

# Concerns of Police Survivors



**Northern California C.O.P.S.**

**1320 Stonewood Drive  
Brentwood, CA 94513**



**Vol.3**

**NUMBER 1**

**JANUARY 2009**

## Counties served by NorCal C.O.P.S.

Nor Cal C.O.P.S. serves families of law enforcement officers that are killed in the line of duty in Northern California. Counties include:

Alameda, Amador, Alpine, Butte, Calaveras, Colusa, Contra Costa, Del Norte, El Dorado, Humboldt, Glenn, Lake, Lassen, Marin, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Sacramento, San Joaquin, San Mateo, San Francisco, Santa Clara, Santa Cruz, Shasta, Sierra, Siskiyou, Sonoma, Solano, Sutter, Tehama, Trinity, Yolo, and Yuba.

# 2009

**NEW YEAR RESOLUTIONS  
ON PAGE 11**

## **GENERAL MEETING**

**Feb. 28, 2009**

**Diablo Lanes  
(Bowling)**

**1500 Monument Blvd.  
Concord, CA 94520  
925-671-0913**

## Northern California C.O.P.S. Christmas Luncheon Celebration



**Over 100 blue balloons were released to honor our fallen officers**

Northern California C.O.P.S. held their Annual Christmas Luncheon at the CHP Academy in Sacramento.

The event had many areas to entertain everyone. There were several tables set up with Kids crafts, games and a bounce house. The CHP Camaro and Dodge Charger were out front to inspect. Several hor-duerves tables and beverages

were available. Magician Brenton Cromwell from the Tri-Valley area spent his time entertaining the adults with his magic and card tricks.

A special visit from Santa with individual presents for each child and Christmas tree decorating.

A very nice lunch and dessert for everyone and then the balloon release. **See photos pages 6 & 7**

**CALIFORNIA PEACE OFFICERS' ASSOCIATION**

Presents it's

**FIRST ANNUAL  
CPOA MEMORIAL RUN**

**5K, 10K and Kid's Fun Run  
and Family BBQ**

**Saturday, May 9, 2009**

**ShadowCliffs Regional Park in Pleasanton, CA**

**Registration / Check-in starts at 7:30 am  
5K Run/Walk & 10K Run starts at 9:00 am  
Kids Fun Run starts at 10:15 am**

**PROCEEDS BENEFIT  
Northern California C.O.P.S.**

This event is family oriented and open to all Law Enforcement, their families and friends of Law Enforcement. This annual event is held to honor and remember peace officers who have fallen in the line of duty.

More info & registration at  
[www.onyourmarkevents.com](http://www.onyourmarkevents.com)

**Chapter Contacts**

**President**

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broknchip@aol.com  
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colmagal@yahoo.com  
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kaytalbot@sbcglobal.net  
707-644-6468

**Immediate Past President**

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Trustee**

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925-828-0466

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**Webmaster**

Craig Conley  
webmaster@norcalcops.org

**MARK THIS DATE ON YOUR CALENDAR**

**NorCal C.O.P.S.**

**ANNUAL PICNIC**

**June 27, 2009**

( Location to be announced )



**No cost to survivors**

**Chapter Meetings and Events**

**2009 Meeting / Event Schedule**

**February 21, 2009**

**PEER SUPPORT - San Jose POA**  
11:00 am - 12:30 pm

**February 21, 2009**

**390 Squad Club Crab Feed Fund-raiser**  
(Benefitting NorCal C.O.P.S.)  
5:00 pm - Social.....6:00 pm Dinner  
Alameda County Fairgrounds, Pleasanton

**February 28, 2009**

**GENERAL MEETING**  
**San Joaquin County Sheriff's Office**  
11:30 Social, Noon

**April 4, 2009**

**GENERAL MEETING & PEER SUPPORT**  
**San Jose POA**  
10:30 am Peer Support; 11:30 Social; Noon Meeting

**June 27, 2009**

**Annual NorCal C.O.P.S. Picnic**

**June 29, 2009**

**2nd Annual Officer John P. Miller Memorial Golf Tournament**  
Sunol Valley Golf Club



**C.O.P.S.  
MISSION  
STATEMENT**

C.O.P.S. provides resources to assist in the rebuilding of the lives of surviving families of law enforcement officers killed in the Line of Duty as determined by Federal criteria.

Futhermore, C.O.P.S. provides training to law enforcement agencies on survivor victimization issues and educates the public of the need to support the law enforcement profession and its survivors.

