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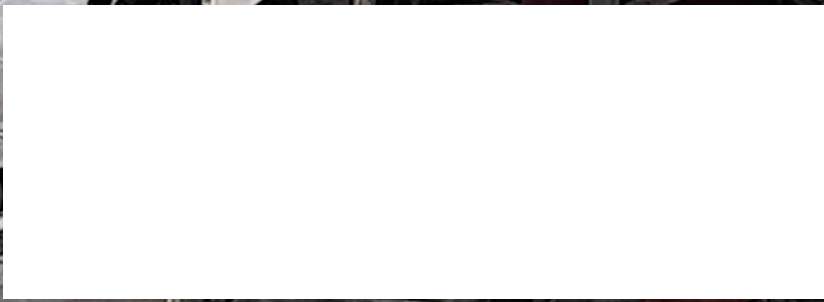
CHICAGO LODGE 7

Official Magazine • October 2023



Speaking of Violence

U.S. House Committee on Justice hosts nationally televised forum on violent crime in Chicago at Lodge 7



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COVER STORY...PAGE 37



COVER DESIGN BY GINA CROTCHFELT

Speaking Volumes

The U.S. House Committee on the Judiciary came to Chicago Lodge 7 to hear all about what has been causing the tragic violence in Chicago. The forum the committee held on “Victims of Violence in Chicago” allowed some experts who are painfully familiar with the violence to provide the inside story on the causes and their thoughts about solutions. They were difficult conversations to be sure, but ones that provided a view of how bad it has become for a national television audience watching on C-SPAN. Catch the play-by-play about how the forum came to be and what happened during another unprecedented event at Lodge 7.



ALSO IN THIS ISSUE

Walk of Life

Rob Swiderski once again made his annual trek through all 22 districts for the Operation Serve and Protect walk to promote suicide awareness for Chicago Police Officers. Along the way, he picked up some support from some people who took the walk with Swiderski and helped spread the word about the importance of this journey.

MESSAGES FROM LODGE 7

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CHICAGO LODGE 7

Official Magazine
President's Report



Finally, some elected officials who don't want to flush the talk about the problem with violent crime



JOHN CATANZARA JR.

Just when we thought our city had gone so far down the toilet that nobody cared, we were hit with a unique and unprecedented opportunity to have our voices heard.

It's an otherwise normal day in mid-September when I'm coming out of the restroom on the third floor of Lodge 7. The office next to the bathroom is where Field Representative Fernando Flores works.

I heard him talking on the phone, saying, "You're from what? The Capitol Police. The House Judiciary?" He wasn't quite tracking what the person on the other end of the line was trying to tell him. So, it caught my attention as I was coming out of the restroom. He looked at me and he asked the guy another question. And then he said, "Oh, you got the right guy here in the room." And literally I just was standing in the right place at the right time, because otherwise Fernando probably would've taken a message and said, "I'll get back to you."

It actually was a call from Washington, D.C., and about 10 days later we wound up hosting the U.S. House Judiciary Committee forum on "Victims of Violent Crime in Chicago," on Sept. 26 in the FOP Hall. I guess, sometimes, my being full of shit has some plusses.

Nine Republican members of the committee, including Chairman Jim Jordan, came to Chicago to hear testimony from some of those who are intimately, and painfully, familiar with the violence. And how City, Cook County and Department policies and actions keep stacking up victims.

As you see pictured on the cover of this issue, Carlos Yanez Jr. was one of three people asked to give testimony to the committee. He was joined by Lieutenant John Garrido, a longtime Chicago Police Officer, sitting to the left of Carlos, and Chicago native and Fox News contributor Gianni Caldwell, whose 18-year-old brother, Christian, was randomly gunned down in the city in June 2022.

The forum was supposed to be held on Sept. 25, but they had to change the date and didn't have a venue. They wanted to know if we could make it happen in 10 days, and I said, "Yes, absolutely. We'll make it happen."

It was a unique opportunity to host a congressional delegation in this Lodge, which has never been done before. If you saw any of it televised live on C-Span, you heard a lot of the same talking points we've been repeating over and over and over again. But we added some faces and emotions to the testimony, whether it was Giovanni Caldwell or Garrido or Carlos offering their passion and reasoning for why they think change needs to happen.

