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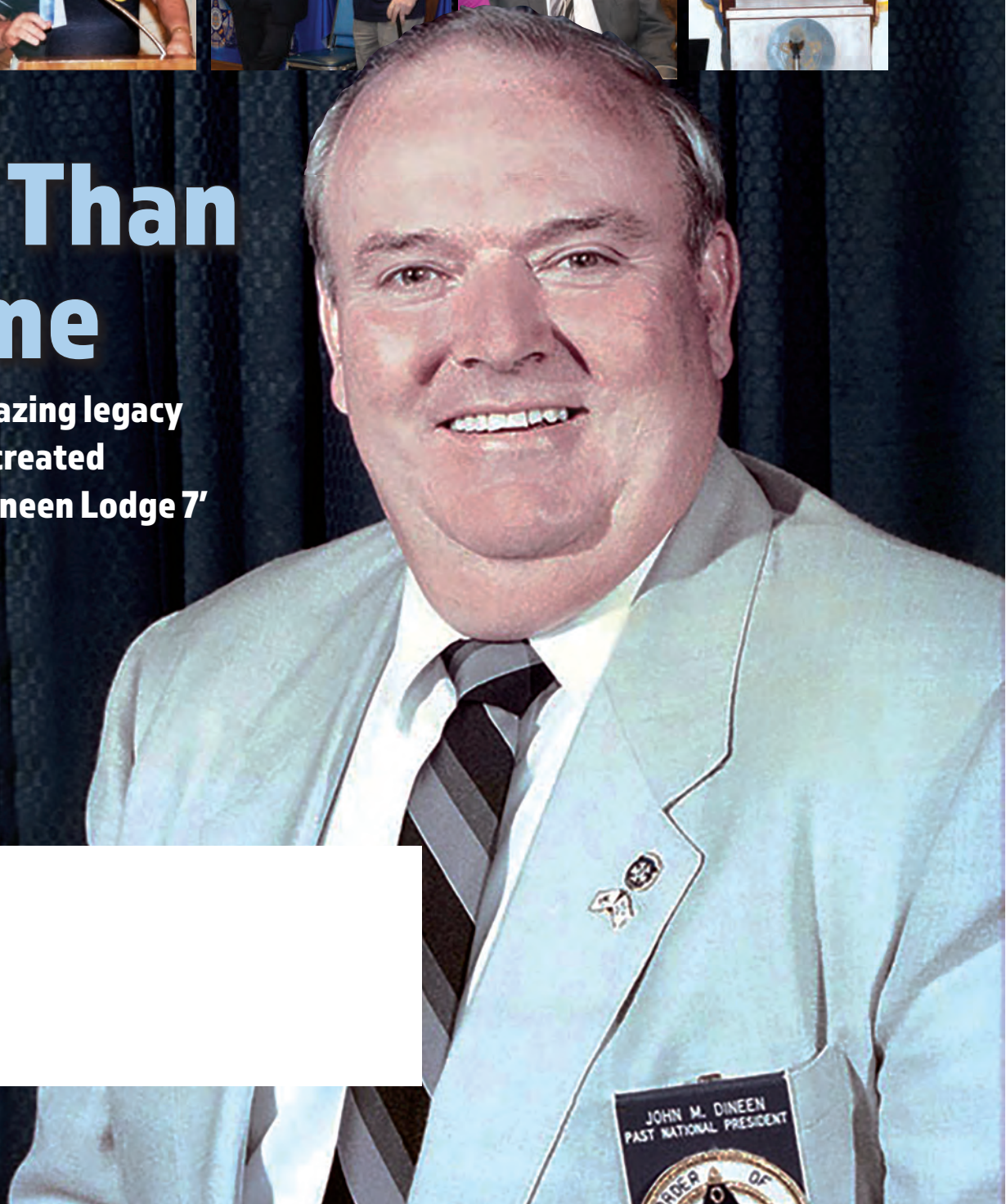
CHICAGO LODGE 7

Official Magazine • July 2023



More Than A Name

**A look at the amazing legacy
of the man who created
'Chicago John Dineen Lodge 7'**



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COVER STORY
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Fame of the Name

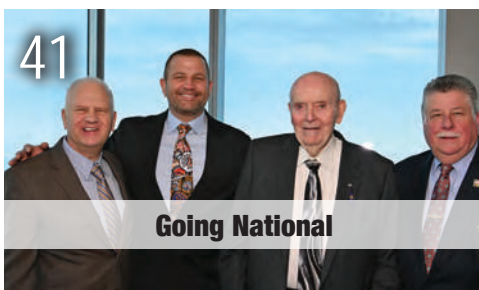
COVER DESIGN BY GINA CROTCHFELT

When the Chicago FOP voted in May to change its name to “Chicago John Dineen Lodge 7,” it was an honor that reverberated across the City, the state and even the country. The namesake, who was one of the Lodge’s founding fathers and led it through its historic first collective bargaining agreement, is one of the most respected and revered FOP members in the entire U.S. In this up-close look at the life and career of John Dineen, his colleagues, friends and followers relate how dedicated he was to all officers, how he worked with the City to negotiate unprecedented improvements in salary, benefits and working conditions. And how everything he worked for going back to the 1960s continues to impact Lodge 7 members today.

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CHICAGO LODGE 7

Official Magazine
President's Report



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Living up to his name



**JOHN
CATANZARA
JR.**

How many active Lodge 7 members can identify the man in the photo on the cover of this issue without reading the caption?

My feeling is, not enough.

We decided to dedicate this issue to John Dineen as a way to let members know how much he is responsible for the benefits, compensation and working conditions they have today. For as much as we might bitch and moan, it's nothing compared to the '60s and '70s, when John was at the forefront of founding this Lodge. They worked 12-hour shifts with no paid overtime. They didn't have collective bargaining. When they tried to get pay raises, they called it "collective begging" at the feet of Old Man Daley.

John Dineen changed all that. So after we voted in May to change the name of our union to "Chicago John Dineen Lodge 7," I wanted to make sure all members had the opportunity to find out more about the man behind the name. All members should read all about John in the story beginning on page 35.

For my part, I want to be cognizant of the past and appreciative of it. I know what it would mean to me if he were my dad, or my grandfather, or my uncle, or even my really good lifelong friend. Truth is, John is every member's grandfather. And founding father.

Reverence for John extends across the country. I think it stems from his selfless act of giving up the national spotlight to come back and make sure his home Lodge was taken care of and that things would get done the right way. That's what John Dineen did in 1980 when he gave up being National FOP president to come back and serve Lodge 7 because a new mayor had come in and they were finally going to get collective bargaining working with Jane Byrne.

That is such a lost selfless act, especially in today's national organization. It is all "Me, me, me. Now, now, now." It is not about the members first. That decision John made highlights what it's supposed to be about the whole time: members first, me last.

It's what we built our campaign on in 2020, trying to change the upside-down Christmas tree effect with how this Lodge had become "me, my friends and then the membership." We turned the Christmas tree back, right side up. It's now the members first, then it's my friends. And if there's anything left for me, so be it.

That's what John's decision was. That's what he taught us. And with the Lodge now bearing his name, hopefully we will never forget that it's always members first.

President's Report continues on Page 6

Politically Speaking

The Canada wildfires cast a haze over the City and a pretty bad smell. But maybe not as bad a smell as what Brandon Johnson's ego created with wanting to build a monument to the victims of the alleged torture by Chicago Police Officers. And not just one.

Perhaps you saw one of my Facebook TGIF videos where I blasted the mayor about why he isn't building monuments to victims of sexual abuse by teachers and priests. The reality is that there's actually proof that sexual abuse happened with teachers. There's no proof that Jon Burge did anything but lie in a civil trial.

That's that whole wrongful conviction movement stirring that pot. It's a cottage industry, and without it, you wouldn't be able to get prosecutors like Kim Foxx elected.

Which is a good segue to an even more significant political issue, the election for Cook County state's attorney in 2024 with Kim Foxx deciding not to run for reelection. The Preckwinkle machine already has a candidate identified to continue the Foxx-trotting.

Besides that dude who's going to take the place of Foxx's nomination, there's only one candidate even sniffing around at this point and declared that she was going to.

But I'm sure a couple more people will poke their heads up in the next two months, because petition days are coming right around the corner. And you need a ton of signatures to get into that race – 25,000 to file to run for state's attorney.

State's attorney is absolutely going to be an even more intensive focus than the 2023 mayor's race was. This is something we

can't screw up. If we have the ability to restore some semblance of reality to that office, it makes the profession — not only in Chicago, but for the surrounding jurisdictions — that much better. And it definitely can send a signal to these pieces of shit roaming the street.

We will put a list of prospective candidates together. We're going to try to get a collaboration with as many of the Lodges in Cook County as soon as we can. Just to brainstorm about how we're going to go about doing this and what everybody's ability to contribute or participate is.

I mean, I don't want us to be rowing the boat for everybody. I certainly would hope that some of the larger or even small Lodges will join in. I don't care if they come up with \$5,000, have a fundraiser, whatever you got to do. But pitch in to this effort going forward. It's that important.

On the positive side of the ledger, I think we are seeing better days regarding RDOs. On Father's Day, they didn't cancel days off except for very specific groups, which was fine. They actually handled that properly, which was the first time in three years that we didn't have Father's Day canceled for the whole Department. So that was refreshing. With new leadership come new ideas and common sense. At least as far as the Department's concerned.

The Department has been very collaborative to this point about what they were talking about doing, what our thoughts on it were, and kind of trying to address their strategies going forward. It appears that we have somewhat returned to normalcy.

Not so super

Now that we've had six semifinalists for superintendent announced, I think we will see the mayor have the recommendation for three finalists by mid-July. I think they were talking July 14 as their target date.

Like you, I have heard pushback about why Chief of Patrol Brian McDermott was never given a second interview after applying for the job. I know a bunch of aldermen put out a letter to the media and to the committee doing the search about why this was done and whether it was because of political pressure.

They implied that there was some disqualifier for Brian McDermott to be considered a superintendent candidate. But all we heard about it was "blah, blah, blah."

He has been running this Department as the number three

guy for the past three years. If there really is a disqualifier, I think because of his service to this Department for the past several years, he deserved the ability to come in and explain what they considered a disqualifier and see if he has an explanation for it. Because it looks like they're eliminating any chance for somebody who does not represent a minority to get the job.

When we do get the three finalists, that's when we will absolutely have something to say. I don't know how loud we're going to get. It really kind of depends on who the three are. All things being equal, we'll certainly get behind one. We'll have a conversation internally once the three names are released, and we'll pick a strategy. We've already been spitballing these names back and forth amongst ourselves, so we are ready.

Why I'm running

Beginning on page 41, you can read some of the details about why I'm running for National FOP first vice president against Joe Gamaldi from Houston. But I want you to hear about my motivation straight from me, here. And it's not because Gamaldi has done nothing the past four years as first VP.

My motivation is very simple. I think the National FOP suffers from the same issues that Lodge 7 suffered from for a long time. And that's the me-first mentality and not representing the membership as a whole.

Let's put it this way: The national president specifically has made a conscious decision to exclude the largest single Lodge, which we are, from any involvement in national politics whatsoever as far as the FOP is concerned. And that's a problem for me. Not for my ego, but for our members, and for the member-

ship as a whole across the country. Again, you are supposed to be fighting for the membership, and I just do not see that on the national level.

I specifically do not see that from Joe Gamaldi. He's had four years, and all he does is go on the Fox Business Channel and give stats and talk about cities that he knows nothing about. I've asked him repeatedly to keep Chicago out of his mouth. He has told me, "Tough luck." He's going to keep doing it, blah, blah, blah.

I have positioned myself to take on this fight 24/7 for as long as I can do it and as long as it takes to get the job done, because I believe in the cause. It is not just a job, it is a fricking passion at this point, and that is the difference. That is the motivation.

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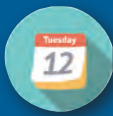
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July 19

Chicago Lodge 7 Picnic at Brookfield Zoo

11:30 a.m.–2 p.m.

\$20 per ticket for adults, \$10 per ticket ages 3–11

For more information, call 312-870-7949

July 19

Asian American Law Enforcement Association Dinner & Membership Drive

Furama Seafood Restaurant

2828 S. Wentworth Ave., 2nd floor

6:30 p.m.

For more information, email aalea@aalea.org

July 20

6th District Sneaker Ball 2

Hatch 41

4131 South State

6 p.m.–12 a.m.

Tickets available at Community Policing Office

For more information, visit <https://www.chicagofop.org/news/events?view=article&id=447&catid=15>

July 22

SwagRazr for Cook County Deputy Kellie Ryan's Multiple Myeloma Cancer Fight

Chicago John Dineen Lodge 7

1412 W. Washington Blvd.

1–5 p.m.

\$30 per person

For more information, call 773-983-7757 or visit www.fundrazr.com/hopeforkellieryan

July 30

CPMF Area 4 Ride to Remember Memorial Motorcycle Ride

United Center, Lot K

1901 W. Madison St.

9 a.m.

To register, visit give.cpdmemorial.org/2023Ride

July 31

40th Annual East Moline Lodge 96 Golf Outing

Short Hills Country Club

2500 11th St., East Moline

8 a.m.–5 p.m.

\$340 per team

For more information, email gk3138@eastmoline.com

Aug. 6

19th Annual Roof Raiser

Wrigley Rooftops

1048 W. Waveland

\$120 per person

For more information, call 773-706-4484 or email

mpgfund@gmail.com

Aug. 13

Polish American Police Association Family Picnic

Schiller Woods Picnic Grove #2

Irving Park Road, Schiller Park

Noon–5 p.m.

For more information, visit <https://www.polampolice.org/events/>

Aug. 13–17

National FOP 66th Biennial National Conference

Las Vegas, Nevada

For more information, visit <https://www.foplasvegas2023.org/>

Aug. 16

Retirement Party for Sergeant Joe Kusar

Edison Park Inn

6715 N. Olmstead Ave.

6–10 p.m.

For more information, visit <https://www.chicagofop.org/news/events?view=article&id=432&catid=15>

Aug. 17

Asian American Law Enforcement Association Golf Outing

Klein Creek Club

1N333 Pleasant Hill Road, Winfield

10 a.m.

For more information, visit <https://www.chicagofop.org/news/events?view=article&id=446&catid=15>

Aug. 20

Illinois Troopers Lodge 41 Chicago Knights Baseball Club Charity Game

Impact Field

9850 Balmoral Ave., Rosemont

6:30–10:30 p.m.

For more information, visit <https://www.iltroopers41.org/news-and-events/events/>

Aug. 23

Chicago John Dineen Lodge 7 Golf Outing 2023

Cog Hill Golf & Country Club

12294 Archer Ave., Lemont

7 a.m.

\$600 per foursome

For more information, call 312-733-7776 or

email kathy.spiewak@chicagofop.org

Aug. 25

Italian American Police Association Golf Outing

Tam Golf Course

6700 W. Howard St., Niles

10 a.m.