**We Thank our Donors for their continued support!**

**San Jose Police Department**

**California Peace Officer Assn.**

**James & Toni MacDonald**

**Fremont Police Assn.**

**Francis Moore**

**860 Squad Club**

**Bakersfield City Employees FCU**

**Walmart**

**National Prize "Fontana, COPS Walk"**

**Martinez Police Officer Assn.**

**E. Lewandowski**

IN THE LINE OF DUTY - 2008



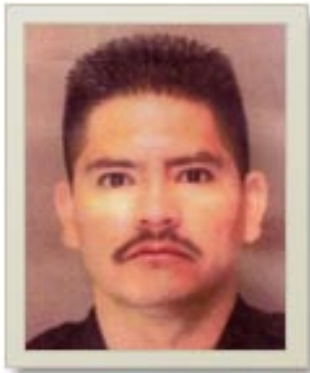
Officer Randal Simmons  
Los Angeles PD  
EOW: February 7, 2008



Investigator Laura J. Cleaves  
Santa Barbara County  
District Attorney's Office  
EOW: May 1, 2008



Deputy Sheriff James Throne  
Kern County Sheriff's Dept.  
EOW: May 23, 2008



Deputy Sheriff Jose A. Diaz  
Yolo County Sheriff's Dept.  
EOW: June 15, 2008



Sergeant Paul Starzyck  
Martinez Police Department  
EOW: September 6, 2008



Officer Bradley Moody  
Richmond Police Department  
EOW: October 7, 2008



Deputy Sheriff Randy Hamson  
Los Angeles County Sheriff  
EOW: October 24, 2008



Dep. Sheriff Lawrence Canfield  
Sacramento County  
Sheriff's Department  
EOW: November 12, 2008



Officer Joseph Sanders  
California Highway Patrol  
EOW: December 15, 2008

## ***C.O.P.S. Hands-On Programs***

C.O.P.S. provides Hands-On Programs designed specifically for each survivorship to help rebuild their shattered lives.

**Parents' Retreat** provides surviving parents of the fallen officer with strong peer support to help cope with the pain of losing their child.

**Spouses Retreat** is a "challenging" weekend getaway for surviving spouses where debriefers and strong peer support infuse widows with a significant dose of self-esteem.

**Siblings Retreat** is a weekend where brothers and sisters have access to mental health professionals and can meet other siblings who lost a brother or sister in the line of duty help deal with their pain.

**Adult Children's Retreat** is for surviving adult children 21 years and older and provides counselors and strong peer support to help deal with the death of their parent.

**In-Laws Retreat** assists the parents and siblings of the surviving spouse in coping with the death of their law enforcement officer.

**Fiances/Significant Others Retreat** provides debriefers and strong peer support to help the cohabiting survivor that played an important role in the fallen officer's life deal with the death of their loved one.

### **NEWSLETTER CONTRIBUTIONS WELCOMED AND NEEDED!**

We encourage you to send in a letter, picture, article, poem, announcements, etc. Let us know what is happening with your family and coworker survivors: births, deaths, graduations, weddings, promotions, honors and memorial services. If you are not a writer, simply submit the facts and we will take it from there.

Send to:

**Toni Mac Donald**  
[nissanlady@comcast.net](mailto:nissanlady@comcast.net)

## **Jimmy Mac Donald Scholarship Fund totals \$21,500**

On December 5th Toni & Jim Mac Donald attended the Sonoma County Law Enforcement Academy's graduation where they gave the recipient of the "Jimmy Mac Donald Scholarship" Tyler Dunkel, a check for \$1,500.00. This is the 15th year the scholarship has been given out in Jimmy's memory for a total of \$21,500.00. Money is raised by a benefit concert that is put on each year.

## **Safe Neighborhood Heroes Grant from Walmart**



NorCal C.O.P.S. received the Safe Neighborhood Heroes Grant of \$1,000 from the American Canyon Walmart store. Co-manager Carl and NorCal C.O.P.S. Secretary, Dr. Kay Talbot.



On May, 14, 2009, Concerns of Police Survivors will celebrate 25 years of assisting survivors in Rebuilding Shattered Lives. On May 14, 2009, a 25th Anniversary Gala Celebration will be held at the Grand Hyatt Washington at Washington Center, 1000 H Street, N.W. Washington, DC.

**That's the way  
things come clear.  
All of a sudden.  
And then you  
realize how  
obvious they've  
been all along.**

**Madeleine L'Engle**

Family News and Events

# Nor Cal C.O.P.S. Annual Christmas Luncheon



Northern California C.O.P.S. board members: Vicky, Sandy, CHP Commissioner Joe Farrow, Kay, Toni, Tammy and Mitch.



