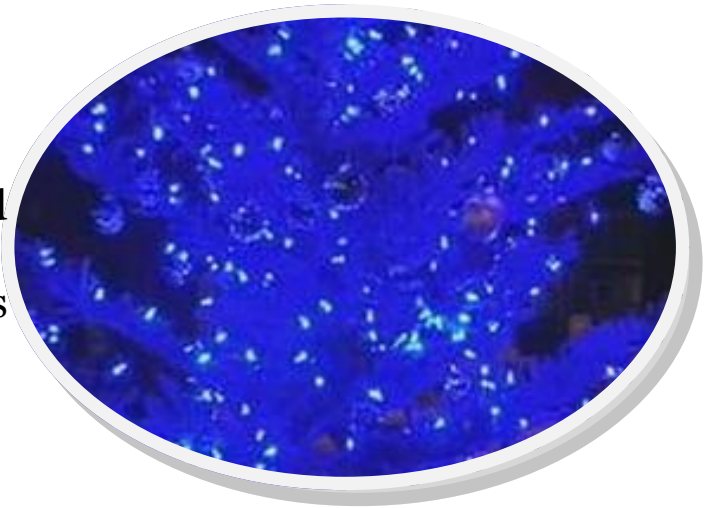




Montana Concerns of Police Survivors

www.montanacops.org
info@montanacops.org
406-285-1267

During Christmas and New Year season C.O.P.S. encourages the display of blue lights on trees and buildings and to change porchlights to a blue light. The blue light honors our “blue” officers and also represents peace. We all pray for peace in our world.



Blue Light Tree Ceremony
December 10, 2012, 6:00 PM
Yellowstone County Courthouse
Billings

Blue Light Tree Ceremony
December 10, 2012 5:30 PM
Flathead County Justice Center
Kalispell



Project Blue Light

Streamlight Flashlight
“Candles”
Put these in your window
to honor law enforcement

You can order:
www.nationalcops.org

Save the Dates:

Traumas of Law Enforcement
March 11-13, 2013 Seattle

Montana Law Enforcement Memorial
May 15, 2013, Billings

Hike for Heroes
July 13, 2013

Board of Directors

Jerril Ren, President, Son of MHP Patrolman Michael Ren, EOW 4/8/78, president@montanacops.org
Genny Graham, President Elect, Widow of MHP Trooper David Graham, EOW 10/9/07
Joyce Kramer, Secretary, Mother of West Yellowstone PO Patrick Kramer, EOW 10/22/06
Nancy DeLaittre, Treasurer, Mother of MHP Trooper David DeLaittre, EOW 12/01/10
Becky Sturdevant, Past President, Mother of MHP Trooper Evan Schneider, EOW 8/26/08

Annual Meeting Minutes

September 15, 2012

Fairmont Hot Springs Resort

- Discussion included Border Patrol Officer from No. MT , and a veteran. Unfortunately, suicide deaths are not covered under the PSOB. Qualifications for PSOB Include a LODD with a catastrophic injury and permanent disability.
- Traumas of Law Enforcement is scheduled March 11,12,13 of 20p13 at Seatac, WA.
- Send information to email address: info@montanacops.org
- Financials: Debit cards are allowed with a \$500. Limit purchase.
- Proposed Bylaw Changes are released to Chapters with 30 day opportunity to provide feedback.
- Technical; Committee: Brenda D serves on this committee. Suggestions for low cost technical apps include OOVOO, Free Conf, Techsoup.org. Heavily discounted tech opportunities. Join.me is a screen sharing with an initiator and requires a 9 digit # to join. Square is a tool to use with Apple products to calculate charges with 1st 2 boxes free. Becky are you checking on this?
- Financial audit discussion: Not required to be done by an accountant or CPA. Another member with financial knowledge is sufficient. Needs to be completed quarterly. Possible proposal on the table at Nov Board meeting to eliminate requirement of 3 survivors to review the balance sheet.
- A NW blog is currently being developed and tested by Brenda to increase communication throughout NW chapters.
- Facebook is another social media to increase communication. MT COPS is on Facebook.
- Minutes of the last meeting were read and approved.
- Treasurer's report included a balance of approximately \$7,100.00.
- Hike for Heroes was extremely successful with events held in Bozeman (1st year) and Whitefish (3rd year).
- Discussion included the potential special MT COPS license plates. Start up fee included cost of \$4000. And 500 willing to purchase the special plates Considering donation collection with signup campaign in May 2013.
- Museum Board is a fledging board at this time. MT COPS has a position currently on the Board with J Kramer serving in that capacity. The MT LE Memorial, conventions with MACOP, MPPA, MSPOA and Special Olympics is scheduled to be held in Billings, May 15, 2015.
- Pursued the discussion of the scholarship program through National.
- Discussed monetary assistance with Retreats, NPW and LODD. Encouraging families and coworkers to attend retreats. No requests for financial assistance in 2012. 2013 will include a maximum of 4 people attending with each receiving \$250. Proposed by Jerry, seconded by Becky. Encouraging MT law enforcement to attend Affected CoWorkers session this fall.
- Will consider all LODD and recent when needing funds. P Pyette survivors will consider attending NPW in 2013.
- Discussion shifted to the logo development. Working on an approved new logo with MT state design behind. Consider using the E Group to design and must be completed by Dec 2015. Nov Board meeting will evaluate new submissions.
- Presidential Blog being developed.
- CEO job description developed with defined parameters and as the corporate organizer.
- National is working to increase communication through the Natl' President and the CEO. Reinforcing that this is a survivor's group. Plan to use more webinars and e learning to educate and train.
- Demonstration of website was included. Chimp Monkey was included with MT COPS website. Paypal account includes money being transferred and notice to Treasurer of \$ being transferred.
- State Employee Charitable Giving on Sept. 24 will be held in Helena. Dennis K will attend as a rep of MT COPS.
- Costco considers nonprofit organizations to utilize benefits.
- Proposal for Joyce K to consider another 2 years in position. Approved.
- Proposal Nancy DeLaitte as treasurer. Dennis DeLaitte proposed and seconded by Becky. Approved.
- Newsletter is submitted through email addresses. Will mail the newsletter to members and law enforcement agencies throughout MT.
- Continue to support Blue Light ceremonies. Three Forks is scheduled Dec 1. Kalispell and Billings will schedule in early December.
- Dennis DeLaitte presented a slide show covering the David DeLaitte Memorial site with benefits and fund raising in the Three Forks area.