\$80 per golfer

For more information, email carla.rodriguez@chicagopolice.org

Aug. 26

Puerto Rican Police Association Summer Jam

4200 W. Diversey Ave.

2–10 p.m.

For more information, call 773-888-7176 or email

prpachicago@gmail.com

Aug. 31

Polish American Police Association Golf Fundraiser

Carriage Greens Country Club

8700 Carriage Green Drive, Darien

8:30 a.m.

\$140 per person, \$550 per foursome, \$50 per person for dinner and beverages only

For more information, email events@polampolice.org

Sept. 9

FOP Lodge 66 50th Anniversary Golf Outing

Fox Lake Country Club

7220 State Park Road, Fox Lake

9 a.m.–5 p.m.

\$150 per golfer

For more information, email ilfop66president@gmail.com

Sept. 16

The 100 Club of Illinois Crappie Fishing Tournament

Lake Shelbyville West Dam

6:30 a.m.–5 p.m.

\$80 per team

For more information, visit <https://www.ilfop.org/event-fop/1st-annual-crappie-fishing-tournament/>



FOP Picnic at Brookfield Zoo

Wednesday, July 19, 2023

Adults \$20 / Children \$10

Includes: Parking in North Lot, Zoo Admission, Designated Picnic Area 11:30am to 2pm

Purchase tickets at Fraternal Order of Police, 3rd Floor • 1412 W. Washington Blvd, Chicago, IL 60607

Must be a FOP member to purchase tickets. Tickets are on a first come first serve basis. Limit of 10 tickets to be purchased.

For additional information contact Kathy Spiewak 312.870.7949

Zoo Hours are 9:30am to 6pm



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Lodge 7 picnic provides a great opportunity to put family first

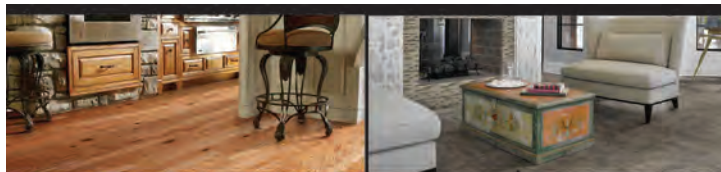


MICHAEL METTE

As I get older, time seems to just fly by. Seems just like yesterday, my wife and I were still changing diapers. Now our kids are becoming more and more independent with each passing day. These changes are both proud and somber at the same time. I miss my little babies but love watching Anthony and Valentina grow into the people they are going to be.

Family is a huge part of who I am. I love spending as much time as I can with my wife and kids.

Here at the FOP, we are very family oriented as well. Our annual picnic is always a great way to get friends and family together and celebrate life. This year our picnic is on July 19 at Brookfield Zoo. We have discounted tickets at \$20 per adult and \$10 per child ages 3-11. Parking and lunch are included with the purchase of a ticket. The lunch will be in the pavilion near the north gate. The pavilion will be for our ticketed members only and closed to the public. Please contact the Lodge for tickets. I hope to see you there!



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We are also hosting two main Officer Wellness Events this month. The first is a four-hour suicide prevention training. This training is provided free of charge because of the wonderful people at the Sertoma Centre, especially Gia Washington, who puts these seminars together for us. This month's event will be held on July 21 at the FOP Hall from 9 a.m. to 1 p.m. You can call the Lodge for more information or email Gia Washington at gashington@sertomacentre if you have any questions.

Our next event will be our second time hosting an Officer Wellness Support Group. Our support group will be meeting on July 22 at St. Paul's Catholic Church (basement) at 2234 S. Hoyne Ave. from 9:30-11 a.m. Our support group is open to all CPD members and their families. Thank you to all the wonderful people at St. Paul's for continuing to allow us to use the space. If you have never been to St. Paul's, it is a beautiful and historic building.

As the summer months are upon us, we must make sure to take care of ourselves — this means both physically and mentally. Lodge 7 has made great strides to take a front seat in how our Department handles officer wellness issues. Over the last three years, it has been amazing to see just how much the department has grown in this area.

One of the ways CPD is changing wellness is by offering the brand new CPD Wellness App by Cordico. The app is still in its infancy, but it is a great start for what will be an amazing toolbox of resources at your disposal. It is very easy to navigate the app and find great information on wellness issues. You can search for EAP and Peer Support members to contact if needed. You also have access to the confidential self-assessment tool.

Speaking of confidential, this app is completely confidential. The Department has set it up so the login credentials are the same for everyone. No personal information has to be entered to access the app. The app is available to all Department members, their family members and retirees at no cost. Cordico is one of the leaders in wellness apps and has been vetted and approved by the National Fraternal Order of Police. Everyone should be taking advantage of this app. I would like to thank Dr. Aaron Chapman and Sergeant Liz Schultz for allowing me to participate in discussions that will help improve the app as needed. If you have any questions about the app, please feel free to email officerwellnesssection@chicagopolice.org.

As always, stay safe and healthy. We are here if you need help!

Reviewing recent successes from fighting discipline actions



DAN GORMAN

My report at the monthly General Members' Meetings includes examples of arbitrators' decisions issued at binding summary opinion (BSO) arbitration hearings.

Every investigation has its own individual circumstances, and in most cases, there are multiple allegations and redundant alleged "rule violations" (usually piled on by the investigators). However, below are examples of relatively simple CR investigations and recent dispositions that have been

awarded by the binding summary arbitrators.

The following discipline briefs provide only a generalization of the allegations that were sustained in the CR investigation.

General Summary of Allegation	Original Recommended Penalty	Arbitrator's Award
-Spontaneous emergency takedown. -No ISR, no BWC.	30-day suspension	-5-day suspension and additional training. -Expunge ISR and BWC.
Alleged domestic related with force	30-day suspension	Expunged
"Illegal search" (based on a judge's decision to dismiss a case). (2 officers)	10-day suspension 5-day suspension	Expunged Expunged
-Holding a cigarette in mouth while in uniform and in public view. -Untimely activation of BWC. -Early deactivation of BWC.	2-day suspension	-Reprimand for BWC. -Violation noted, without discipline for the cigarette.
-Alleged excessive force "drag" -No BWC.	4-day suspension	Reprimand for BWC
-Fail to properly search prisoner (2 officers)	10-day suspension (each)	Expunge (each officer)
-Allegedly allowing the subject of a domestic call to leave "for fresh air"	5-day suspension	Upheld

To add some context to the above listed dispositions, here are some notable quotes taken directly from the arbitrators' written awards/decisions. We appreciate the arbitrator who acknowledges the "progressive discipline" model, which so many have long overlooked.

Quote from a 7-page decision:

"This arbitrator finds the penalty imposed to be excessive. The BWC violations regularly have resulted in other officers a penalty of reprimand or at most a one-day suspension, and there is routinely 'something more' involved when an officer receives a day off instead of just a reprimand for a BWC violation. There is nothing in this case which suggests grievant's BWC violations should result in anything more than a reprimand."

Quote from a 8-page decision:

"As for the cigarette violation, this arbitrator notes there was confusion about whether the offender should be considered a member of the public for purposes of Rule 55, but accepting for purposes of this analysis he should be considered a member of the public, what purpose does the one-day suspension serve? Is it intended to make certain the grievant does not smoke "in

public" again? If so, then why did COPA wait from Sept. 10, 2018, to Aug. 20, 2021, to interview the grievant about the events of that afternoon? That is almost three years after the incident.

"If the grievant's misconduct called for a one-day suspension to make certain he understood the gravity of the rule violation, COPA should have acted sooner than 35 months later to make certain the lesson was learned. Waiting that long in instances of minor violations renders any punishment meaningless in terms of promoting positive behavior and counter-productive in terms of engendering resentment among employees."

Quote from an 8-page decision:

"The level of courage and restraint shown by the Chicago Police Department in general during these riots was admirable, and COPA's efforts to ferret out wrongdoers — at least in the instance of this particular grievant — seemed to be driven more by the desire to 'find something wrong' than to truly address misbehavior that impeded the Department's efforts to achieve its policy and goals, that brought discredit upon the Department, that failed to promote the Department's efforts to implement its policy or accomplish its goals, that disobeyed any order, or that constituted any real disrespect or maltreatment of any person..."

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Chicago Police Wife: Life...Love...Heal



MONICA
ORTIZ

Over the course of their careers, police officers will witness the loss of coworkers and severe life-changing injuries to themselves and other officers. These injuries are life challenging for spouses and family members. I want to talk about Brenda Yanez, the wife of Carlos Yanez Jr., a Chicago Police Officer who was catastrophically injured. I want to talk about her journey as a wife and mother and her family's healing.

I first met Brenda on Sept. 1, 2021, at FOP for her son CJ's third birthday party. She was polite and smiling when we were introduced. This family had been through the wringer, and I could see she had experienced a lot in the past year.

In November 2021, the Yanez family hosted a friend for dinner, and this was when I first saw Carlos walking with Brenda by his side. Carlos sometimes needed assistance to help keep his balance, and Brenda could be seen holding him from behind, supporting him.

When it was time for Carlos to apply for disability, I explained the process to Brenda. She was on top of it. She kept excellent track of all medical records and the names of people from different City departments. Her record-keeping helped make Carlos's disability application a smooth process. She would contact me when the City was delaying the construction of their home, which required specific modifications to make it easier for Carlos to navigate moving inside the house. Appointments with specialists and therapy occurred daily for months. Brenda was with Carlos most of the time in the hospital. She did not want him to be alone. She traveled weekly across the city to doctors' offices and schools with Carlos and CJ. Brenda remained strong through it all.

I called Brenda, and we chatted. I asked her how she was doing today as a wife and mother after a long journey. Let's start at the beginning.

Brenda and Carlos have been married for 13 years but have known each other since they were 15. Brenda remembers that Carlos had always wanted to join the police force, and she helped him fill out his application for the Chicago Police Department. Before Carlos was injured, grocery shopping, taking care of the dogs and running errands were activities they did together.

Brenda said when Carlos was injured, she felt like a single mom, but knew she had a strong support system with her family. Brenda told me she honestly had no idea how big the police family was.

"I was floored by the police unity; nothing but positive support by the CPD and FOP," she said.

Brenda explained how their son, CJ, wants to be a police officer and that CJ notices and can feel the love from police officers for his family. She expressed her gratitude for the countless ways in which police officers are honored. She felt she had options if her family needed something; officers were always ready to assist. She spoke about having to live in an apartment near the rehabilitation facility and missing the feeling you get when you are comfortable in your home. I asked Brenda about how



she felt today and how life is different.

"I had to accept how my life changed," she said. "Initially, fear existed, but we have come a long way and feel blessed. I take one day at a time; another day is another blessing, and we will get better little by little. My focus was to remain positive, making sure Carlos would not go into depression, often thinking, 'Oh my gosh, how are we going to get through this?' This is not easy. It's hard knowing that Carlos can no longer do the job and not be able to play with CJ like he used to."

In the last couple of years, I've had the pleasure of being around Brenda, Carlos and CJ at many events, and the family is always smiling, never complaining and always expressing gratitude and how blessed they are. Carlos has spoken about Brenda and how he couldn't cope in his current state without his wife. Watching Carlos progress and the rapid pace at which he healed has been nothing short of a miracle. I call it God's work. I'm convinced Carlos can do anything, and there are no limits when it comes to his healing; he will continue to recover because of the love and support he gets from Brenda and CJ.

Brenda, thank you for sharing.

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Holding down Fort Chicago



ROB NOCEDA

Hello, members. I pray this article finds you well. This year seems to be flying by already with summer in overdrive. As I write this, NASCAR Chicago is upon us. Add in the usual Fourth of July weekend, and you have officers working many days.

I know it has become the norm, and very unfortunate indeed, and we have fought it at every level. But with extremely low manpower numbers and many events and holidays to cover, it is a lot for our membership to take on. Regardless, our members always hold down Fort Chicago. The membership was, is and always will be Chicago's Finest.

I would like to mention our new name change that was made at the end of May: Chicago John Dineen Lodge 7. This is a testament to the four-plus decades that John Dineen has served Lodge 7. Without John Dineen and the membership back then, members would not have the significant rights, protections and benefits that we have today.

There is no Lodge 7 labor union as we know it without John

Dineen. I am so happy for John and his family. I enjoy each conversation I have with him. The respect and admiration I have for him is great. Thank you, John Dineen!

Lastly, we have established a consistent common practice here at the Lodge: the serving of food to our membership with our Lodge trailer, like you see in the pictures below. It has been going on for years now. We go out on holidays or special events and get that food, fraternalism and information out to the members. This year, we have been to a few Districts and places and will continue to go out.

At the Chicago Police Memorial Foundation Run to Remember in June, we also fed hundreds of people. Some got seconds, naturally. The food is donated by our sponsors, who have their organizations logos posted on the trailer. It is always my pleasure to serve the membership, whether it's filing a grievance, going out on an officer-involved shooting or grilling some delicious tacos.

Serving the membership in any capacity is my honor. Thank you, and may God bless you and your families.



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So much opportunity to advance



JIM
JAKSTAVICH

Hello again, officers, both active and retired. We receive many calls at the Hall regarding promotions, promotional lists and promotional opportunities. The Lodge maintains the numbered lists inside binders kept at the reception area. Our staff will do their best to search for your name and can do a much more efficient job if you provide your number.

The list is not in alphabetical order or by star number, and there are literally thousands of names, some transposed (meaning the first and last names are switched), which can make the search more difficult. Once a promotional class is announced, the staff here will attempt to find each person on that list and cross them off by using colored markers.

Further, these markings are also used to notate retirements, resignations, firings and, unfortunately, deaths. Some officers waive the promotional opportunity at the time they are notified for a promotional class.

Once they become aware of the promotion announcement, they notify Human Resources declining the promotion at that time. This does make them ineligible; they will remain on the list and can be called the next time around. Their name will remain on the list for as long as the list is valid. This is one of the reasons that multiple lists can come out for a specific promotional announcement, rescinding the first or second issued lists while officers contemplate their futures.

I recently had a conversation with the Human Resources director, and the Department is already in talks with a vendor for a sergeant's exam to be administered in 2024. I know it seems like a fast turnaround, but these are some requirements under the consent decree.

I expressed to the director that the last sergeant's exam given over a five-day period was unfair. He agreed with me and related that he would consult with the vendor to develop a more streamlined examination and process.

The director went on and related that the Department is developing a calendar with upcoming or anticipated testing dates. I agree this would be extremely helpful to our membership when planning furloughs or family vacations. I personally know more than a few officers who were in Disneyland or in another country at the time a test (part 1 or part 2) was administered, or an interview was scheduled as they were leaving the testing site. This conflicted with pre-planned vacations and unfairly caused them to lose their opportunity for advancement.