At the end of the two-plus hours of the forum, as we stood with Jim Jordan at the post-event press conference, I think we can all agree that the more conversation about the victims of violent crime in Chicago, the better. The fact that it gets highlighted is only going to trigger more people to have these conversations, and that's the only way anything is ever going to change.

And the forum gave us a chance to remind City leaders that they can't just ignore the violence like it's not happening and hope that something different is going to occur. Anybody who thinks so is full of, well, you know.

So it was absolutely worth having this event at the Lodge, even with the setup taking 10 times longer than the three-hour broadcast. The day before the forum, I did an interview with ABC 7 Political Reporter Craig Wall, and I talked about the opportunity to have the House Committee on Justice listening to what's gone wrong with the City.

Yes, he brought up the fact that the Democrats on the committee were not coming. But as I told Craig, if the Democrats had called – if the Senate Democrats call and say they want to hold a congressional hearing here – we'll say yes to them, too.

Anytime we have a chance to host a unique event like that, we're going to try and do everything we can to make it happen. The House security detail requested support from CPD units

President's Report continues on Page 6

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Phased In

By the time you read this, we should have the agreed-upon package for Phase Two of contract. At the September general membership meeting, I tried to provide some optimism that there is light at the end of this tunnel without subjecting us to, "You said we were getting this...." And that I never said we were getting it.

If for some reason what I'm talking about right now isn't a reality as you are reading this article, the City might get a glimpse of bad John coming back. Because we were lied to.

We really tried to tie up a lot of loose ends that were left behind in Phase One, and we got a lot of them. Not all of them. I'm not sitting here telling you everything we told you during our campaign became reality, because obviously that was more with the expectation of Paul Vallas being mayor and knowing that he was sitting in with us and what we were looking for was reasonable.

It's been a little different dynamic now, but when we put this out to the membership for a vote, it could be a 90-to-95-percent approval. I'm that confident we'll have a giant turnout.

Politics Part I: Things go better with COLA

By the time members get this in their magazine, it's going to be the beginning of veto session in the Illinois General Assembly.

We fully expect the bill to be called for the 3-percent COLA increase and the elimination of the birth date restriction, which will make everybody on par with CFD Local 2. Everybody will get a flat, 3-percent COLA if the bill passes. We were promised in

After discussion at the Oct. 4 City Council meeting, the agreement should have been sent to the Workforce Committee or whatever committee they're going to send it to for an overview, and a recommendation for the full council to vote on it in November would be the best timeline available for that vote. If it drags out longer than that, I guess we'll see. But that's about the quickest it could happen.

There were always more financial opportunities on the plate for Phase Two. What I can tell you is that there are financial benefits for all members. There are actually a lot of benefits for members. But yes, there are financial components.

And what we talked about was being able to look at a future of a new mayor, a new superintendent and a complete contract that possibly extends out a couple years, so we have labor peace like — quote-unquote — the rest of the city workforce does. In theory, getting our contract out of the way, ratified and voted by the City Council will then start the dominoes falling. It would pretty much do a lot of the heavy lift of the PBPA contract and CFD Local 2's contract because of their Me Too clauses.

the spring session when it got held up that it would get done in the fall. And here we are.

That will increase every year. Right now, it's 1.5 percent if you were born after 1966. Like myself. Certainly, this fight started way before it affected me. It's not a monumental windfall like some people might think it is. But every dollar counts. And it's just fair and parity with Local 2, which got this years ago.

Politics Part II: Action on the SAFE-T Act

With a new administration and a new superintendent, conversations have come up about working on repealing parts of the SAFE-T Act.

I know some members like to make jokes — and maybe even serious comments — about us going to golf outings or other fundraising events from various organizations. Our board of directors supports a lot of these, whether they're political or Department-related, and the political ones specifically give you an opportunity to interact socially with elected officials and try to have some conversations that actually lead to something.

I can tell you 100 percent that one thing that has come from all these golf outings is conversations I've had with the attorney general and others. Those are not relationships you forge overnight. Lodge 7 Political Director Mike Cosentino and I were at a function at the Planetarium recently talking and taking pictures with Mayor Johnson and Illinois Speaker of the House Emanuel Welch.

