

DIRECTOR DISTRICT 1



Sue Roche

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I am a proud Colorado native. My neighborhood is in the former Cunningham Fire Protection District, where I have lived since 2005. I have two teen-age boys with my husband of twenty-three years. We share our home with my mother and our three dogs.

I graduated from Colorado State University with a Bachelor of Arts in Sociology, later earning a Paralegal Certificate from the Denver Paralegal Institute. I have held positions in banking, mortgage, compliance, elections, and the funeral industry. I am currently employed as a CPR and First Aid Instructor, and I edit audio books.

I often refer to myself as a “Career Volunteer”. My volunteer engagements have ranged from The Boy Scouts of America to hospice, law enforcement to fire service. I was the 2015 Volunteer of the Year award recipient from the Carson J Spencer Foundation; I have served on the Board of Directors of the Suicide Prevention Coalition of Colorado since 2015, and recently completed a 2-year term as Co-Chair. Additionally, I am a member of the Colorado Human Remains Extraction and Recovery Team (“COHEART”), and I intern with the Denver Office of the Medical Examiner.

I was introduced to the former Cunningham Fire Protection District when I participated in the Arapahoe County Sheriff’s Office Citizen’s Academy in 2015. Attending the South Metro Fire Rescue Citizen’s Academy in 2018 further enhanced my perspective of fire and EMS service in my community. I was so inspired by the experience that I joined the Franktown Fire Protection District as a volunteer firefighter. In 2019, I completed the South Metro Fire Rescue EMT-B Course and became a state and nationally licensed EMT. I began teaching CPR and First Aid for the South Metro Safety Foundation last summer.

I am the creator of a Dragonfly Grief Journal that I incorporate in grief workshops and that is included in iCare Packages© for suicide loss survivors. I have a 2nd degree black belt in taekwondo.