I look forward to any possible involvement in the planning or testing process with the Department. Please know that I will always try to give a heads up on the promotional opportunities being offered and will keep unit and watch reps posted through email blasts or meetings. This Department has so much opportunity to advance, and I implore every officer to take every promotional exam offered.

As always, stay safe!



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Honoring Retired Members

March 2023

Name	Rank	Unit/District	Years
Karen Clark	Detective	620	24

April 2023

Name	Rank	Unit/District	Years
Quintin J. Benson	Officer	261	23
Dale R. Borchardt	Officer	701	26
James M. Buckley	Officer	020	24
Juanita Cardenas	Officer	009	24
Victor H. Castillo	Detective	630	24
Efrain Cintron	Officer	050	31
Ann M. Cunningham	Officer	017	26
John A. Dellorto	Officer	171	30
James L. Dowling	Detective	610	27
Michael P. Fleming	Officer	193	27
Rudy B. Frias	Officer	012	31
Debra Brown	Officer	009	31
James G. Klees	Detective	630	28
Kimberly Perez-Kubelka	Detective	610	29
Elias D. Lacko	Officer	189	22
Lloyd Maxwell	Officer	022	27
Dwayne C. Moorehead	Officer	116	24
Adalberto Ramos	Officer	014	26
Jose R. Rios	Officer	050	25
Luis A. Rodriguez	Officer	014	31
Sayam Sampim	Detective	610	27

Name	Rank	Unit/District	Years
James M. Shields	Officer	018	29
Dina M. Soto	Detective	640	29
Alvin Spikener	Officer	022	29
Joshua D. Sural	Officer	024	22
Michelle S. Tatar	Officer	012	30
Christopher Tenton	Detective	620	30
Yasmin B. Varallo	Detective	630	21
Alex J. Zodo	Officer	018	22
James F. Zubeck	Officer	022	27

May 2023

Name	Rank	Unit/District	Years
Les Apieczonek Jr.	Officer	016	17
Richard A. Barber	Officer	008	26
Mark S. Beatovic	Officer	017	24
Denise M. Freitag	Officer	608	20
Christopher B. Jackson	Officer	124	20
Maria Kouzoukas	Officer	261	27
Paul J. Mokrzycki	Officer	050	29
Daniel J. O'Toole	Sergeant	189	23
Tehmarr Rent	Officer	014	21
Jorge R. Rivera	Officer	017	28
Jose A. Sepulveda	Sergeant	003	19
Peter E. Sodini	Sergeant	603	25
Daniel Tapia	Officer	384	20
Lawrence W. Wanucha	Officer	124	31

Correction: Detective Samuel E. Kubelka from Unit 051 was erroneously listed in the June issue as retired.

Retiree Meetings

Check the contact info listed with each location to confirm meetings are being held

North

First Monday of month
@ 9 a.m.
Kappy's American Grill
7200 Dempster St., Morton Grove
Ken Hauser, 312-485-8388

The Northsiders' Luncheon

Third Wednesday of January, April, July,
October @ noon
Suparossa, Chicago
Paul Vitaoli, 312-402-1040

South

Second Wednesday of month
@ 10 a.m.
Jedi's Garden, Oak Lawn

8-Ball Luncheon

Last Wednesday of month
@ noon
Les Brothers, Oak Lawn
Dorothy Piscitelli, 773-972-0139

Bomb and Arson

Second Monday of month
@ 9 a.m.

Fiesta Tapatia Restaurant
Chicago
Ross Horne, 312-613-9182

12th District Retirees and Alumni

First Thursday of month
@ 10 a.m.
Southern Belles Restaurant
Bridgeview
12retirees@comcast.net

Crime Lab, ETs, Forensic Services and Mobile Unit

First Tuesday of month @ noon
Flap-Jacks Restaurant, Oak Lawn
Bob Baikie, 773-284-1935

Orland Park Law Enforcement Organization

Third Thursday of month
@ 7:30 p.m.
Orland Park Civic Center
Orland Park
Don Ade, 708-408-9308

Survivors Lunch

Second Saturday of month
@ 11 a.m.
Beverly Woods Restaurant
Chicago

Public Housing Unit (North, South and Administration)

First Wednesday of month
@ 10 a.m.
George's Restaurant, Chicago
Maurice Brown, 773-577-0154

Arizona Retirees

Third Wednesday of month
@ 11 a.m.
Eagle Buffet at Casino Arizona
524 N. 92nd St.
Scottsdale, Arizona
Brian DuFour, 623-521-6146 or
bdu4@aol.com

Arkansas Retirees

Third Friday of month
@ noon
Elks Lodge

Mountain Home, Arkansas
Bob Zdora, 870-405-5407

Florida Retirees

First Wednesday of month
@ 1 p.m.
Cop Shop, Cape Coral, Florida
Tom Faragoi, 239-770-7896

Michigan Retirees

First Thursday of month
@ 8 a.m.
Macks on Main
101 W. Cedar Ave.
Gladwin, Michigan
John Nielson
989-324-0877
jnnielson@gmail.com

Northern Illinois/Southern Wisconsin Retirees

Second Thursday of month
Herner's Hideaway
N202 Williams Road
Genoa City, Wisconsin

Honoring Sisters and Brothers who have passed

Name	Status	Age	Date of Passing
Beatrice Hart	Retired	82	March 5, 2023
John R. Carey	Retired	76	May 15, 2023
Anthony Bongiorno	Retired	83	May 23, 2023
Lupe Bustos	Retired	79	May 23, 2023
Robert Dickson	Retired	79	May 27, 2023
Brian Kessem	Unit 019	54	June 2, 2023
James Cavanaugh	Retired	96	June 10, 2023
Charles L. Wright	Retired	88	June 11, 2023
Robert Guedel	Retired	89	June 14, 2023
Richard Crowley	Retired	88	June 16, 2023
George Renner	Retired	82	June 28, 2023

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26 YEARS OF SERVING LODGE 7 MEMBERS, FAMILIES AND FRIENDS

Arbitrator highlights COPA's continued bias



PAT
FIORETTO

A few months ago, I wrote an article on COPA's incompetence when conducting investigations. Despite COPA's directive to conduct investigations with "integrity" and "independence," recent events clearly continue to show otherwise. A recent arbitration decision and an article published by WBEZ Chicago last month further highlight COPA's ongoing misuse of its authority.

Let's start with a report issued on June 21, 2023 titled, "Discipline Eased for Chicago Cops who Lounged in Rep. Bobby Rush's Office During Looting," and written by Chip Mitchell. In the article, Mitchell first properly quotes the arbitrator's clear finding that "none of [the officers] abandoned his or her post or hid in the face of danger. The record clearly established they stood with their fellow officers to protect the City." Nonetheless, Mitchell quickly jumps on the bandwagon that "punishment for the 18 officers caught inside Rush's office has been watered down," without truly understanding the disciplinary process contained in the parties' collective bargaining agreement (CBA). He goes on to note:

Arbitrations that weaken or throw out CPD-ordered punishments are par for the course, the City's Inspector General found in a 2021 report. Some experts in law and policing say the arbitration mechanism, in its current form, stymies officer accountability and harms public safety.

The article also quickly points out the following:

Another 2021 report by the City Inspector General's Office looked at more than three years of CPD disciplinary cases, including 370 in which one of the unions filed a grievance against discipline. In more than 78 percent of those, the discipline was reduced or eliminated, usually by an arbitrator.

If true, one must ask why more than 78 percent of those discipline cases are reduced or eliminated? The article misses the fundamental purpose of discipline and the obligations which employers must follow when imposing discipline in the employment setting. For more than 40 years, the City has included the following language in the CBA: "No officer covered by this agreement shall be suspended, relieved from duty, or otherwise disciplined in any manner without just cause." Such language is not unique to law enforcement contracts, but rather is standard within labor contracts.

This notion of "just cause" is the very foundation upon which all unions (private and public sector alike) seek to protect members from rogue supervisors or excessive punishments. It is the bedrock of the labor movement: to ensure important protections against arbitrary or unfair terminations and other forms of inappropriate workplace discipline. "Just cause" has become a common standard in labor arbitration and is found in virtually all labor union contracts as a form of job security for workers — including teachers, firefighters, teamsters, laborers and other public sector employees.

The essence of "just cause" is that any employer, in carrying out its inherent or express right to discipline employees, must do so in a manner that is not unreasonable, arbitrary, capricious or discriminatory. The City's blind reliance on COPA's faulty investigations over the past few years has led to arbitrators correctly finding that the City violated the CBA, sustaining

the grievances and, as a result, often reducing officers' discipline. Indeed, another recently issued arbitration award further highlights how COPA manipulates facts to support the inevitable conclusion of a finding of officer wrongdoing, even after it concluded an investigation.

A quick recap: Once an "investigation" is completed, the COPA investigator prepares and files a final summary report (SRI), which is approved by various levels of supervision. If the allegations are sustained, the SRI also makes disciplinary recommendations to the superintendent. The recommendation then goes through the command channel review (CCR) process. CCR ensures that any recommended level of discipline is consistently applied in a fair, thorough and timely fashion, based on the facts and nature of the misconduct. Ultimately, the superintendent must decide whether and how much to discipline officers.

On May 22, 2019, the grievant officer worked as a tactical officer, patrolling a high-level drug and gang activity area in an unmarked squad car, with his partner and a sergeant. Based on body-worn camera footage, the grievant and his team pulled over a driver in a vehicle and proceeded to ask him to get out of the car (in a professional manner) at least 20 times. When the driver refused, the driver turned off the vehicle, resulting in the grievant entering the car and having an exchange with the driver, which eventually became the subject of COPA's investigation.

COPA began its investigation and initially assigned the matter to an investigator in July 2019. The charges alleged that the grievant used excessive force that was not proportional while detaining the driver. After a thorough investigation, on Dec. 28, 2020, the investigator prepared his initial SRI, which both his supervisor and the deputy chief investigator approved. The SRI concluded that the grievant acted consistently with Department general orders concerning the use of force and did not use excessive force while detaining the driver (an active resistor).

On Jan. 22, 2021, the Office of Inspector General sent COPA's chief administrator a letter recommending that COPA reopen the investigation, alleging that the initial SRI lacked a proper analysis of the application of the general order as to the use of force involving the initial traffic stop. COPA reopened the investigation and on March 18, 2022, without any additional interviews or new evidence, the investigator issued another SRI, approved by COPA's Deputy Chief Administrator Matthew Haynam. This time, COPA sustained the excessive force allegations against the grievant and recommended a 60-day suspension. What changed?

At the arbitration hearing challenging the discipline, in order to justify that it had "just cause" to discipline the grievant, the City presented the testimony of Deputy Chief Administrator Haynam. He attempted to offer a feeble excuse as to why the second SRI now sustained the allegations. In his award, the arbitrator readily discounted the City's position and found COPA's testimony not to be credible. Specifically, the arbitrator, in part, noted (emphasis added):

This arbitrator notes that in this testimony DCA Haynam seemingly ignores the fact that [driver] was an active resistor refusing commands to exit his vehicle, taking action to prevent being forced from the vehicle, and that

the episode occurred in a high-crime area with gangs which could cause, as he testified, [grievant] to suspect the presence of a weapon.

Even considering the quoted reasons DCA Haynam testified to in support of sustaining the allegation, his subsequent testimony does not clearly answer the fundamental question as to whether there were additional facts not available at the time of compiling the first SRI wherein the allegation references “excessive force” and the first SRI references a variety of force that was used by [grievant].

The arbitrator could find no reason why a different outcome resulted in a sustained finding in the second SRI. Indeed, he further observed that the unanimous non-concurrences of the three-member CCR panel support the conclusion that the allegations should not be sustained. Although the detailed, written reasons provided in all three non-concurrences are lengthy and detailed, they all emphasize the view that the grievant engaged in appropriate conduct. For example, in reciting the non-concurrence of one commander, the arbitrator wrote.

Despite having reopened the investigation, COPA has failed to provide any new evidence that would change the original finding of “not sustained.” Rather, it appears COPA Deputy Chief Administrator Haynam arbitrarily changed his finding in regard to the allegation against [grievant] from “not sustained” to “sustained” in an effort to appease the requesting Deputy Inspector General. Deputy Chief Administrator Haynam merely conducted a review of the already completed investigation and, without any new evidence, interviews or other addition-

al witness testimony, inexplicably changed the finding to “sustained.”

Meanwhile, the second reviewer, a deputy chief, in part explained (emphasis added):

...One must question, however, when there can be two completely disparate outcomes stemming from the exact same information, evidence, and testimony...If this is of such critical value, it should have been discovered and addressed by the chain of command within COPA. On Dec. 28, 2020, COPA Deputy Chief Investigator Angela Hearts Glass approved the original investigatory outcome submitted to them by COPA investigators. This investigation should stand as the final outcome of this complaint...Questions and concerns being raised by the OIG should address future investigations, not cause a re-dress of the first investigation.

After receiving the request from the OIG, COPA conducted a second review of the investigation. During this review they failed to bring into consideration any new evidence, interviews or investigative work other than applying a different interpretation of this incident. The first and second investigations are identical but resulted in a grossly different outcome...

Even former First Deputy Superintendent Eric Carter did not concur. The arbitrator sustained the grievance. In essence, the City lacked “just cause” to issue any discipline.

In the future, rather than blame the arbitration process and the union, the City (and COPA) should honor its obligations to provide officers with due process and comply with the rules of law.

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Be careful on LEADS



**TIM
GRACE**

As members of law enforcement, we are given great responsibility and great access — not only to locations, but also to information. We must always remember that we serve the public, and all endeavors should be undertaken with the intent of a law enforcement rationale.

Recently, a suburban officer found himself facing felony charges based upon using the Law Enforcement Agencies Data System (LEADS) for personal purposes. While we wish for this officer to receive leniency from the court, it is a total unforced error and makes for an unbelievable head

scratch.

LEADS is a statewide, computerized telecommunications system designed to provide services, information and capabilities to the law enforcement and criminal justice community in the state of Illinois. It is administered by the Illinois State Police, and its main purpose is to allow authorized users to access criminal justice information. It should come as no surprise that access to the system is for bona fide law enforcement and criminal justice purposes only. Any law enforcement officer will tell you that the LEADS system, while not perfect, does give officers access to a mountain of information to assist you in your job. While not an exhaustive list, some of the data you are able to access includes Illinois Secretary of State information, criminal histories, outstanding warrant information, FOID and con-

cealed carry information and other important information that you use on a daily basis. However, as stated above, with that access comes great power. With great power comes great potential for abuse. The abuse could be more than just a CR number — it could be a criminal charge.

The law is very clear on what the access can be used for: law enforcement purposes. The Illinois Administrative Code spells out the exact type of activity that violates the LEADS statute. Under §1240.80, dissemination of data obtained through LEADS that is not for a law enforcement purpose is strictly prohibited. The code states that the LEADS network and LEADS data shall not be used for personal purposes. Personal or unofficial messages shall not be transmitted. LEADS data shall not be sold, and that LEADS data shall not be disseminated to any individual or organization that is not legally authorized to have access to the information. We do not know, nor will we judge, what the violation is by the suburban police officer who was charged. We will also remind the prosecutors that he is innocent until proven guilty. However, as law enforcement officers, we should understand the importance of not misusing the LEADS system.