**Family News and Events**

**held at the CHP Academy in West Sacramento**



### New email address for Pacific Region Trustee Andy Powell

Andy Powell  
Pacific Region Trustee  
Concerns of Police Survivors  
45850 Club House Drive  
Temecula, CA 92592  
HM Phone 951-676-9472  
Cell Phone 951-377-1245  
apowellcops@aol.com

### PEER SUPPORT GROUP MEETINGS FOR SURVIVORS

You are invited to join a once-a-month peer support group for C.O.P.S. members.

Meetings are facilitated by **Sarah Koch-Schiller** a Pacific Region Trustee on the National C.O.P.S. board, and NorCal C.O.P.S. trustee **Carol Espinoza**.

The group will be co-facilitated by Carol Espinoza, mother of Officer Isaac Espinoza, San Francisco Police Department, and Sarah Koch-Schiller, adult child of Sergeant Arthur Koch, Fairfield Police Department.

The group is open to all C.O.P.S. survivors. If you have any questions, please contact:

**Carol Espinoza**  
650-756-6738  
caisa@sbcglobal.net

or

**Sarah Koch-Schiller**  
sarahkochschillerCOPS@yahoo.com.

**WHEN:**  
Saturdays

**February 21, 2009**  
11:00 am - 12:30 pm  
San Jose POA

**April 4, 2009**  
10:30 am - 11:00 am  
Before General Meeting  
San Jose POA

**WHERE:**  
San Jose Police Officers' Association  
1151 N. Fourth Street  
San Jose, CA 95112

### 390 SQUAD CLUB PRESENTS

# Annual Crab Feed Fundraiser

**Saturday, February 21, 2009**

Alameda County Fairgrounds

Young California Building - 4501 Pleasanton Ave., Pleasanton 94566

5:00 pm Social - 6:00 pm Dinner



Featuring:

**ALL YOU CAN EAT CRAB,  
SALAD, PESTO PASTA & GARLIC BREAD**

**RAFFLE & AUCTION**



BENEFITTING:

Northern California C.O.P.S. - CHP 11-99 FOUNDATION  
390 SQUAD CLUB

**\$45 OR** Reserved Table for 10 - \$550  
(Includes Bottle of Wine, Table Signage and Program Recognition)  
MUST BUY ALL 10 AT SAME TIME  
per person

We accept: VISA, MASTERCARD, CASH OR CHECK

Tickets may be purchased from:

390 SQUAD CLUB  
4999 Gleason Drive, Dublin, CA 94568

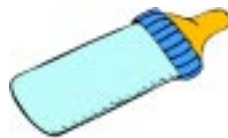
Scott Deschenes  
925-828-0466

MORE INFORMATION: 390squadclub@comcast.net



**Family News and Events****Morgan Kirkbride Enters the World!**

Tony Morgan, past vice president of NorCal COPS and retired Oakland Police Officer, and his wife Dorothy, past treasurer of NorCal COPS, are please to announce the birth of their first grandchild. Morgan Elizabeth Kirkbride was born October 7, 2008, at 2:23 a.m. She was 6 pounds, 10 ounces and 19 inches long. Mom, Sarah, and Dad, Jeff, are thrilled to welcome her home.

**Steve Young Memorial Scholarship**

Since 2004, the National Fraternal Order of Police has administered a scholarship program for spouses of officers killed in the line of duty.

The Steve Young Memorial Scholarship has so far helped over 90 spouses receive aid for education and job training, in an effort to help those who have lost their companion to get back on their feet. These scholarships have been available to spouses of all sworn law enforcement officers, regardless of agency or organizational affiliation.

Recently, the FOP was able to earn a modification to the grant that now allows them to reach out to spouses who have lost their husband or wife in the past five years. Previously, a spouse had only six months to apply for the scholarship - a time constraint that left many unready to make certain decisions about their future before the deadline.

If you or someone you know might now be eligible for this scholarship, which awards up to \$15,000 to be used for education, job training, and

related materials, please contact Project Director Tom Curtin at the FOP Legislative Office in Washington, D.C. by phone at 202-547-8189 or at [tcurtin@fop.net](mailto:tcurtin@fop.net).



**We all carry around so much pain in our hearts. Love and pain and beauty. They all seem to go together like one little tidy confusing package. It's a messy business, life. It's hard to figure--full of surprises. Some good. Some bad.**

**Henry Bromel**

**Tony Morgan Retires Again**

Tony Morgan is retiring after nearly 37 years in law enforcement. He retired from the Oakland Police Department in 1998 as a sergeant and got hired in a civilian capacity for Petaluma P.D. His last day on the job with PPD was December 26, 2008.