Submitted by Joyce Kramer, Secretary

Coping with Grief During the Holidays

Hospice Foundation of America's New Campaign Offers Advice

Washington, DC - A question commonly asked by bereaved people at this time of year is, "How can I get through the holidays?" There is really no single answer of what one should or shouldn't do. Hospice Foundation of America stresses one guiding principle: do what is comfortable.

"When we are already experiencing the great stress of bereavement, the additional strains of the holidays can create unbearable pressure," commented Jack Gordon, President of HFA. "The key to coping with grief during the holidays is to find the way that is right for you."

Some people find it helpful to be with family and friends, emphasizing the familiar. Others may wish to avoid old sights and sounds, perhaps even taking a trip. Others will find new ways to acknowledge the season.

Here are some key points from HFA's Holiday Grief Campaign:

- Plan for the approaching holidays. Be aware that this might be a difficult time for you. The additional stress may affect you emotionally, cognitively, and physically; this is a normal reaction. It is important to be prepared for these feelings.
- Recognize that holidays won't be the same. If you try to keep everything as it was, you'll be disappointed. Doing things a bit differently can acknowledge the change while preserving continuity with the past.
- Be careful not to isolate yourself. It's alright to take time for yourself but don't cut yourself off from the support of family and friends.
- The holidays may affect other family members. Talk over your plans. Respect their choices and needs, and compromise if necessary.
- Avoid additional stress. Decide what you really want to do, and what can be avoided.

As part of their campaign to educate and assist people at this time of the year, HFA produces several resources. This includes a special Holiday issue of their Journeys bereavement newsletter, an educational feature article distributed across the country and available for reprint, and HFA's Living With Grief brochure series.

Hospice Foundation of America, with offices in Miami Beach and Washington, DC is a non-profit, grassroots organization educating the public about loss and end-of-life care. For a copy of HFA's Holiday Grief article or other resources, or to schedule an interview with a HFA representative, please contact Jon Radulovic at 1-800-854-3402; or download the article from our Web site at: www.hospicefoundation.org

New Logo for Montana C.O.P.S.

National COPS has a new logo and Montana COPS must change our logo to comply with national policy. We have several drafts to choose from. We need our members to give feedback to the Board about your preferences. To vote please go to survey monkey <http://www.surveymonkey.com/s/HF36CQD>

Or you can respond by mail:

- 1) Rank COPS Logo placement: Middle, Right, Top
- 2) Montana Map Color: Dark, Royal, Light
- 3) Black Ribbon Placement: Horizontal or Slanted
- 4) MONTANA on upper left corner of map? Yes or No
- 5) Phrase: No phrase; Hope Starts Here; Fallen but not forgotten; Other?
- 6) Other comments or suggestions

You can see the color of the Logos on the website www.montanacops.org



Send responses to Montana COPS, 135 Rimrock Ct., Kalispell, MT. 59901, or call Becky Sturdevant, 250-1250

To see this newsletter in color please go to
www.montanacops.org

To save paper and postage please send
your email contact information to
info@montanacops.org



135 Rimrock Ct.,
Kalispell, MT 59901