Criminal cases have been filed in the past against officers who have accessed the system for personal purposes. Those cases generally do not end well for the officer. While most cases arise in the labor world, where officers are disciplined for improper access, there have been some cases that have been charged criminally. Typically, the officers will be charged with



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official misconduct. Official misconduct, for the purposes of a LEADS violation, is when a public employee acting in an official capacity knowingly performs an act which he or she knows is forbidden or with the intent to obtain a personal advantage for himself or another performs an act in excess of his or her lawful authority. To put it more simply, an officer cannot access the LEADS system to obtain information unless it is being used for a legitimate police purpose.

The good news is that COPA generally does not involve itself with LEADS violations, and usually we see these allegations at BIA. However, the penalties are stiff, and many times the denial is worse than the actual crime. With all of the databases that we have access to, remember there is always a digital fingerprint that will go back to your PC number. Also remember: if you forget to log off that computer, other not-so-scrupulous members of the Department may use it as a good time to jump on and run their ex-wife to see what she has been up to. Usually these are unfounded, as there is no connection to the innocent officer, but it will still bring much anxiety. And let's face it, nobody wants to go to BIA.

The LEADS system is out of bounds for personal use. As much as you may want to run that vehicle that has been parked in front of your house for days or to check and see who you know has been arrested, do not do it. It is a violation of the statute and the general orders. If you have a real issue, go see a supervisor or go to the district of occurrence. The information you will receive will not be worth taking days or even getting yourself charged. The thing about unforced errors is that they are almost always preventable.



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A return to full session



DAVE SULLIVAN

The 103rd Illinois General Assembly completed its spring session on Saturday, May 27. Although the Assembly was originally scheduled to adjourn on May 19, the budget proved more difficult than in years past. Newly elected House Minority Leader Tony McCombie took the helm as the first female in that position; Speaker Welch was reelected House speaker; Senator Curran stepped into the role of Senate minority leader; and President Harmon continues to lead the Democrats in the Senate. This

was the first full session since the pandemic began more than three years ago.

During the 2023 spring legislative session, just shy of 7,000 bills were filed — most of which will never reach the governor's desk — with only 565 bills approved by both chambers. The legislature has 30 days to present a passed bill to the governor, and the governor has 60 days after receiving the bill to sign, veto or issue an amendatory veto.

The most consequential bill passed during a session is the budget (SB250), setting forth the state's next fiscal year expenditures (\$50.6B) against its anticipated revenue (\$50.7B). In addition to the budget itself, there is always a budget implementation bill (BIMP) as well, which outlines many of the expenditures (HB3817). The new state fiscal year begins on July 1.

As you might have heard, there were major considerations in the budget to provide enough funding for undocumented individuals' healthcare coverage. The budget allocates \$550 million for the Health Benefits for Immigrant Adults (HBIA) program, which offers Medicaid-style healthcare coverage to undocumented residents 42 and older. Some estimate this program could cost an estimated \$1.1B, but lawmakers also gave the governor wide latitude through rule-making powers to try to bring costs and enrollment under control.

As part of budget negotiations, the Local Government Distributive Fund (LGDF) revenue as a percentage of state income will increase from 6.16 percent to 6.47 percent for FY 2024. The increase will yield an estimated \$112 million distributed on a per capita basis. In addition, the budget may impact the personal property replacement tax for locals. We continue to analyze the actual impact before fully reporting on the potential loss, but it seems clear that money will be reimbursed for overpayments.

Several omnibus bills were passed during the final days of the session, including: SB89 Sunset Extensions; SB1963 Revenue; SB2123 Elections; SB1298 Medicaid; HB2507 Property Tax; HB2518 TIF; HB2878 Procurement; HB3445 Energy.

Outside of the budget (SB250), there are several other pieces of legislation that passed as follows:

All-gender bathrooms (HB1286). Sets standards for all-gender, multi-occupancy restrooms should a business choose to build them. State law requires single-use restrooms to be all-gender, but standards do not exist for multi-occupancy. The bill does not require businesses to create all-gender restrooms, nor does it require them to alter existing bathrooms.

Full-day kindergarten (HB2396). School districts in Illinois will have to establish a full-day kindergarten program by the 2027-28 school year. Districts could also offer half-day programs as long as they offer a full-day option.

Ban on book bans (HB2789). The measure withholds state grants from schools or public libraries that run afoul of the American Library Association's Bill of Rights.

Elected Chicago school board map (SB2123). Extends the

deadline to draw the new map.

Cracking down on "crisis pregnancy centers" (SB1909). People could sue these facilities run by anti-abortion rights nonprofits if they feel they were given deceptive information about abortion care. The bill would also allow the Illinois attorney general's office to investigate.

Punitive damages in wrongful death cases (HB219). Allows victims' families or descendants to recover punitive damages in wrongful death lawsuits. Punitive damages are typically added to actual damages and are awarded when a defendant's crime was especially harmful to the victim.

Treating Uber and Lyft as "common carriers" (HB2231). The bill aims to treat Uber and Lyft like buses, taxis and other forms of public transportation.

Anti-bullying in schools (HB3425). Among other things, districts would be required to notify parents within 24 hours if their child was a target of bullying or if their child shows signs of harming themselves due to bullying.

Red-light cameras (HB3903). Bars contractors who provide equipment and services for red-light camera companies from making campaign contributions. Also allows the Illinois Department of Transportation to remove red-light cameras that have been linked to a bribery or corruption scandal.

Job openings and pay (HB3129). Requires businesses with 15 or more employees to show salary information in conjunction with a job posting.

Chicago Transit Authority (HB1342). Allows the CTA to suspend riding privileges for "problematic" passengers and outlines how the CTA board can make that determination. The bill also includes an expansion of free or reduced fares to people 14 to 24 enrolled in career-oriented programs and gives tens of thousands of \$20 transit cards to domestic- and sexual-assault support organizations. The legislation also suggests that CTA, Pace and Metra should only purchase electric vehicles starting in July 2026.

Third airport in Peotone (HB2531). Revives the long-dormant idea of building a third Chicago-area airport in the south suburb. It would allow the state to start planning the airport, with a report due in six months. The airport would handle commercial and cargo aircraft — an idea that has been around for decades.

Venue shopping for constitutional challenges (HB3062). If someone wants to challenge the constitutionality of a state law, they would have to do it in Cook or Sangamon county courts. The measure surfaced after challenges to the state's assault-style-weapons bans were filed in courts in Kankakee, Macon and Effingham counties. Proponents of the bill say it would streamline things because there are appellate and Illinois Supreme Court offices in both Cook and Sangamon counties. Opponents say this would place an undue burden on people who may have to travel hundreds of miles to bring court action.

I55 Managed lanes (HJR23). The Illinois Department of Transportation is authorized to seek public-private partnerships to add managed toll lanes to I-55 from the Dan Ryan Expressway through I-355.

Lifting nuclear energy moratorium (SB76). Ends a ban on new nuclear power plant construction, which has been in place since 1987.

There were also a number of issues that were hotly debated but didn't get across the finish line. Nevertheless, the following are likely items that will be taken up as soon as the fall veto session begins in October:

Chicago Bears (HB610). The Bears are looking for some tax breaks as they consider a move from Soldier Field to a new stadium and entertainment complex in Arlington Heights. One proposal would freeze Arlington International Racecourse's property assessment to give the Bears a consistent tax bill, but they would need to appear before a board annually to determine how much to pay surrounding communities to offset property tax losses. It also includes various fees and taxes to pay for infrastructure surrounding the complex and debt related to Soldier Field renovations from 20 years ago.

Guns (HB676). Judges could order people who are the subjects of orders of protection to immediately surrender their weapons to law enforcement.

Cannabis (SB1559). More than a dozen changes to the state's recreational cannabis industry were proposed, including one proposal that would allow dispensaries to do drive through and curbside sales and allow state tax write-offs for cannabis-related business expenses. There were also lively discussions and concerns over Delta 8, a THC derivative sold at convenience stores and smoke shops that some wanted to ban outright.

Biometric privacy update (HB3199). Currently, a business or other entity must get consent from someone before collecting or transmitting their biometric data, such as a fingerprint scan. If they don't, the business could be liable for damages in each instance they broke the law. There was a movement in Springfield to change that liability after the Illinois Supreme Court issued a \$17 billion judgment against White Castle earlier this year. A manager sued the fast-food company for not gaining her consent before requiring her to use her fingerprint scan to access her pay stubs.

The legislature is scheduled to come back to Springfield on Oct. 24 for three days and return again on Nov. 7 for an additional three days.

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FATHER DAN BRANDT

Good news for all who attend the Police Mass at Mercy Home on the second and fourth Sundays of each month. COVID restrictions have been lifted, so we are able to return (from the indoor soccer field) to the beautiful 100-plus year-old chapel. This change is effective Sunday, July 9 at 11 a.m. Hope to see you there!

Thank you to all who support Police Chaplains Ministry and our outreach to Gold Star Families. On Sunday, June 4, we took over Navy Pier's Spirit of Chicago as hundreds of Gold Star Family members enjoyed a luncheon cruise with spectacular views, great food, and an amazing DJ who kept the dance floor hopping. Most importantly, these families had the opportunity to support one another.

Enclosed with a donation check we received in May was a beautiful handwritten note from a long-retired police officer named John D., now living in Grayslake. It reads:

I pray every day for my brothers and sisters in blue. These are troubling times in the city where I was raised and served for over 40 years. May this donation help you tend to our Gold Star Families and the most wonderful flock of human beings: THE CHICAGO POLICE.

Thanks also to Chuck and Lois, below, who hosted May's Upper Room Club gathering. What a nice opportunity to gather and share faith, laughs, food and drink with like-minded folks. Please let me know if you'd like to be added to the Upper Room Club invitation list.



I recently had the privilege of blessing the new home of PPO Alex Rodriguez. He and his lovely wife are seen here after we asked God's protection over their beautiful residence. Notice the American flag proudly displayed!

And on June 10, I had the pleasure of joining a couple of brothers at a family graduation party on the Northwest Side. Here you'll see Sergeant John and Explosives Tech Mike Curry. You can always catch both of them at CPD Enforcers football games. Thank you, Curry family, for your generations of proud CPD and CFD service!

Finally, congrats to the many folks who won Chaplains Ministry challenge coins after identifying correctly the officers in the mystery picture in my column last month. These officers are Melissa Nelson and Mike Brown, both keeping the streets totally crime-free in 019.

A Blue Mass will be offered on Sunday, July 16, at 10:30 a.m. at



St. Giles Church in Oak Park. Another Blue Mass will be celebrated Sunday, Sept. 17, at 11 a.m. at St. Terrence Church in Alsip. As always, we invite all to pray with and for our officers at the Blue Masses.

Finally, on Tuesday, Sept. 12, from 12:30 to 4 p.m., the Chaplains Section will host a screening of the movie "Sabbath." This is an interfaith documentary by award-winning filmmaker Martin Doblmeier. It will take place at Park Community Church, 1001 N. Crosby St. The movie focuses on something from which we would all benefit: making rest and relaxation a priority in our lives. This special screening is for active and retired CPD members, along with a guest. There will also be healthy discussion after the documentary. Space is limited. For more information, please contact Chaplain Kimberly Lewis-Davis at 312-771-6638 or kimberly.lewisdavis@chicagopolice.org. Please RSVP by Sept. 5.

May God bless you and keep you safe and healthy! Thank you for doing God's work.

Contact Father Dan Brandt, directing CPD chaplain, by cell or text at 773-550-2369 or by email at dan.brandt@chicagopolice.org.



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The black dot



RABBI
MOSHE WOLF

As the summer months are upon us, please don't forget to take some time, as your schedule permits, to spend with yourself, your family and your loved ones. A big shoutout to each of you for all that you do to keep our city safe and your sacrifice to the well-being of G-d's children. It is appreciated more than you will ever know. And please be mindful, sometimes our challenges, burdens and just listening to the news can shake us up to the core, but we need to remember to keep it all in perspective and our heart in focus. Please let me share two short stories that I recently heard from one of our troops that will tickle your heart and soul.

"The Black Dot"

One day, a professor entered the classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin. The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers. To everyone's surprise, there were no questions – just a blank sheet of white paper with a black dot in the center of the sheet of paper. The professor, seeing the expression on everyone's faces, told them the following: "I want you to write your thoughts about what you see there."

The students, quite confused, got started on the inexplicable task. At the end of the class, the professor took all

the exams and started reading each one of them out loud, in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet of paper. After all had been read, the classroom silent, the professor started to explain: "I'm not going to grade you on this exam, I just wanted to give you something to think about. No one wrote about the white part of the sheet of paper. Everyone focused on the black dot, totally ignoring the rest of the sheet of paper — and the same happens in our lives. We have a piece of paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift, and we always have reasons to celebrate — nature renewing itself daily, our health, friends around us, the job that provides our livelihood, surviving a medical crisis, having a place we call home (when many don't).

However, we insist on focusing only on the dark spot — the health issues that bother us, the lack of money, the complicated relationships with others, or the disappointment with a friend or a coworker. The dark spots are very small when compared to everything we have in our lives, but they're the ones that occupy our mind."

The moral of the story is, take your eyes away from the black dots in your life. Enjoy each one of your blessings and each moment that life gives you. Be happy and live a life such that even the undertaker will be disappointed when it is your time to go. Remember, life is a gift...enjoy your present!

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“Making Pancakes”

Six-year-old Brandon decided one Saturday morning to fix some pancakes for his parents. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor. He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Brandon was covered with flour and getting frustrated. He wanted this to be something very special and a treat for Mom and Dad, but it was getting very bad. He didn't know what to do next, whether to put it all into the oven or on the stove (and he didn't know how the stove worked).

Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically he tried to clean up this monumental mess but slipped on the eggs, getting his pajamas white and sticky. And just then he saw Dad standing at the door.

Big crocodile tears welled up in Brandon's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him. Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas white and sticky in the process.

That's how G-d deals with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky or we insult a friend, or we can't stand our job or our health goes sour. Sometimes we just stand there in tears because we can't think of anything else to do. That's when G-d picks us up and loves us and forgives us, even though some

of our mess gets all over Him. But just because we might mess up, we can't stop trying to “make pancakes,” for G-d or for others. Sooner or later, we'll get it right, and then they'll be glad we tried. G-d knows we are not perfect, and He is always there for us — all we have to do is call. You don't even need a cell phone; all you have to do is pray from the heart. His love for you never falters, and He never sleeps!

And a bit of humor from the “Moshe files” to keep you smiling:

A man realized his hearing was failing. He needed to purchase a hearing aid but didn't want to spend a lot of money.