Tony was a founding member of NorCal COPS along with Kyle Haynes, Lucy Grijalva, Carol Garcia and, Jim and Toni MacDonald. He served two terms as Chapter vice president and a number of years as the law enforcement liaison. Tony taught many line of duty death classes and presentations over the years.

Tony plans on spending his time doing long-ignored projects around the home front, baby-sitting his new granddaughter, Morgan Elizabeth, and riding his Harley. He hopes to find time to resume writing short stories and an article or two for PORAC News.



Family News and Events

CHP Officer John P. Miller First Annual Tree Ceremony

On November 16, 2008, the Dublin Area 390 Squad Club hosted a Celebration of Life Dinner in honor of Officer John Paul Miller and his family. This is the one year anniversary of John entering eternal life.



The Miller Family:Stephanie, Carolyn, Chandler, Reese, Mitch Mueller, Amy, Rodney and Tammy Monego.

The dinner was attended by John's wife Stephanie, children Reese and Chandler, mother Carolyn, sister Amy, nephew Rodney and his CHP family from the Dublin Area office.

All the children were invited to create and color their own Christmas ornaments and then they hung them on the tree. Reese Miller then lit up the tree.



Stephanie Miller and Capt. Mitch Mueller



COPS President Tammy Monego and newsletter editor Barry Lependorf.



Lighting the Christmas Tree



Dublin CHP Family

Ofc. Jeffery Fontana Court Update

As many of you have read or heard, the judge released her decision two days before Christmas (in time to spoil our Holiday) and it was not what we wanted or expected!

She has now changed her mind and said there is evidence that "he" was mentally retarded by the age of 18. There is no real evidence of that and she relied on testimony and "tests" that were administered to people who know him prior to the age of 18.

Dr. Salekin who was our expert, would not give an opinion of him because she was not allowed access to him.

When we received the decision and spoke with the DA he was leaning toward not appealing and going for SECOND DEGREE MURDER!, We want FIRST DEGREE MURDER. We are meeting with the DA's office Wednesday, January 7 and we will have more information at that time.

The judge has set 1/12 as the start" of the trial.....there will be more motions and of course jury selection so we really do not know much at this time.

SandyFontana Mother of Officer Jeffrey Fontana



50th Annual PORAC Conference



PORAC's (Peace Officer Research Association of California) 56th annual conference was held in Monterey on November 20th through the 22nd. Attending the conference this year were two of our survivors, Tammy McMillan and Vicky Olivera. Together they talked to Peach Officers from all over California and educated them on NorCal C.O.P.S. mission and what we do.



We walked 25 miles over two days along the majestic Potomac River in wonderful weather with a group of 70 people all supporting Concerns of Police Survivors. It was a gratifying, fun and emotional 48 hours.

We started Saturday morning being bused to the trail that runs along the Potomac, we started and found our pace and never wavered. We stopped for lunch at a picnic area, and then we were off again. We finished at Harpers Ferry, which is a National Park, and then we were bused to the Clarion Hotel. There we rested until the evening activities which included dinner and



awards. On Sunday morning, we were again bused to the trail at the opposite end and again walked to Harpers Ferry where we waited and cheered as everyone crossed the finish line.

On Saturday night at the awards presentation, we were honored because of all of you and the memory of our beloved Jeffrey; we raised the most money, \$15,000. So all we can say is THANK YOU! With this honor National C.O.P.S. is donating \$1000 to NorCal C.O.P.S.!

Remember WE (you and us) made a difference

**Sandy Fontana**



*Norcal C.O.P.S. wishes you well in the New Year!*

## 2009 New Year Resolutions

- I will try not to imagine the future and take one day at a time.
- I will allow myself to cry, both alone and with my loved ones.
- I will not shut out family and friends from my thoughts and feelings.
- I will take care of my health. A sick body will only compound my troubles. I will drink a lot of water, take multivitamins, rest (even if I don't sleep) and exercise moderately. I will help heal my body as well as my mind.
- I will share my feelings with compassionate friends and let them share with me. I realize I am coming out of my shell when I care about the pain of others.
- I will try not to expect so much understanding from those who have not walked the same path.
- I will be kind to myself, and appreciate my health, appearance, and time alone.
- I will remember I owe it to myself to enjoy life.
- I will try to be more considerate of my loved ones. They, too, are coping and deserve my help.
- In memory of my loved one, I will do something to help someone else. This way my loved one can live on through me.
- I will keep a journal to see my progress through my grief.



## NorCal C.O.P.S.

*Concerns of Police Survivors*

1320 Stonewood Drive  
Brentwood, CA 94513

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**DEPARTMENTS: Please Post**