tracy Byrd

*Favorite

Buddy Jewell

Randy Travis

Randy Travis

Randy Travis

Greg Yoder

Greg Yoder

Greg Yoder

Eric Clapton

Eric Clapton

Eric Clapton

Eric Clapton

Shaina Noll

Shaina Noll, song by Libby Roderick

Shaina Noll sings one of my favorites:

How could anyone ever tell you
You were anything less than beautiful
How could anyone ever tell you
You were less than whole
How could anyone fail to notice
That your loving is a miracle
How deeply you're connected to my soul.

It Is Well With My Soul

Bring On The Rain

The Wonder Of It All

If You Could See Me Now

God Will Make A Way

If Heaven Had A Window

I Want To Stroll Over Heaven With

A Few Questions

Praise His Name

The Dance

I'll Wait For You

The Keeper Of The Stars

Help Pour Out The Rain

Valley of Pain

Through The Fire

Nobody Knows, Nobody Cares

Cantique Pour Les Petites Anges

Reach For Me

When I Remember You

Tears In Heaven

Signe

Circus

My Father's Eyes

Peace Be With You

How Could Anyone

Tonight my heart sang. My heart danced. My heart remembered. And remembers – always.

And I remember your child with mine. We follow the same journey. We travel together. Hold my hand as I hold yours. Never let go. Walk with me. Talk with me. Remember with me. Laugh with me. Sigh with me. Cry with me. Pray with me. Sing with me. Dance with me.

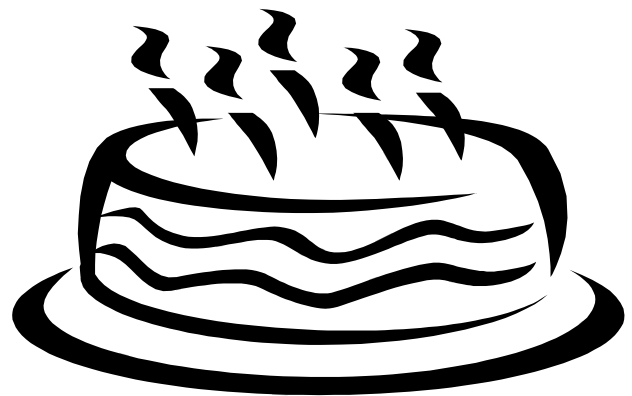
I love you. I love my child. I love your child.

Barbara

Birthdays Remembered

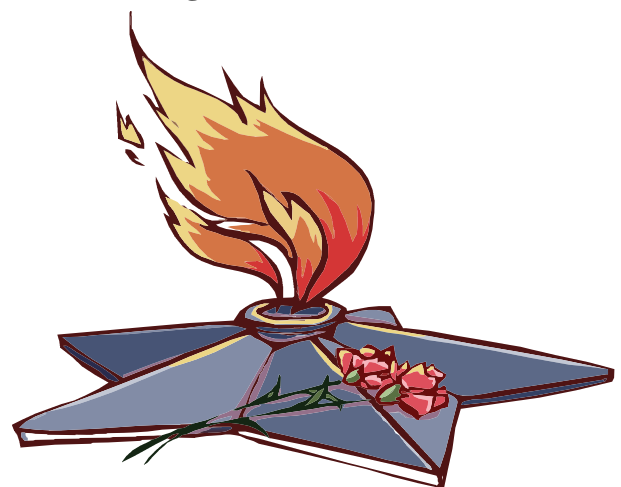
Randy Fleming, February 1, 1960
Heather Harper, February 2, 1975
Martin Macias, February 3, 1960
Sherri Majors, February 3, 1969
Philisia Bunting, February 4, 1974
Tiffany Cuin, February 4, 1981
Ronald (Ron) Georgopulos, February 8, 1954
Kay Lyn Robinson, February 9, 1961
Roxanne Logan, February 12, 1952
Lorren Holcomb, February 14, 1943
James Mora, February 14, 1972
Frank Sumpton, Jr, February 16, 1973
Anthony Taiitt, February 18, 1960
Matthew Kechter, February 19, 1983
Cissy Foster, February 20, 1979
Manuel Martinez, February 20, 1984
PJ Pierce, February 20, 1986
Beulah Lawson, February 22, 1927
Karla Winberg, February 22, 1961
Michael McMullen, February 22, 1980
Lonnell Friend, February 24, 1978
David Michael Kelly II, February 26, 1977
Chris Irish, February 27, 1971
Miranoa Rose Linn Baca, February 27, 1985
Vanessa Gushard, February 28, 1976
Garett Cordova, March 1, 1965
Jennifer Manchego, March 1, 1974
Jeremy Campton Craft, March 2, 1970
Sindy Wong, March 2, 1977
Corey DePooter, March 3 1982
Beth Haynes, March 5, 72
Danny Steve McQueen, March 5, 1955
Wayne Craig, March 6, 1969