“How much do they cost?” he asked the salesman.

“Anything from \$2 to \$2,000.”

“Can I see the \$2 model?” said the customer.

The salesman put the device around the man's neck and said: “You just stick this button in your ear and run this little string down into the back of your shirt.”

“How does it work?” asked the customer.

“For \$2, it doesn't work,” said the salesman. “But when people see you with a hearing aid and a wire going into your shirt, they'll talk louder.”

On behalf of all your chaplains, may G-d bless you, keep you safe and always keep you in His loving care.

Should you need an ear to listen, a shoulder to lean on, or perhaps you have some good humor to share (I'm serious), please do not hesitate to call or drop a line.

Compliments of your Police Chaplain Rabbi Moshe Wolf. Contact Rabbi Wolf at 773-463-4780 or moshewolf@hotmail.com.



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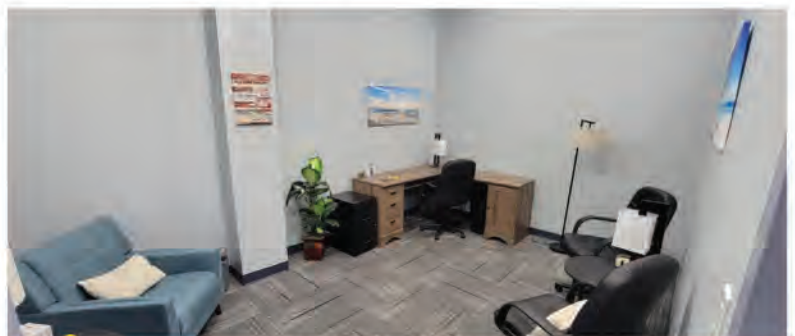


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Dr. Carrie Steiner
Retired Chicago Police Officer
Owner, First Responders Wellness Center



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Chicago Lodge 7 Officer Awards

Award of Valor

Police Officer Fabian Arreola,
Star #13343
Police Officer Erik Moreno,
Star #11320
Police Officer Jose Velasquez,
Star #19316
Police Officer Bradley Knudson,
Star #5326
Police Officer Jairus Adams, Star #8158
Nominated By Police Officer
Robert Noceda Star #9274,
Lodge 7 Recording Secretary



On June 5, 2022, while conducting a traffic stop on the 6900 block of S. Sangamon, the driver of the vehicle exited and began to fire at Officers Moreno and Velasquez. Officer Moreno was struck on the left shoulder and the torso.

Undeterred by the barrage of gunfire and sustained injuries, the officers returned fire and struck the offender. The offender was placed into custody.

Responding units arrived on the scene and began lifesaving measures by administering first aid and a tourniquet to

Officer Moreno. The officers, understanding that time was of the essence, immediately placed Officer Moreno into a squad car and transported him to the hospital for treatment. The offender, who survived his encounter with the 7th District rangers, was charged with attempted murder. Officer Moreno is still recovering from his injuries.

It is with great appreciation that Chicago John Dineen Lodge 7 presents these officers with the Award of Valor.

Distinguished Service Award

Police Officer Nicholas Moriarity, Star #7264
Police Officer Brian McKeague, Star #7251
Police Officer Justin McDonald,
Star #10403
Police Officer Edgar Padilla, Star #10516
Police Officer Omar Franco, Star #3362
Police Officer Timothy Hansen, Star #3833
Detective Paul Urban, Star #20671
Detective Daniel Burns, Star #20994
Detective Daniel Town, Star #20627
Detective Chad Behrend, Star #20029
Detective Elliot Flagg, Star #20597
Nominated by Police Officer Timothy Hansen,
Star #3833



On Aug. 19 2021, at the location of 220 W. Garfield Blvd. on a CTA Redline train, a male was found dead with several shell casings and a box cutter near his body. It was learned from witnesses on scene that after a brief altercation with three offenders, the victim felt threatened and brandished a boxcutter. One of the offenders, who was armed with a gun, shot the victim multiple times, and they fled the scene.

The Bureau of Counterterrorism-Transit Security Unit utilized the video surveillance from the train car and platform

and was able to identify two of the offenders in this case. The offenders were brought to Area 1, where the follow-up investigation was done by the detectives and both offenders were charged with first-degree murder.

This case further confirms the age-old mistake of bringing a knife (boxcutter) to a gunfight. Nice pinch!

It is with great appreciation that Chicago John Dineen Lodge 7 presents these officers with the Distinguished Service Award.

Chicago Lodge 7 Officer Awards

Distinguished Service Award

Police Officer Timothy Hansen,
Star #3833
Police Officer Antonio Rebolledo,
Star #5249
Police Officer Kevin Marin, Star #5126
Police Officer Christopher Reyes,
Star #17090
Police Officer Arturo Gomez,
Star #10654
Police Officer Daniel Kolodziejski,
Star #7043
Police Officer Luis Reyes, Star #15014
Police Officer Carlos Diaz, Star #5206
Police Officer Mark Kalamaris, Star #3428
Detective Arthur Davis, Star #21103



On July 1, 2022, at the location of 1342 W. Taylor St., 12th District Officer Jaime Avila responded to a domestic disturbance. Upon the elevator doors opening, he was ambushed by the waiting armed offender. The offender unsuccessfully fired upon another officer as well.

Officer Avila was severely wounded, and responding units from multiple jurisdictions arrived on scene. After a brief standoff, the offender was taken into custody with self-inflicted lacerations on both wrists.

The arresting officers applied tourniquets to both the offender's arms, and he was transported to a nearby hospital. A followup investigation revealed that the offender was on parole and is a registered gun offender with a non-serviceable warrant out of Dekalb.

The offender was charged with two counts of attempted murder, and IDOC issued a parole violation warrant.

It is with great appreciation that Chicago John Dineen Lodge 7 presents these officers with the Distinguished Service Award and Life Saving Award.

Life Saving Award

Police Officer Timothy Hansen,
Star #3833
Police Officer Antonio Rebolledo,
Star #5249
Police Officer Kevin Marin,
Star #5126
Nominated by Police Officer
Timothy Hansen, Star #3833



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- Shop multiple lenders and learn about the different types of mortgages and mortgage rates.
- Know your budget. Just because the bank says you qualify for a \$400K mortgage doesn't mean you should have a \$400K loan. Think about other life expenses like taxes, cars, vacations, and food.



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- **Estate plan.** You need a valid will and preferably a living trust now, and if something happens when you are traveling, it will be chaos back home on top of the grief and loss if your affairs are not in order.
- **Power of attorney.** People over 18 should have current power of attorney documents for financial and health care decisions. They can become critical in your home state, but not having one when traveling can be catastrophic.
- **Financial POA.** If you are unavailable, ill or out of town, and a financial transaction is necessary, your POA's agent can handle it with a properly drafted and signed POA.
- **Health care power of attorney.** When traveling, few things could be worse than an accident or severe illness. If you do not have your POA with you, along with your important medical information, things can become much worse.
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- If you are in another country, you should bring an Apostilles authentication of your POAs, which many countries require. You can get one for only \$2 from the Secretary of State. Your POA will not be accepted without one.

For children

- **Birth certificate.** For all children under 18, you should carry that child's birth certificate when traveling, paper or digital. This document is most likely the only ID you will have for your child. And you will need it.
- **Vacation POA.** If you have left the kids home with the grandparents or you are that grandparent, you must also empower them to consent to any medical treatment.
- **Child travel consent.** If your child is traveling with anyone other than a parent or legal guardian, this document is essential.

For young adults

- **Power of attorney.** These documents are often overlooked when your child reaches 18. And they are mandatory to make financial and healthcare decisions. It may seem you can still make those decisions as a parent, but at 18 years of age, you no longer have the authority. Please don't leave those decisions to a doctor at home or away. I will never forget my heartbreaking conversation with a client whose son fell backward off a first-floor railing while at college, hit his head and

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- A will is necessary for guardianship of minor children. It also transfers assets in your name out of probate.
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Tom Tuohy founded Tuohy Law Offices and the FOP Benefits Plan. He has been a police lawyer for more than three decades. His father was a CPD detective, and his grandfather was the CPD chief of major investigations. You can reach Tom at 312-559-8400, tom@tuohylawoffices.com or visit his office in Oakbrook Terrace.

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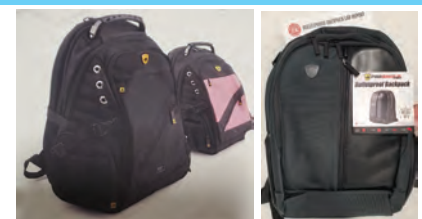
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Making a Name

All members should know how their union has become 'Chicago John Dineen Lodge 7'

■ BY MITCHELL KRUGEL

Members-first duty compelled John Dineen to have many days and nights back in the '80s when he would top off a 16-hour day by attending a watch party or Christmas party. His beloved wife, Marilyn, and his trusted wingman, Ron Shogren, and his wife would join John because they wanted to meet and greet as many Lodge 7 members as possible and show that the commitment of their new union never rested.

Then, a shooting would occur. John and Ron would leave their wives and race to the scene or, God forbid, the hospital. They would often arrive to support the officers involved before the Department.

Members-first devotion led John Dineen to take it personal whenever an officer was screwed over by the Department and suffered through disciplinary action or lost wages. Shogren recalled how they would show up at the member's house at times like the holidays loaded with gifts to make sure his kids had a great Christmas.

But the most significant, impactful, lasting members-first act for Dineen might have come in 1980 when Lodge 7 membership needed him most, and one that continues to advance Chicago Police Officers going forward in perpetuity. In 1980, Chicago Lodge 7 had won a vote of officers over the Teamsters, AFL-CIO and others to represent them in the newly granted right to collectively bargain with the City and Mayor Jane Byrne. Dineen had been elected president of the National FOP in 1979, but he stepped down from that post to take the helm in Chicago and negotiate the first contract, a life-changing agreement packed with benefits that are still some of the greatest virtues of the job.

"It always came down to what was best for the membership. That was always in his heart as to what was right and wrong for the membership," Shogren explained. "John had a knack for picking out what was good and what was bad, more or less putting himself in the spot of the patrolman. If you got to know John, he wouldn't sell you short, he would do exactly what was right."

By now, any member who has not been on furlough for the past four weeks knows that the Chicago FOP voted in May to change its name to the "Chicago John Dineen Lodge 7." So the words here are presented to make sure all members get to know the Lodge's new namesake.

The idea to write this story came from Lodge 7 President John Catanzara because of his knowledge of, appreciation for and loyalty to what Dineen achieved and his commitment to members and wanting all members to know. And, as many others have stated, to do justice to his name by bringing back the same commitment to members, first and foremost.



A 1981 clipping from the *Chicago Sun-Times* shows John Dineen with Mayor Jane Byrne after they negotiated the first-ever collective bargaining agreement for Lodge 7.

CONTINUED ON PAGE 35



John with his beloved wife, Marilyn.

MAKING CONTINUED FROM PAGE 35

The first thing you should know about Dineen is that he was never interested in serving the union to make a name for himself. And he is far too humble to want any name recognition for what he did.

So it's about more than name. It's about...

D is for giving members a means to contest Discipline.

I is for the salary Increases with that first contract in 1980.

N is for Negotiating in a way that made him revered at City Hall.

E is for the Everyday sacrifice he made for members.

E is for Expressing the voice of the members.

N is for being one of the most respected leaders in the history of the National FOP.

Naming the Lodge to honor Dineen is tantamount to the statue built in front of the arena around the corner across Ogden Avenue from the FOP. And it's a distinction above and beyond his face being included with other founding fathers on the Horse of Honor monument that stands in the lobby of FOP headquarters on West Washington Boulevard.

It was serendipitous for Dineen to become the founding father considering that he turned 87 on this past Fourth of July. Most people don't know the half of it like Rocky Nowaczyk, the National FOP trustee from Illinois who has worked with Dineen for more than 30 years.

Rocky has made many trips to Springfield with Dineen for state Lodge meetings and legislative lobbying, during which he would impart his vast wisdom, his experiences and knowledge of FOP politics. Certainly, that wisdom makes Dineen Lodge 7's Washington, Adams or Jefferson.

"He's got the wisdom of them all," Rocky declared with a chuckle. Then, he gave his perspective on what made Dineen a household name.

"Lodge 7 members should fall on their knees every night and pray to God that John was around," he added. "Just to get this ball rolling, to get the union started and then making conditions better pay-wise, work-wise and everything else for these guys."

What's in his name

After coming on the job in 1957 in the Fillmore District, Dineen had an opportunity during his first year to join a task force that went all around the city. It was a straight night watch. They would pull out of the garage on 50 motorcycles, and if there was a problem somewhere like a shooting or a riot, they would respond there.

Highlights of life on the beat offered quite poetic bookends. In 1959, Dineen was part of detail that provided security when the Queen of England visited. Before he retired, Dineen also worked a security detail when Princess Diana visited Chicago in 1996.

Like the current Lodge 7 president, Dineen seemed to have an innate 24-hour percolator of ideas that fueled his desire to always seek improvement and his seemingly boundless energy. For start-



John Dineen, with FOP President John Catanzara, left, and John's son Tim, a Chicago Police Officer, speaks to members after they voted to rename Lodge 7 in his honor.

ers, he pursued educational opportunities by taking courses at DePaul's business school and labor management classes at Roosevelt University.

He set a tone that union leadership was not a job to be done in the office. Shogren notes that Dineen took his turn every fifth day of being the one on call to respond if there was an incident, no matter the time of the night or the weekend.

"He never asked anybody to do anything that he wouldn't do himself," Shogren added.

And according to his peers, one of Dineen's greatest attributes was knowing when to bite his tongue and step back from the negotiating table. He forecasted that benefits like more time off could be as valuable as more money to members.

Harold Brown, who retired in 2003 after 38 years on the job and still serves as a Lodge 7 trustee, sees the legacy that Dineen created alive and kicking under the current FOP administration.

"He saw something that the officers needed, and he wanted to step right in there and help them with it. And that's just what he did," Brown related. "Like John Catanzara, he had his own ways of doing things. But everything was for the police officer."

In the name of the (founding) father

As a union leader, you learn that so much of the job is negotiation, knowing how to give a little or take a little. Dineen most likely perfected this ability during back-room meetings that he had with the first Mayor Daley, and then added his trademark straight-shooting style to work with Mayor Byrne, who wanted that first contract as much as the FOP.

He knew how to get his point across and, at the same time, respect the point of view from the other side of the table. Dineen created a presence that inspired others to respect his point of view.

"He just commanded respect when he walked into a room like that," Rocky commented. "Everybody knew that he was the union boss, and everybody was in awe of him. He also knew how to talk to people. He knew he wasn't above anybody."

Illinois FOP State Lodge President Chris Southwood also has seen Dineen do his thing dating back to the early '90s when Southwood came on as state trooper. In fact, Southwood wound up in a bit of a jam when he was a rookie in a pursuit that started on the Edens Expressway and headed south.