Who would've thought, but here we are. And I can tell you when it comes to the SAFE-T Act specifically, one of the things that really came to the forefront was the felony murder rule. This is because of the struggles Elizabeth French is now dealing with due to the fact that one of the brothers involved in killing

Ella will never be charged with murder because the felony murder rule states that a person cannot be charged with first-degree murder unless they, or one of the other participants in the crime, directly caused a death.

We know we had to right that wrong, and it became even more apparent and urgent when Aréanah Preston was killed with so many offenders involved. And only one of them is ever likely to face life in prison.

So I started these conversations any chance I had at these outings, functions or wherever we were at trying to plant the seed that this needs to be one of the topics that gets addressed. We have even had great conversations with Senator Elgie Sims and Representative Justin Slaughter, who have agreed we need to do this.

These are because of relationships that they have with Cosentino and Lodge 7. They understand that we are trying to solve some problems here that benefit everybody. But I think the felony murder, specifically for law enforcement murders, needs to be put back on the books. And I didn't get a pushback from any of those people in conversations I just mentioned about making that a reality.

PRESIDENT'S REPORT CONTINUED FROM PAGE 5

there that day, and we were able to mobilize the bike unit and the mounted unit to be detailed to the Lodge just in case there was a group that was going to picket or protest.

When they asked, I put them in touch with Counterterrorism

Chief Snelling, and he passed it on to somebody who made sure it all happened. So thank you to Captain Sheamus Mannion in the 1st District who was on furlough but helped coordinate all this. So, when they say our members don't go above and beyond, they don't know what they're talking about. From furlough, he helped organize all of this. He's just a get-shit-done kind of guy.



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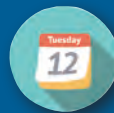
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THE 4-1-1



Information about education, training, fundraisers, fun and more...

Oct. 16

Skokie Police Memorial Charity Golf Outing

Evanston Golf Club
4401 Dempster St., Skokie
9:30 a.m.–6 p.m.

For more information, visit <https://www.skokiepolicego-lfouting.com/>

Oct. 26

**Chicago Association of Women in Law Enforcement
Bingo Night**

Marz Brewing
3630 S. Iron St.
5:30–9 p.m.

For more information, visit <http://www.cawle.org/>

Oct. 31–Nov. 2

**National Fraternal Order of Police Labor Services
Division 2023 Collective Bargaining Seminar**

Planet Hollywood, Las Vegas Resort
3667 S. Las Vegas Blvd., Las Vegas, NV
7 a.m.–5 p.m.

\$595 registration fee

For more information, visit <https://fop.net/event/2023-collective-bargaining-seminar/>

Nov. 3

**Italian American Police Association
58th Annual Awards Dinner**

Chateau Ritz
9100 N. Milwaukee Ave., Niles
5:30 p.m.

\$125 per ticket

For more information, call 847-338-4092 or visit <https://www.iapa-il.org/wp-content/uploads/2023/09/Dinner-Dance-Ticket-Form-2023.pdf>

Nov. 4

Chicago Police Foundation True Blue Gala

Four Seasons Hotel Chicago
120 E. Delaware Place
6 p.m.

\$500 per ticket

For more information, call 312-664-7076

Nov. 10

**German American Police Association Oktoberfest
Elmcrest Banquets**

7370 W. Grand Ave., Elmwood Park
6:30 p.m. cocktails, 7:30 p.m. dinner

\$100 per person

For more information, call 773-710-6246 or email gapatix@gmail.com

Nov. 11

**Asian American Law Enforcement Association
40th Annual Awards Dinner**

Hyatt Regency O'Hare Chicago
9300 W. Bryn Mawr Ave., Rosemont
6 p.m.

For more information, visit www.aalea.org or email aalea@aalea.org

Dec. 10

**Chicago Blackhawks vs. Washington Capitals
First Responders Night**

United Center
1901 W. Madison St.
6 p.m.