John Rasser, March 7, 1966
Mark Francis, March 7, 1976
Michael Scott Reichert, March 8, 1964
Steven Johnson, March 8, 1986
Shaniqua Coffman, March 8, 1991
Nathan Bailey, March 10, 1996
Amy Hill, March 11, 1979
Edward Perez, March 15, 1946
Tina Abbott, March 15, 1949
Tina Sandoval, March 17, 1972
Megan Patricia Neylon, March 17, 1982
Gerry Schwartzman, March 18, 1938
Paul A. Stone, March 18, 1980
McKinley Dixon Jr, March 20, 1975
Leslie Gonzales, March 20, 1989
Troy Baker, March 23, 1977
David Aric Rothrock, March 23
Anthony (Tony) Gonzales, March 24, 1942
Andrew Just, March 25, 1980
Jesse Field, March 27, 1979
Kaci, March 27, 1982
Jeffrey Smith, March 27, 1992
Sid Wells, March 28, 1961
Chad Harvey, March 30, 1975



In Memoriam

- Louis Muradian**, February, 1985
Brandon Gushard, February 1, 1987
David Michael Kelly II, February 1, 1996
Marilyn Gillespie, February 2, 2010
Jackie Maldonado, February 3, 2002
Robert Ursetta, February 4, 1995
Bryan D. Lusk, February 5, 2007
Levon George Grieg, February 6, 1985
Ruth Ortega's son, February 6, 1985
Amber Bullington, February 6, 2000
Ada Johnson, February 9, 1983
Garett Cordova, February 11, 2002
Kevin Johnson, February 16, 2003
Marco Escobedo, February 16, 2008
Vera Escobedo, February 16, 2008
Clair Weaver, February 17, 1991
Antoinette "Toni" Clark, February 17, 2008
Gertrude Brown/Nussel, February 20, 1992
Aaron Richart, February 20, 1999
Carmina "Nina" Anderson, February 21, 1973
Peter Beaupre`, February 23, 1995
McKinley Dixon Jr, February 25, 1994
Erin Golla, February 27, 2002
Robert Zajac, February 27, 2002
Sheldon Sullivan, March 1, 1998
Mark Francis, March 1, 2002
Maria Cordova, March 1, 2003
Maria Fierro, March 1, 2003
Alice Jane Hensley, March 3, 2001
Martin Macias, March 4, 1901
Mark Smith, March 4, 1995
Ron Haynes, March 4, 2006
James Mora, March 7, 1992
Andrew Just, March 7, 1998
Ruby Sparks, March 8, 1981
Gloria Bailey, March 8, 1981
Ralph Earl Pettis, March 9, 1986
Harold Lee Prelow, March 9, 1996
Alan Friedman, March 10, 1989
Carrie Lee Gonzales, March 11, 1984
Larry Heil, March 12, 1991
Roxanne Logan, March 12, 1995
Scott Clarke, March 14, 2011
Roderick Paulsen, March 15, 1997
Eddie Garcia, March 15, 1998
Lee Pumroy, March 18, 1993
Sherri Majors, March 18, 1996
Theodore C. Carleton, March 18, 1996
Meglan Renaud, March 21, 1989
Guillermo Quinones, March 21, 2012
Lori Jean Burritt, March 22, 1990
Paul Hurtado Jr, March 22, 1990
Michelle Vinson, March 28, 1992
Cher Elder, March 28, 1993
Paris Lamar Davis, March 29, 1998
Jennifer Behling, March 31, 2006



ANNOUNCEMENTS

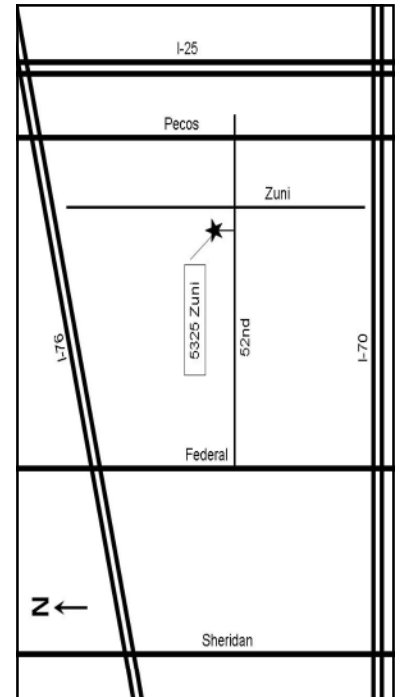
____ February 16 - Regular Meeting at 7:30 PM

April 8 - Quarterly VOICE Forum
(See pg 1 for details)

March 16 - 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**