A couple of Chicago Police Officers wound up involved in the pursuit that hit a rough road. The CPD officers did not file a report, and Southwood thought he was left holding an empty bag that could cost him his job. But Dineen stepped in to resolve the situation.

"When he set his sights on getting things done, he was just a force," Southwood praised. "His sheer will carried through to what needed to get done, no matter the obstacle. He had such a tremendous drive to do the work of the membership. He was just FOP through and through, and he is exactly what the FOP stands for."



Dineen served as Grand Marshal for Northwest Side St. Patrick's Day Parade in 2016.

More than a name

It's fair to say that Dineen's service has been priceless. It started in 1960, when there were approximately 8,000 cops at the rank of sergeant or below, and seemingly as many organizations looking to represent them. Dineen was part of a small but growing group called the Chicago Police Association.

The Teamsters were running, among others. But Dineen's team liked the FOP affiliation and then beat all other organizations to become the collective bargaining unit.

By 1963, Chicago Lodge 7 was initiated into the FOP. Dineen became its first treasurer. He served as treasurer until 1972, when the president resigned and the Lodge 7 Board elected Dineen to fill his term. For the next 20 years, he just kept running for president. And kept winning.

At the 1975 National FOP conference, Dineen was elected trea-



Chicago Police Officer Peter Bucks, who painted the "Horse of Honor" displayed in the Lodge 7 lobby, included John Dineen's image (lower right, next to Jane Byrne).

surer. He traveled the country so much talking to members about what the FOP did that they elected him president in 1979.

Then in 1980, when Jane Byrne was elected mayor of Chicago and promised labor unions the opportunity to collectively bargain their contracts, Dineen knew he had to answer that call. He acquiesced the national presidency to focus on Lodge 7.

Southwood submits that Dineen shared how his calling was to take care of Chicago Lodge 7 first. And by taking care of his members first, he felt he would be better able to take care of the entire FOP. Rocky simply added that Dineen was truly loyal that way.

It was not easy for Dineen to give up the National, but he knew it would be worth the sacrifice.

"He told the board before he resigned, 'I'm doing this because we've got a ton of work to be done here, and I can't do both jobs

CONTINUED ON PAGE 38



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and do them justice,” Shogren noted. “He wouldn’t do that because for John, it’s all about the members first.”

A Lodge by any other name

They worked on the first contract in 1980 by going out to see as many members as possible. They consulted with the best labor attorneys in the city and worked on smaller gains at first, like increasing vacation time and the right to choose shifts by seniority. And then they moved on to bigger-impact ideas like setting up the structure for basic legal defense.

Looking back, those who were there describe how they made history by evoking the phrase, “Before John took over.”

Before John took over, officers who had a complaint against them were on their own unless they had a pocket full of money and could get a lawyer and go to court. He negotiated the right to appeal discipline penalties and even take cases to arbitration.

Before John took over, health care benefits were building but salary was low. One or two contracts in, salary began to skyrocket for officers up and down the line, according to Shogren.

Before John, there was no paid overtime. Officers were given comp time, but once they went on furlough, whatever time they had on the books was wiped out.

Before John, if your supervisor got mad at you, he would change your shift or never give you weekends off. Some officers never worked day shifts for years.

With John, the Lodge joined the Teamsters, AFSCME, AFL-CIO and other unions as major players in the Chicago labor landscape.

“They used to hit the roll calls. John himself would hit the roll calls,” Brown recalled. “And John used to go to all these affairs himself. I mean, he would make sure at two in the morning he’d be there. And then at eight in the morning, he’d be at his desk. It was just dedication. He wanted to make sure everybody knew that he was there to help them.”

Dineen attended the May members meeting not knowing that a motion would be made to rename the Lodge in his honor. So when the standing ovation erupted after the motion passed, Dineen stepped up with Marilyn and his family by his side. After that, he shared the words that drove him to the sacrifice the National presidency, to go to all the roll calls, to take on City Hall and the hundreds of other members-first actions.

“It was to make it a better and stronger voice for the men and women on the street doing their job,” Dineen shared. “I think we accomplished that, and I would like to thank everybody and just say, you make me proud.”



John Dineen, left, with good friend Ron Shogren, who was an executive board member with John and is still a Lodge 7 trustee.

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National Guard

Lodge 7's Catanzara running for National FOP First Vice President to get union back to members-first



■ BY MITCHELL KRUGEL

From Philly to Dallas to Chicago, a campaign trail has evolved during the past several months, maybe even a year. Stops at National FOP and state lodge meetings and conferences also recently have been made in Indiana, Ohio and Michigan, the heart of the Great Lakes states.

Chicago John Dineen Lodge 7 President John Catanzara has been traveling these roads as part of announcing and publicizing that he is running for National FOP first vice president. It will culminate with the final vote during the Biennial Conference Aug. 14-17 in Las Vegas.

But this is not a journey of self-promotion or self-gratification. Catanzara has been going the distance for the members.

First and foremost, those members in Chicago. But also for many of the 330,000 members – especially those in the labor-union-rich Great Lakes states – whom he feels aren't getting out of the National FOP what they need.

"I think the National FOP suffers from the same issues that Lodge 7 suffered for a long time. And that's the me-first mentality from its leadership," Catanzara declared. "That is exactly what has plagued the National Lodge, which was why I am running for this office. If you're not willing to put in the work on behalf of the members, then get the hell out of the way for people who are."

You won't catch Catanzara grandstanding with Carlson, Hannity, Ingraham, The Five, Morning Joe or any cable news network show spinning self-promotion about his candidacy. In fact, the only true media to get the story from the Lodge 7 president is right here.

In another deviation from the way things some National FOP executive board members do it, Catanzara has been partaking in a lot of one-to-one politicking, just as he did when getting elected Lodge 7 president. This election and Biennial Conference are not just about becoming National first vice president.

One of the most scintillating agenda items for the National conference will be Lodge 7 presenting a bid for hosting the 2027 Biennial Conference. That is the salvo from Catanzara – and the Great Lakes lodges with him – calling out what they believe the National FOP can do to become a more formidable labor organization that puts members first and foremost.

And to give Chicago Lodge 7 – the biggest lodge in the entire FOP – a voice in national representation that for some reason the current National FOP administration refuses to offer.

"The national president specifically has made a conscious de-

A graphic for the 2023 National FOP Biennial Conference. It features the FOP logo at the top, the word "WELCOME" in large letters, and the text "National Fraternal Order of Police 66TH BIENNIAL NATIONAL CONFERENCE & EXPO". To the right, it says "2023 National FOP Biennial Conference Aug. 14-17 Las Vegas, Nevada For information, go to www.foplasvegas2023.org".

2023 National FOP Biennial Conference
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cision to exclude the largest single lodge from any involvement in national politics whatsoever. That's a problem for me, not for my ego, but for my membership and for the membership as a whole across the country," Catanzara explained. "You are supposed to be fighting for the membership, and I just do not see that on the national level."

Catanzara reiterated how the lack of regard for Lodge 7 has come through in comments that current National First Vice President Joe Gamaldi has made in appearances on Fox News.

"All he does is give stats and talk about cities that he knows nothing about," Catanzara stated about the member of the Houston Police Union, which is not a collective bargaining agent. Here is where the me-first attitude from national has become problematically apparent.

"I've asked [Gamaldi] repeatedly to keep Chicago out of his mouth, and he has told me, 'Tough luck,'" Catanzara continued. "He is bashing Brandon Johnson the day he gets elected, making my job harder as the president of this Lodge. There is no consideration whatsoever for the labor leaders who have to deal with these mayors that they constantly bash. But they don't understand that. It's all about this perception that they're actually doing great things when they're really not."

This campaign is not about bashing the National FOP or even Gamaldi, who was elected first vice president in 2019 and has served two terms. Jay McDonald, a past president of the Ohio state lodge who served as national vice president for the two terms preceding Gamaldi, submits that a candidate for the national executive board must have a concise platform that doesn't focus on what's wrong with the other guy. And he also notes what members

CONTINUED ON PAGE 42

need in the current state of policing throughout the country.

“National now represents more members than they ever have before at the collective bargaining table. And having people who understand that is certainly a positive,” added McDonald, who also ran for National FOP president in 2019. “What I think they want is legislative success, labor representation and legal defense. Those are the three L’s right there. There have been a lot of leaders who have come from Great Lakes states because those were the foundations of their success.”

Catanzara is an L of a candidate because of the labor and legislative success and experience he has developed into his second term. And of course, the Lodge 7 legal defense is probably the best of any law enforcement labor union in the country.

Illinois State Lodge President Chris Southwood expounded on the importance of having collective bargaining expertise. Neither Gamaldi nor National President Pat Yoes are from lodges that are collective bargaining agents.

“I understand that a lot of states don’t have collective bargaining, but I think that’s one of the things nationals should really be pushing to help,” Southwood articulated. “It’s been such a critical thing for Illinois through all the years, providing a safer workplace for our membership.”

When attending the Ohio and Indiana state lodge conferences, as well as a Michigan FOP statewide event, the past few weeks, Catanzara emphasized his practical experience negotiating or dealing with labor-related issues and the protections that are afforded because of it. His platform includes how he would like to work with all state presidents, especially the state presidents that do not have labor in their states, to get labor protections for members.

“Because it is my opinion that the best protection against the anti-police climate is a collective bargaining agreement,” Catanzara related.

He also asserts that a vast upgrade is needed to create a National FOP PAC fund that really matters, that is fueled by corporations

and individuals who support the police. Another big piece of the platform is a pledge to expand National committee appointments, which has a profound effect on the way the FOP does business.

“They have been able to control votes whatever way they want because of the committee appointments they hand out like candy,” Catanzara specified.

Catanzara continues to follow his members-first approach to campaigning that is not engaging in any grandstanding. But there are others who have endorsed him after seeing him in action.

“John certainly has a passion for serving and is passionate about serving the members. I think he’s proven that he will fight for what he thinks is right,” McDonald said. “I like John because he’s just straightforward about wanting to do the right thing for the people. And I think it’s obvious that John cares about members.”

Those who have seen Catanzara’s modus operandi up close know what is sincere and genuine about it.

“I have never seen an FOP leader fight with such conviction and such determination and be willing to put everything on the line the way John has,” Southwood stated. “And you talk about sacrifice. I don’t think people begin to understand the sacrifice that John has made. The man literally lives the FOP.”

Look for Catanzara to stand in front of state delegations from now until Vegas and relate his desire and experience about representing members fairly. It will be much like when he attended the Michigan FOP event and confirmed with state president Mike Sauger the importance of National FOP leadership putting the self-interest aside.

Getting the vote to host the 2027 National FOP Biennial Conference in Chicago is a formidable part of the platform. And it would be a grand statement about Catanzara’s desire to go the distance for members in Chicago and throughout the country.

“I have positioned myself for this fight 24/7 for as long as I can do it and as long as it takes to get the job done, because I believe in the cause,” he reinforced. “It is not just a job. It is a fricking passion at this point.”

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Always in the Running

Chicago Lodge 7 members go the distance to honor fallen officers and support survivors at the Run to Remember

■ BY ESTHER GONZALES

The Gold Star Families Memorial and Park bustled with laughter, morning greetings and embraces from members and families preparing to run in the Chicago Police Memorial Foundation 2023 Run to Remember on June 17.

In the crowd, Officer Kenyatta Gaines, who recently became a Lodge 7 field representative after serving in special functions, spotted the family of Andres Vasquez-Lasso, who was lost in the line of duty on March 1. Gaines, who has been a department liaison to Gold Star families, embraced his wife, Milena Estepa, in a long hug.

At the starting line, Gaines also found Carlos Yanez, who was preparing to walk with his wife, Brenda, and son, CJ. She embraced the family, whose joy, as Gaines described, was just infectious enough to lift her spirit.

And among the long line of signs depicting all 600 fallen Chicago officers displayed for the run, Gaines paused beside the photo of Eduardo Marmolejo, at whose funeral she sang in 2018. Gaines hugged his brother, Luis, and expressed that she would never forget Eduardo.

Embracing these families and the joy of never forgetting their loved ones is what makes the Run to Remember so memorable.

"We all know why we're there," Gaines shared. "At the Run to Remember, everybody's smiling, they're happy to be there, and they're happy to give their time. Even the officers who are tired from working overtime are smiling, and they're there for those families to show that we're all trying to be supportive together. We're in this together — that's the bigger idea of all of it."

The 2023 Run to Remember ignited support among members and their families as they honored their fallen brothers and sisters.

Standing among the hundreds of participants getting ready to run, 11th District Officer Dave Vasquez seemed to soak in the greatness of the day. The scenery was beautiful and the weather was great, he noted. But more than that, this was a family experience.

Alongside Vasquez, 10 police explorers from the 11th District stood with Vasquez and witnessed the importance of honoring the fallen.

"Because we've had the recent fallen officers, it hit a little harder this year just because a lot of family members got together," Vasquez related. "The explorers really loved the fact that so many officers came out this year and they were able to be in this family environment. It's truly a family event."

Pausing in front of the Gold Star Families Memorial, where the names of all officers lost in the line of duty are etched in stone, Vasquez and the group of explorers captured the moment with a photo. After the photo, one mother walked up to Vasquez and expressed just how thankful she was for the opportunity for her child to experience the Run to Remember in this way.

It was a special moment for Vasquez.

"She was really happy that her kids were there, and that was



From left, Maria Marmolejo, Milena Estepa and Crystal Jimenez, the wives of fallen Chicago officers, stand together before the run begins.

pretty memorable," Vasquez expressed. "We bring the explorers every year, and we pay respects to our fallen. Some actually run and some walk, but when they see officers in their workout gear, it just gives depth to the relationship."

Preparing for the run, Maria Marmolejo joined her team of 65 members, all running in honor of her husband, Eduardo. The Run to Remember has become a family tradition since 2018 for Maria and she simply loves it, because she is always reminded of how much her husband loved running it in, too.

Rounding the corner on the last leg, the signposts with pictures of the fallen lined the pathway leading to the finish line. The names of Chicago fallen officers and their photos seemed to bring extra comfort and motivation.



Crystal Jimenez, wife of fallen Chicago officer Samuel Jimenez, who was lost in the line of duty in 2018, embraces Milena Estepa, as well as a Chicago Police Officer during the Run to Remember.



“I see them and I honor them by keep moving forward,” explained Maria, who is now chair of the Gold Star families. “I think that’s what they would want for any of their family and anyone else. When you see them, it’s kind of like, they would trade spots with me in a second.”