\$61 per ticket

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Warding off the winter blues



**MICHAEL
METTE**

As fall creeps in, and then winter to follow, pay attention to how the lack of sunlight begins to affect you. I was one who thought seasonal depression was just a way of saying, "I hate the winter." But as I got older, I did start to notice changes in my overall attitude and mental well-being during our Chicago winters. The lack of sunlight affects my anxiety, and because of that, I needed to find ways to combat those issues. Full disclosure: I am not a doctor nor have I played one on TV, and no, I did not just stay at a Holiday Inn Express last night. All kidding aside, if you do feel depressed in any way, please talk to your doctor.

That being said, here are a couple of easy ways to help those mild winter blues. You can take vitamin D3 supplements. These come in pill and drop form. I'm sure someone makes a gummy version by now. I like Live Wise Vitamin D3+K2 drops. They are easy to take and taste good.

Bright light therapy is a good way for those who work inside to grab some artificial sunlight. I have mine on right now as I write this article. It does help lighten my mood on those days with little or no sunlight. You can find nice cheap ones on Amazon for around 20 bucks. You should take advantage of the days

when the sun is out and shining. Get outside even on the cold days, just to be able to get that natural light.

Regular exercise is always a good way to keep yourself feeling good. Throw some yoga into the mix. When I can fit yoga into my morning routine, my mood is almost always better for the day. Can't get to the gym? Put the phone away and go for a walk.

We all have busy lives with work and family. It can seem like we don't have the time to take care of ourselves. But we do! It doesn't take long to do enough to keep our bodies and minds in a good place physically and spiritually. It's not that we don't have the time, we choose not to make time. A few changes in our daily routine can have a huge impact on our well-being.

On to some upcoming events. Oct. 27, here at the hall, we are hosting an FOP Pop-Up from noon to 6 p.m. We are looking for officers who would like to showcase their personal business or sell their homemade merchandise. If you are interested, please give me a call at the Lodge or email me at michael.mette@chicago-fop.org. This is a great way for our members to come together and support each other.

We also have our monthly group support meeting on Oct. 28 from 9 to 11 a.m. The meeting is being held in the Clark Ministry Center at Mary Seat of Wisdom, 1335 S. Clifton Ave., Park Ridge. Join us for some great conversation!



FIRST RESPONDERS WELLNESS CENTER

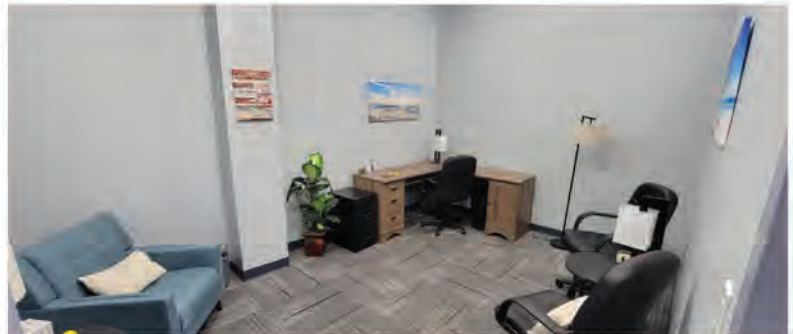


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More wins with arbitrators' decisions



DAN GORMAN

My report given at the monthly General Members' Meetings includes examples of arbitrators' decisions issued at 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 summaries of some recent dispositions that have been awarded by the arbitrators. The following discipline briefs only provide a generalization of the allegations that were sustained in the CR investigation.

General Summary of Allegation	Original Recommended Penalty	Arbitrator's Award
Derogatory language directed towards assailant during 10-1	15-day suspension	7-day suspension
"Incomplete" report	5-day suspension	1-day suspension
Retaliatory traffic stop with tickets issued	10-day suspension	3-day suspension
Failure to carry BWC	5-day suspension	1-day suspension
"Inattention" to duty by "failing to properly conduct a stop" (according to COPA)	10-day suspension	Expunged
Disparaging comments about a supervisor captured on BWC	5-day suspension	3-day suspension
Inattention to duty by "allowing a visibly impaired person to drive"	4-day suspension	Upheld

Quote Board:

To add some context to the above listed dispositions, here are some notable quotes taken directly from the arbitrator's written award/decisions.

