



Timothy J. Fronек

July 13, 1948 - October 15, 2025

Timothy J. Fronек passed away peacefully at his home in Benicia, California, on October 15, 2025, at the age of 77. He was born on July 13, 1948, in Antigo, Wisconsin, where he was raised on a dairy farm.

Tim later worked as a stationary engineer for more than 44 years, primarily at Alta Bates and Summit medical centers in Oakland and Berkeley, California. He retired in 2014 after a long and dedicated career focused on service, care, and mentorship. Tim will always be remembered as the “Super Chief.”

For over 50 years, Tim was a devoted member and elder of Faith Lutheran Church in Pleasant Hill, where he loved spending time with the “Over the Hill Gang.” His faith and fellowship were central to his life, and he deeply valued the friendships and community he built there. But above all, he loved his family.

Outside of work and church, Tim enjoyed tending to his yard and was known as a generous and talented handyman, always ready to lend his help to solve a problem. He also had a passion for cars—especially his beloved 1969 Z-28 Camaro. Tim and his family traveled across the country every year and camped in a StarCraft tent trailer. He was a lifelong Green Bay Packer fan, despite his family’s attempts to convert him to the 49ers.

Tim is survived by his loving wife of 55 years, Laurel Fronек; his son, Christopher Fronек and partner Jacqueline Kosak; and his daughter, Alissa Philp and husband David Philp. He is also survived by his brothers Martin (Cheryl) Fronек, Richard (Diane) Fronек, and Vernon (Lori) Fronек; his

beloved grandchildren Laurel (“Elle”) Philp and Catherine (“Cat”) Philp; and other friends and family who will miss him dearly.

Tim will be remembered for his faith, his kindness, and the steady warmth he brought to everyone whose life he touched.

A memorial service will be held at Faith Lutheran Church in Pleasant Hill on February 14th, 2026 at 11:00 a.m.. Burial will be private.

Previous Events

Memorial Service

FEB 14. 11:00 AM (PT)

Faith Lutheran Church
50 Woodworth Lane
Pleasant Hill , CA 94523

Tribute Wall

SL

“ *Suma Landscaping purchased the Divine Peace Bouquet for the family of Timothy J. Fronek.*



Suma Landscaping - February 13 at 12:38 PM

FV

“ *From Brothers Martin, Richard & Vernon planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Timothy J. Fronek.*

From Brothers Martin, Richard & Vernon - February 11 at 01:21 PM



“ *Sentiments of Serenity Spray was purchased for the family of Timothy J. Fronek.*



February 11 at 01:21 PM

SA

“ *When I moved to Benicia in March of 2014, Tim and Laurel were the first neighbors I met. Two months later, I was at the Fronck home for a family Memorial Day gathering. Always so happy to see me, always asking if I needed help, Tim was a master at hanging Christmas lights on his massive evergreen tree. It lit the entire street. Tim was a man of strong faith and devoted husband and father. Gone too soon. Love never dies! Thank you, Tim, for shining a light in our world. Suzanne Awalt*

Suzanne Awalt - November 27, 2025 at 12:34 AM