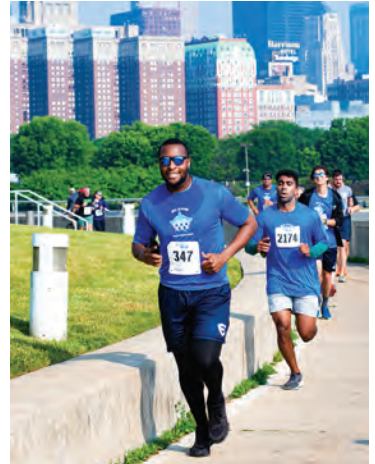
Crossing over the finish line, Maria said she felt exhilarated. And she glanced around the crowd looking for the familiar face of her husband, something that she had always done because he usually finished the run before her.

“It’s definitely rewarding, but it always brings me to tears,” Maria shared. “Obviously, you just want your person there. I’d trade anything just to have it with my husband versus having a whole team and having to honor him. But this is the best way to come out of it. And it’s just encouraging for people to just see smiles and support and love for the job and for those who have been lost.”

Along the way, Maria embraced several spouses with whom she had built strong connections, like Milena Estepa and Crystal Jimenez, whose husband, Samuel Jimenez, was lost in the line of duty in 2018.

Moments like this help Maria express the unconditional and unwavering support that Gold Star family members provide to help each other move forward, one step at a time.

“It’s just a great way to show up for each other and give each other that smile and a hug,” Maria added. “It’s like we always just look at each other kind of like, ‘I know, I know. But man, we got this.’”



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Chicago Police Foundation announces Ella French Scholarship awards

Nonprofit to announce winners at eighth annual True Blue Gala in November

“If successful, this scholarship will grow into something much larger than myself and even the Chicago Police Foundation,” declared Chicago Police Foundation (CPF) board member Allan Reich.

After the murder of Chicago Police Officer Ella French in August 2021, Reich was inspired by the stories of Ella’s passion for her job and her love of children and animals. He approached CPF board president Rick Simon with the scholarship idea late last year.

“I told Rick I’d like to memorialize the memory of Officer French and the values she stood for and also create stronger links between the police and our city’s youths,” Reich related.

With consent from Ella’s mother, Elizabeth, the CPF partnered with Reich to create the first-of-its-kind Ella French Scholarship. The scholarship is intended to help children of the Chicago Police Department and other youth actively involved in police programming. The CPF will provide financial assistance to offset school expenses such as tuition, supplies and transportation.

Reich and his wife have already made a generous donation to kickstart the scholarship. They believe

the scholarship will connect the youth of the city and the Chicago Police Department, and the CPF is excited to begin the search for its award winners and future leaders of Chicago.

Nominees for the award have been submitted. Winners will be notified by Oct. 1, and all winners will be announced and honored at the CPF’s eighth annual True Blue Gala on Saturday, Nov. 4. Multiple scholarship awards may be given out, and the amount of the annual award will be determined by the leadership of the Ella French Scholarship Committee.

The Chicago Police Foundation is an independent 501(c)(3) nonprofit organization led by various Chicago business leaders. The Foundation helps improve the city of Chicago’s public safety by supporting and funding programs that supplement resources and equipment available to the Chicago Police Department. The Foundation believes that the availability of additional resources and equipment is vital to providing superior service for the city’s residents and fostering healthy relationships between members of the CPD and the communities they serve.

For more information, go to <https://chicagopolicefoundation.org>.



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
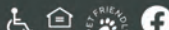
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Members Only Section

Celebrating Lodge 7 members and the way they serve every day

Knights' anniversary year highlighted by showdown with CFD

BY DAN CAMPANA

The Chicago Police Knights Baseball Club set out on a mission five years ago to do everything it could to support the community through the hard work and dedication of guys who share a love of baseball.

One of the best examples of that mission in action was on display in June when the Knights and CFD Bravest Baseball Club met in the Fifth Annual First Responders Charity Classic at Impact Field. This year, the Knights played to benefit the Brotherhood for the Fallen, while the Bravest did the same for the Herbie Johnson Foundation to honor the fire captain who died in 2012.

"Anytime any department loses one of their own, it's difficult. Difficult on the family, friends, colleagues and the department. These special charity events allow us to come together to honor, remember and support all of our fallen, their families and friends," said Knights President Eric Bermudez.

Before their competitive sides came out, the CPD-CFD camaraderie was on full display during a series of media appearances to bring attention to the game. And more importantly, to the charitable causes and the fallen first responders



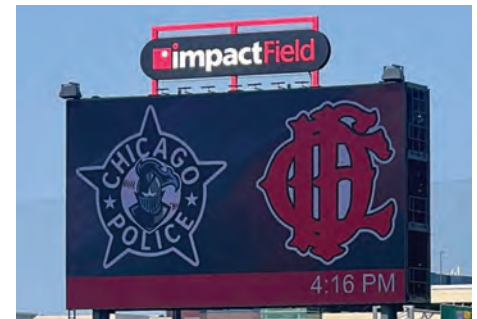
FIRST RESPONDERS BASEBALL GAME

and their families. In an interview with CBS2 Chicago, the Knights' Omar Gomez described how the ongoing importance of these charity games is centered on supporting those who lost someone.

"Just to get their minds off of the tragedy for a minute...come out to a day of baseball and [knowing] we're still honoring them," Gomez shared.

A warm summer Saturday night provided the perfect setting for the crowd of more than 3,000 that turned out to enjoy the game and help two worthy causes. Between the lines, the Bravest pulled out a 10-7 win over the Knights during what Bermudez called an "awesome" event.

"Although CFD came out on top this time, the level of support from both sides was truly amazing and appreciated. Both teams battled, but with some defensive miscues and bad base running by CPD, the Bravest were able to take advantage



and come out on top," Bermudez explained. "It's truly a special day for many of the police officers and firefighters. Yes, we play to win for the pride factor, but these games truly mean so much more to many of us."

The Knights continue to stay busy on and off the field. With a 7-5-1 record heading into July, the Knights held second place in the Midwest Suburban League's American Black division. Eddie Torres leads the way on the mound with five wins and only five earned runs allowed in 47 2/3 innings, while also batting a robust .484 batting average.

This summer, the Knights are also staying active in the community by participating in events such as the kids sports camp held in conjunction with the Colombian Fest Chicago's Gran Community Day.

Another golden year for detective

Detective Marco Acevedo pulled off a repeat and a three-peat of gold-medal winning performances at the 2023 U.S. Police and Fire Championships in San Diego.

Competing in the 50-54 age category, Acevedo won his second consecutive gold in the 100-meter sprint with a time of 13.7 seconds, a three-tenths of a second improvement over last year. Acevedo stayed at the top of the podium in the long jump with another jump in the 13-foot range, marking his third gold in the event in the last three years.

Acevedo's competitive spirit has earned him 16 medals in the U.S. and world games since 2015, and it also fuels his play with the Chicago Police Knights Baseball Club, which he helped form in 2018.



Members celebrate Juneteenth by getting out into the community

Juneteenth has only been a federally recognized holiday for two years, but Chicago Police Officers have quickly ramped up with events to show support for their communities on June 19.

In the 6th District, officers met up with local leaders to celebrate the holiday. Under their vests, some officers sported outfits honoring the traditional color of Juneteenth.

Meanwhile, the 18th District provided a PowerPoint to explain the meaning of the holiday at Park Community Church's observance event.

And the 22nd District took advantage of the perfect Juneteenth weekend weather at Bohn Park. Officers interacted with some community organizations and even made it down the bouncy slide with the kids once or twice.



6th District



18th District



22nd District



Chicago Police Officers show their support for new and expecting moms

They say it takes a village to raise a child, and for several moms, that village includes Chicago Police Officers.

If you scroll through your social media feeds, you'll probably see one or two women every weekend having a baby shower, or someone you know going to a baby shower. It's a time to celebrate new life and make the future mom feel special before the real work starts.

But not all are fortunate enough to have events like this, which is where members in 010 and 006 stepped into help.

On June 4, the 10th District held a baby shower in conjunction with Humble Hearts, an organization serving families in need. Moms were treated to baskets full of hygiene products and essentials for their children.

The 6th District hosted a similar event on June 2 with True Believers Community, an organization that works with expecting mothers to provide them with the necessary resources to raise children.

The community baby shower provided



diapers, clothing and toys for the more than 200 women who attended.

With that many items to hand out, the True Believers Community needed some extra hands, and that's where 6th District Sergeant Eric Davis and others came into play.

"We wore multiple hats, actually. We helped set up. We also helped get the word out prior to, so that people would know what we were doing," Davis explained.

Davis and others believe helping these mothers in need will build better community relationships, not only with the women themselves, but also with their future children.



"Number one, we want to make sure these young mothers get the support they need in order to foster good relationships with their children. And also we want to be visible, so they know we're there in a supportive role."

11th District CAPS officers put the CARE in animal care

Boxes upon boxes of pet supplies lined the parking lot of the Friends of Chicago Animal Care and Control center on June 17. A crowd of residents gathered to receive the free pet supplies, and numerous 11th District CAPS Officers assisted in the giveaway.

During the giveaway, members handed out countless bags of

cat and dog food, dozens of pet treats, like dog bones, and other pet accessories, like leashes and beds.

The partnership with the Friends of Chicago Animal Care and Control enabled members to display their willingness to go above and beyond to help residents in caring for their furry friends.



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Members get summer fun going for the community with events at the districts

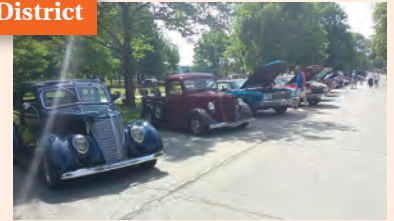
Chicago Police Officers started summer off with a bang by hosting events for residents across the City.

From games and music to ice cream and face painting, there was no shortage of activities to celebrate the end of the school year and welcome the summer months.

Here is a glimpse at how Lodge 7 members engaged with their communities to get summer up and running:



16th District



Members of the 16th District gathered on June 20 to run the district's annual car show.



10th District

On June 26, members in the 10th District invited residents to their Summer Bash, which included games like checkers and more to create a great start to summer.



19th District

Chicago Police Officers in the 19th District participated in an end-of-school event and celebrated the beginning of summer with local children and their families.



22nd District

What's a summer kickoff without games, face painting and ice cream? Members of the 22nd District joined Mt. Vernon's Summer Kickoff Event on June 13 and engaged with children in the numerous activities.



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4th District members honor Areanah

In honor of fallen Chicago Police Officer Areanah Preston, who was lost in the line of duty on May 6, members of the 4th District held a dedication service on June 7.

Members in 004 saluted their fallen sister as a plaque

with her name and end of watch engraved on it was unveiled. The plaque was placed on a wall in the district alongside plaques with the names of other fallen officers.



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Cops and the Community

Summer makes for a perfect time for people to connect and recharge after the weariness of winter and fickle spring that define Chicago's seasons. When summer arrives, communities come alive. There is no shortage of reasons to celebrate — and Chicago Police Officers play their part to make sure those moments are safe and fun. That was easy to see in the first month of summer 2023.

4th District



Hoyne Elementary School's "Meet Your Neighbor" event wouldn't have been complete without 4th District CAPS officers showing off their beat car and giving youngsters a chance to try on their gear.

14th District



Officers in the 14th District happily took part in Misericordia's First Responder Appreciation Day, and they enjoyed meeting residents as much as anything else.



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10th District



Perfect fishing weather helped 10th District CAPS officers and residents from the Lawndale Senior Center enjoy a successful trip to Douglass Park on Father's Day. The event was part of the Chicago Park District's Fish 'N Kids program.



Pride Parade

As the city gathered for the 52nd annual Pride Parade, Chicago Police Officers supported and collaborated with the community to ensure a safe and festive event.

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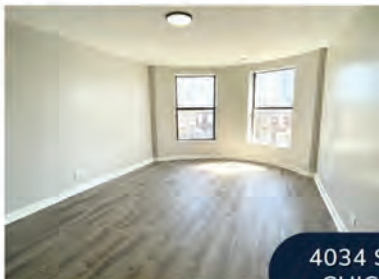
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Answering the calls earns 1st District officers CPMF award

Call it a heater or being in the zone, but during a four-week span in April and May, 1st District Officers Jesus Tapia and Maria Capi repeatedly went above and beyond the calls.

Between April 27 and May 24, the pair combined for a total of 24 arrests for a variety of offenses, including nabbing suspects charged with aggravated unlawful use of a deadly weapon, armed robbery and aggravated battery with a deadly weapon. Their efforts earned Tapia and Capi the Chicago Police Memorial Foundation's Officers of the Month Award for June.

Among the highlights, Tapia and Capi responded to a late-afternoon armed robbery call in the 400 block of South Plymouth Court on April 30. The victims said an offender took an iPhone from one of them and fled into the nearby Harold Washington Library. Using a detailed description of the suspect, the officers searched the library and located the man, who was found with the phone and identified by the victims as the offender. The man was subsequently charged with aggravated robbery.

Then, on the night of May 9, Tapia and Capi were called to the 300 block of South State Street about a person who had been stabbed. They arrived to learn that two people were involved in a verbal altercation, when one man pulled out a knife and stabbed the victim before fleeing. After developing information about the suspect, including possible whereabouts, the officers located him at a residence, where he was found hiding under a bed. Prosecutors charged him with aggravated battery.

In another display of their hard work, Tapia and Capi took guns off the street in a matter of hours with a pair of traffic stops in late April. The first took place around 1 p.m. in the 2900 block of South



State when they stopped a vehicle for a violation and, after the driver agreed to a consensual search, found a Glock 19 9mm semi-automatic pistol under the driver's seat. The driver was charged with aggravated unlawful use of a weapon.

Adding to the mix, Tapia and Capi wrote 146 moving violations, 86 parking violations and 14 other violations during this same period.

"Despite working a uniformed beat car and being responsible for answering numerous radio assignments every watch, Officers Capi and Tapia show that they go well above and beyond their normal duties every day," Chicago Police Memorial Foundation Executive Director Phil Cline said during the June ceremony. "For their successful efforts, they both have recently been named to the 1st District tactical team."

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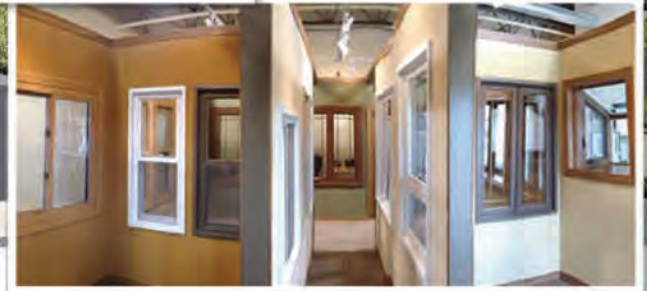
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Lodge 7 members bring lessons from DePaul classroom to the community

Chicago Police Officers Brandon Sanchez and Marcus Brown are recent graduates of DePaul's bachelor of arts degree completion program in business administration. Both credit the flexibility of the faculty and program for helping them reach their goal of obtaining their bachelor's degrees.

