



## Montana Concerns of Police Survivors

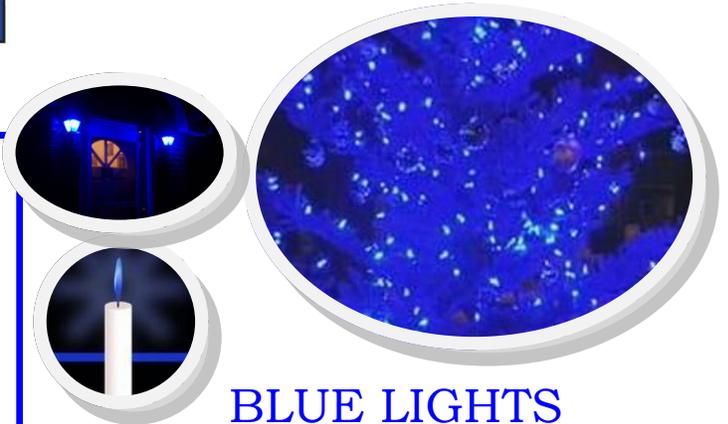
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### GREETINGS from our new Montana C.O.P.S. President, Genny Graham:

I'm honored to be the president for the next two years. I hope that we will continue to make progress with making sure more people know who we are and what we do. As the holiday season approaches and we spend time with our loved ones. Keep in our thoughts the friends, coworkers and loved ones that are not with us anymore and their families. Reach out to



those who may be in need, just a kind word, a phone call or just a HUG. I consider each and every one of you my family and wish you the best during the Holiday season and beyond.



### BLUE LIGHTS

C.O.P.S. adopted this idea as a way that everyone could honor the officers who serve and protect us while remembering those who have been killed in the line of duty. Project Blue Light has grown steadily as a way of remembering our departed law enforcement officers across America and beyond. The concept is a simple one. Join us as part of "Project Blue Light," and let your blue lights shine for law enforcement during the holidays. Please consider putting a blue bulb in your porch light or decorating your house with blue lights. Remember, the color blue is also a symbol of peace. When you display your blue lights, you'll be sending a message to everyone driving by that you support America's peacekeepers, and that you hope the coming year will be a time of peace.

#### Blue Light Ceremonies:

- \* December 1, Three Forks
- \* December 5, Kalispell
- \* December 6, Red Lodge
- \* December 9, Billings
- \* December 16, Miles City

#### Board of Directors

Genny Graham, President, Widow of MHP Trooper David Graham, EOW 10/9/07  
Joyce Kramer, President Elect, 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, Secretary, Mother of MHP Trooper Evan Schneider, EOW 8/26/08  
Jerril Ren, Past President, Son of MHP Patrolman Michael Ren, EOW 4/8/78

Montana COPS MINUTES September 21, 2013

Attending: President elect Genny Graham, Secretary Joyce Kramer, Past President Becky Sturdevant, Dennis Kramer, Dennis DeLaittre, Kevin and Donna Kramer, Chaplain Drew Buckner, Regional Trustee Benda Donner.

Call to order: Genny Graham

Financial Report: \$13,000 current bank balance. \$6000 income from Hike for Heroes. [Exact numbers pending.] Approved purchase of business cards, note cards, and stationary as soon as new logo approved. Order from women's prison?

Elections: Joyce Kramer our new president elect; Becky Sturdevant new secretary

Chapter Training and Trustee Report: Suzy Sawyer is new interim executive director. Board of Directors is working on new job descriptions for staff positions and will be interviewing for open positions. Brenda assured us that COPS is in good shape and good hands. Wyoming is forming a new chapter. COPS Walk coming up soon—Brenda will be walking. Brenda and Troy can provide technical support for our chapter website.

Fundraising: Need new name for hike—COPS Hike/Bike? Posters are worn and some got wet. Discussion about purchasing a flag for each fallen officer. Brenda can make us a QR for the flagpole or a corner of the flag which will link to our fallen officer website to reach the officer's story. Request grant from Denny Washington Foundation to get seed money for license plates? Send newsletter to Law Enforcement agencies.

Outreach to support law enforcement agencies: Chaplain Drew recommended face time. Start with agency chief, then meet with supervisors and finally with the troops. Prepare brief points. Bring handouts and treats. Reach out to law enforcement academy for contact with new officers. Seek out training materials from National and region. Thank you to Joyce and Dennis Kramer for setting up and manning displays at the Montana State Employee charitable contribution fair, the MPPA and MACOP convention and the MSPO convention.

Blue Light Ceremonies: Kalispell December 5<sup>th</sup> Three Forks December 1<sup>st</sup> Billings, Laurel TBA Discussion about reaching out to other communities. Include in newsletter.

Law Enforcement Memorial and Museum: Joyce will keep us posted on Montana plans. Hopefully we will not be coordinating a trip to Washington for new fallen officer.

Law Enforcement Memorial Trail: Dennis Kramer is developing website and working on plans to raise funds for bike/hike trail across the state of Montana.

Bylaws: Changes will be coming out soon. Watch for info from National.

Opportunities: Assist our members and law enforcement agencies to attend traumas of law enforcement. Assist members with travel costs to hands on programs.

## You can support COPS WALK Southwest

February 23-24  
Phoenix, AZ

[https://cops.ejoinme.org/MyEvents/  
COPSWALKSOUTHWEST2013/  
tabid/390901/Default.aspx](https://cops.ejoinme.org/MyEvents/COPSWALKSOUTHWEST2013/tabid/390901/Default.aspx)

### **Coping with Grief During the Holidays**

- \* Set realistic expectations.
- \* Surround yourself with people who love and support you.
- \* Try to avoid "canceling" the holiday despite the temptation.
- \* Allow yourself to feel joy, sadness, and anger. Share your feelings gently.
- \* Draw comfort from sharing meals and gifts with those who are less fortunate.
- \* Take care of yourself. Avoid using alcohol or drugs to self-medicate your mood. Physical exercise is an antidote for depression. Writing in a journal can be a good outlet for your feelings.
- \* There is no right or wrong way for you to celebrate. Consider creating new traditions. Plan activities which will help you to heal.

### **REGISTER NOW:**

- ◆ **Traumas of Law Enforcement:**
  - ◆ **January 6-8, Orlando, FL**
  - ◆ **January 27-29, Oakland, CA**
  - ◆ **February 10-12, Denver, CO**
  - ◆ **February 24-26, Minneapolis, MN**
  - ◆ **March 3-5 Tulsa, OK**
  - ◆ **March 10-12, Durham, NC**
  - ◆ **March 31-April 2, Albany, NY**

Montana C.O.P.S. will support members and law enforcement departments with travel expenses for traumas of law enforcement. [There is no charge for the training.] Call for details.

### **HELP WANTED:**

Montana C.O.P.S. needs dedicated volunteers to:

- Create and/or send out newsletter.
- Maintain the website
- Develop social media presence

- ☞ Thank you to the Missoula Police Association for their donation to Montana C.O.P.S.
- ☞ Thank you to Kevin and Donna Kramer for their donation to Montana C.O.P.S.
- ☞ Thank you to Jerry Williams, Montana Police Protective Association Executive Director, for attending PSOB training!