Sanchez has been a Chicago Police Officer for four years and is currently working in the 2nd District. He credits DePaul for helping him become a better leader.

"I was excited to take advantage of the tuition reimbursement for FOP members with DePaul University so I could finish my bachelor's," said Sanchez, who received his associate degree in Iowa.

"We are honored to work with Chicago Police Officers and members of Lodge 7. Knowing that the DePaul experience, our DePaul mission and our faculty are helping shape the future of our City through educating our City's police officers feels like important work," said K.K. Cleland, assistant vice president of corporate and employer outreach and enrollment at DePaul University.

Cleland added that some officers who have benefited from the DePaul experience have continued into their graduate program through the school's combined degree offerings. And in these programs as well, officers have the potential of receiving 100 percent tuition coverage.

"The timing of getting my bachelor's degree was perfect, because now I am a role model to my three daughters," noted Brown, who works on a tac team. "They saw me graduate and realize that it is possible. DePaul makes it easier for the officers because they understand the rigors of our job."

Brown also commented about professors being aware of the intensity of the pressures of the job due to the George Floyd incident, 12-hour tours and RDOs being canceled. He noted that the opportunity to work around his schedule and having professors be very flexible and accommodating on assignments made a huge difference in completing his degree.

"DePaul recognizes that maintaining work/life balance is critical in order for officers to take on this commitment and get the most out of their academic experience," Cleland added. "That is why officers in the degree completion cohort program can choose between taking classes during the daytime or in the evening to accommodate the changing schedule demands of the Chicago Police Department."

Another benefit members have highlighted is that officers in the degree completion program have the opportunity to develop and present a capstone project. These projects represent the deep commitment officers make to creating solutions and developing ideas that will have an impact for their own work, members of CPD, the City or the larger field of law enforcement.

"I did my capstone on community policing. Based on the anti-police climate that we are in, I wanted to learn how to build trust with the community," Sanchez explained. "My research showed the importance of what I can do to make a bigger impact with the community by walking the streets, getting to know the business owners on a first-name basis and letting



Chicago Police Officer Marcus Brown recognizes how much going to DePaul has helped him to be successful on the job.



Chicago Police Officer Brandon Sanchez, right, receives a Lodge 7 Life Saving Award from President John Catanzara. Sanchez notes the many benefits of getting his degree from DePaul.

them know they can reach out to me if they need anything. Ever since I was young, I always wanted to give back to the community. My father was a police officer in the 15th District, and he

helped out in the community. It was important for me, growing up, to do the same.”

Brown said his capstone focused on leadership’s impact on police officer retention. He wanted to show how good leadership helps with employee camaraderie and stress levels.

“The more you learn from leadership, the more you want to contribute,” he added. “In law enforcement, it is important to be proactive in the community and to receive the support of leadership.”

Sanchez said he was able to take lessons from the classroom on leadership and apply them to his job immediately. These included how being a better leader for his officers and showing empathy for them and the community that needs them is priceless.

“While in the degree completion program, I realized the benefit of gaining the knowledge and the experience that comes from it,” Sanchez said. “I did not want to leave anything on the table, so I decided to do the DePaul combined degree program, and I will receive my master’s in organizational leadership next summer. Being a student while at the same time working 12-hour days is tough, but I have learned great time management skills and have become very good at multi-tasking.”

As many students who have been through the program realized, Brown confirmed that getting his degree has enhanced his career as an officer. Much of this came from taking classes on leadership and human resources and learning skills for dealing with the community and with co-workers.

“I loved learning and going to school as an adult versus when

I was 18,” he continued. “I enjoyed learning to learn, instead of learning to get through a course like I did when I was younger. This program helped me stay grounded and better prioritize, and those are skills that I now use at work. With the completion of my degree in June, I have such a sense of pride and accomplishment.”

Some additional lessons that have been particularly important came from classes teaching how to better understand individuals. The coursework emphasized that it is also important to know when to be a leader and when to be a follower. And being part of a cohort allows an opportunity to speak with other officers who go through the same exact situations on the job.

There is definitely an all-in-this-together atmosphere in this program.

“It was critical to learn in my classes the importance of showing empathy for the people in my community that I come in contact with and realize that they just want to be heard,” Sanchez

said. “Having a degree from a prestigious university like DePaul makes me feel so proud.”

DePaul is currently recruiting for the 2023-24 academic year, including for the undergraduate bachelor of arts degree completion program, the master’s of legal studies and the doctor of education. To learn more about these programs available to members of Lodge 7, visit go.depaul.edu/fop or scan the QR code on this page.



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A true haven for first responders

Editor's note: This article was written by Chicago Police Officers who participate in programs at the BRAVE Police and Public Safety Wellness Center

As you forge on in your career as law enforcement, you make choices about how you want your career to have meaning. To have meaning in your life as a police officer, one must consciously choose to do good, to create benefit and richness for those you care about, to be a healthy person in mind, in body and in spirit.

Your life as law enforcement is not a simple one; in fact, it can be quite complex. It is easy to forget that you are peacemakers, particularly during times of anti-police sentiment.

Do not let those defamations distract you. You know why you came on this job: to do good, to create peace, to make a difference in the communities you serve. So, forge on...and know that there are havens for those who serve. Places for peacemakers that will support your choice to have meaning in your life as law enforcement.

BRAVE Police and Public Safety Wellness Center forges mental strength, spiritual growth and resiliency to combat the negative experiences officers face both on and off the job. With a focus on healing the mind, body and spirit, Dr. Robin Kroll and the BRAVE staff have curated a program called Road to Resiliency that is unique to supporting the dynamic complexity of police trauma. Participants can meet up to four times a week in a group format to work together on topics including mindfulness, addiction, healthy expression of emotions, managing anger and trauma processing.

By having a group format, participants have a chance to build on the brotherhood and camaraderie they hold in the highest regard by both giving and receiving support from their peers.

"BRAVE has provided me a place where I feel comfortable sharing my experiences with those who can relate," one participant stated. "Without BRAVE, I wouldn't have learned the tools necessary to be the husband, father and friend to those who are most deserving."

Another group member added, "Any new place or adventure brings anxiety because of the unknowns. Will you be accepted? Will your problems or story get to outsiders? Is your job going to be affected? There is an immediate welcoming as you walk into the BRAVE center. You quickly realize others are going through the same struggles, addictions and problems as you are. It is a place you can open up and talk about anything, and those around you will offer immediate support and bring you up."

Each Thursday, Dr. Kroll leads REBOOT for First Responders, a 12-week, faith-based course that helps first responders heal from critical incident stress and trauma. Created by doctors Jenny and Evan Owens, REBOOT for First Responders guides members of the first responder community in taking productive steps to work through the traumas they have endured in

their personal and professional lives.

"REBOOT has enhanced our Road to Resiliency Program to a level I never imagined possible," said Dr. Kroll, the owner of BRAVE: Police and Public Safety Wellness Center. "The spiritual connection and the faith-based lessons discussed in our group setting have truly given meaning to the way the first responders move forward in their careers and personal lives. While REBOOT encompasses the Old and New Testaments, the program invites all to join. Regardless of your religious beliefs, we invite you to bring your faith, your God, your spiritual perspective to our reboot course and incorporate your viewpoints into the topics discussed. Reboot instills hope and promotes resiliency in whichever theology one believes in."

Outside of the weekly group modalities, BRAVE incorporates various community providers to offer courses in such things as restorative yoga, meditation, breathwork, equine therapy, jiu jitsu, financial education and more. By giving officers opportunities to experience other pathways to healing outside of group and one-on-one therapy, BRAVE encapsulates its mission of healing first responders' minds, bodies, and spirits.

Dr. Kroll is a board-certified police and public safety psychologist in independent practice with offices that serve Chicago as well as suburbs in Cook and Lake counties. She has a special concentration in police and public safety psychology, addiction and trauma, neurofeedback, clinical hypnosis and EMDR.

Dr. Kroll works with first responders and public safety organizations in individual, group, family and training settings for issues related to addiction, mood disorders, resiliency and integrity, family and work-related matters that include critical incidents, post-traumatic stress disorder, moral injury and organizational consultation needs. Individual treatment modalities include EMDR, CBT, psychodynamics, motivational interviewing, DBT, stress management and more.

Road to Resiliency is a 12-week, four-day group, from 9am-12:30pm, for first responders struggling with addiction and trauma. This includes yoga for first responders, guided meditation and breathwork. BRAVE provides an assortment of psychological assessments that include fitness-for-duty evaluations and FOIA reinstatement, duty disability, pre-employment and promotional testing. BRAVE also provides police arbitration services and expert testimony.

To learn more about BRAVE Wellness Center, contact Dr. Robin Kroll at 847-778-9322 or www.bravewellnesscenter@gmail.com. Or visit www.bravewellnesscenter.com



Knocking out knee pain



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With the demands of everyday life, aches and pains often come with the territory. This especially rings true for those with physically demanding jobs, such as police officers. A common source of pain for many officers is related to the knee. In fact, knee pain is the second most prevalent condition reported in the U.S. There are a variety of possible contributing factors when experiencing knee

pain, and often, exercises or stretches can be performed to manage these painful ailments.

A common site of knee pain is on the anterior/front aspect of the knee affecting the kneecap/patella. A frequent injury affecting these joints and structures is patellofemoral pain syndrome (PFPS) with a prevalence between 15 percent to 45 percent. PFPS happens when poor kneecap tracking occurs within the grooves of the femur and tibia as we bend and straighten the knee. The kneecap should travel up when straightening the knee and navigate downwards when bending. When something causes the kneecap to travel out of the groove, a person might experience pain in the front of their knee. Stretching the thigh muscles, specifically the quadriceps and hamstrings, as well as strengthening the quadriceps, can promote stability within the patella and keep the kneecap in the groove.

Another area of pain is felt underneath the kneecap or where the patellar tendon attaches to the shin bone. Pain in this area is called patellar tendonitis and is the result of chronic repetitive tendon overload. This tends to happen with activities such as jumping or ascending/descending stairs. Eccentric exercises, often referred to as negative strength training, can help manage this type of pain. Another helpful strategy is using a patellar tendon brace or having a physical therapist apply a specific athletic taping technique to assist in offloading the tension on the tendon.

Physically demanding activities such as running can also elicit pain on the outer aspect of the knee or at the attachment of the iliotibial band (ITB). The ITB is a thick band of fascia running along the outside

Anatomy of the Knee Joint

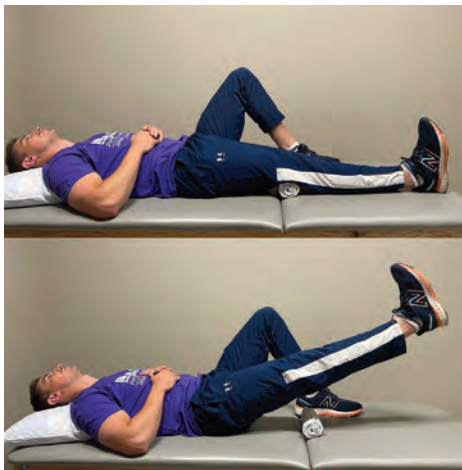


of your leg; it connects from the top of the pelvic bone to just below the knee. When this band gets too tight, it creates friction or rubbing along the outer knee joint often leading to painful pressure. Simple strategies including foam rolling or using a lacrosse ball can reduce the tension along the IT band. Adding hip-strengthening exercises can improve the alignment and decrease the strain of the ITB on the attachment of the knee.

Most knee diagnoses occur over time and are due to repetitive irritation of the tendons, muscles or joints. If you experience an acute injury that causes major swelling, limiting mobility, joint locking or episodes of the knee giving out, it's important to have a physician or physical therapist rule out a more serious injury. These are signs of possible ligament or meniscus injury and may require further medical intervention.

Knock out knee pain with these exercises (two sets of 10 reps each):

Quad Set with Straight Leg Raise



Lie on back. Place a towel roll behind knee. Activate thigh muscle by pressing the back of knee into towel roll. Keeping the thigh tight, raise leg about eight inches, pausing at the top and then returning leg to the floor.

Sit to Stand Squat



Stand six inches away from a chair with feet shoulder width apart. Press hips backwards by hanging at hips, slowly lower oneself to the chair until sitting. Return to standing by leaning forward from trunk and pressing through legs.

Side Lying Hip Abduction



Lay on side with legs stacked on top of each other. Rotate top hip or belly button downwards, towards the floor. Keep top leg straight, raise leg upwards keeping it slightly behind hip approximately eight inches. Slowly lower back to the starting position. Switch sides and repeat.

Don't let knee pain hold you back. Make an appointment with IMPACT Physical Therapy & Sports Recovery at www.impactphysicaltherapy.com or call 833-299-4672. Questions? Email Matt at mzapotoczny@impactphysicaltherapy.com.

Police sergeant's exam (July update)



ASK DR. BERNSTEIN
DR. JEFF BERNSTEIN

When will the next CPD sergeant's exam be given?

The City is planning to administer the sergeant's exam during the first half of 2024.

There were a number of security issues and problems with the last sergeant's exam. Does the City have a plan to fix the problems that occurred?

Yes, the City has hired a testing consultant to address the issues. It looks like they are on track to fix the problems. They are on track in part because

FOP President John Catanzara Jr. provided them with input on how to make the process more fair for all members.

Will there be significant changes made to improve the 2024 sergeant's exam?

After reviewing a Freedom of Information response, I can say yes. I expect that the changes will be significant! I will review everything that I know at the free classes on July 17 and 18.

Will the City tell the officers who are taking the sergeant's exam about the proposed changes to the exam?

Yes, the contract with the testing company requires the company to fully explain what the new testing process will be. I expect this to happen later this year.

When will the Bernstein training for the sergeant's exam preparation begin?

We will begin on Monday, July 17 with a free two-hour overview class at Malcolm X College. It will be offered on Tuesday, July 18 as well. The times will be 10 a.m. – 12 p.m. or 6-8 p.m. You only need to attend one class on one day. The AM and PM classes are the same.

I will review how to best prepare for the newly proposed changes to the sergeant's exam. I am very familiar with the proposed changes and the new format being proposed.

To submit questions, email Dr. Bernstein at drbernstein@bernsteintestprep.com. Visit our site at www.bernsteintestprep.com or call 954-252-0010.



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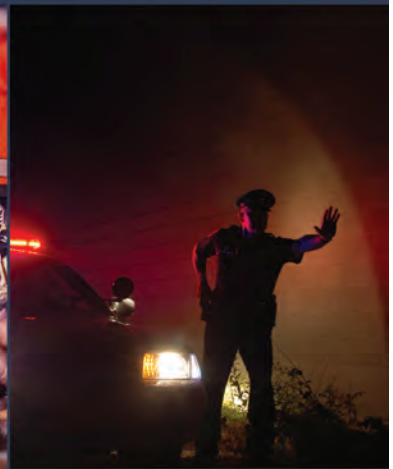
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