From a 5-page arbitration decision regarding failure to carry BWC:

"There is no question that Officer [redacted] failure to have his body-worn camera was unintentional. The adrenaline was flowing when he and his partners, sitting in the TAC Office in the [redacted] District, responded to a "man with gun" call. Yet, the Department could expect that even in emergencies care should be taken to have the body-worn camera on an officer's person, consistent with other equipment that an officer is expected to have."

From an 18-page arbitration decision on inattention to duty:

(In this case, COPA, in essence, made an attempt to hold the officer accountable for the offender's uncooperative behavior. One can also conclude that COPA felt that the officer should have escalated the situation with physical force; therefore, COPA sustained allegation that the officer "failed to properly conduct a stop.") The arbitrator exonerated the accused officer, as you will see below.

"When this arbitrator reads the COPA analysis, reviews the statement that Officer [redacted] made to the COPA investigators, and then reviews the above statement of the FOP, this arbitrator agrees with the FOP's position. In other words, this arbitrator under the circumstances concludes that COPA and the Department have not established that Officer [redacted] was inattentive to duty. For this reason, the grievance of Officer [redacted] will be granted in its entirety."

From an 8-page arbitration decision about disparaging comments on BWC:

"During the course of the investigation, Officer [redacted] fully admitted his error and acknowledged that it was a mistake. Thus, the Department has proven that Officer [redacted] did violate [Department rules] when he made the inappropriate remarks."

From a 13-page arbitration decision regarding inattention to duty/allowing a visibly impaired person to drive:

"...at no time throughout any of the BWC videos does anyone appear to help arrange a ride for [redacted]. Officer [redacted] returned [redacted] keys without any question as to his ability to operate his vehicle. Thus, the videos portray [redacted] displaying several signs of impairment to warrant a DUI inquiry."

"In aggravation, I have found significant factors. Given [redacted] signs of impairment depicted in the videos, it is clear that the officers did not take adequate measures to guarantee that [redacted] was able to drive."

"In addition, the officers failed to take reasonable steps to ensure that another person had arrived to pick up [redacted]."

"After considering (...the officer was) in charge of the investigation, I find that the 4-day suspension was reasonable under the circumstances. As I have indicated in many cases, I will not overturn a discipline unless I find it to be unreasonable. In this case, I cannot find that the 4-day suspension was unreasonable. Therefore, the grievance is denied."

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Preparing for retirement



MONICA ORTIZ

It's that time of year when many officers have submitted a Personnel Action Request (PAR) form for retirement in 2024. I've listed some information below with steps to help you prepare for retirement.

All this information is on the Policemen's Annuity and Benefit Fund of Chicago web page under the Plans for Retirement option (under Members). You can also visit The Wire, office sites and the Human Resources page.



1. Approximately 30 days before your retirement date, let us know you plan to retire by emailing retirement@chipabf.org or calling 312-744-3891.
2. Provide the following information to the Fund (unless previously provided):

A printed copy of your PAR form (aka the "Retirement Submission Receipt"). The status must be approved, and you and your commanding officer must sign the form.

Documentation of life changes, including certified copies of:

- marriage certificates
- birth certificates
- divorce decrees
- death certificates

Social Security numbers for all dependents who will continue on your healthcare coverage.

A valid email address.

3. Once the Fund receives all the above information, you will receive a prepared retirement application by email. Upon receipt of the application, you will need to sign and notarize it and return it to the Fund as soon as possible.

If you have any questions regarding your lost time, please contact the

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Fund's benefit calculations group at 312-235-4597 or by email at benefits@chipabf.org.

If you call the Lodge, we can email you the resignation/retirement packet available through Human Resources on the Chicago Police site, The Wire.

Dia De Los Muertos

On Nov. 1, 2023 from 5:30–9:00 p.m., the FOP will host its second annual Dia De Los Muertos. Tickets are available at the FOP store for \$50 per person. All the money received from the event will

go to the Light the Line Foundation in honor of Ella French and the Chicago Blue Line Support Foundation. T-shirts are available online and will be sold at the FOP store. This event sold out last year, so get your tickets early. Only 250 tickets will be available.

You see more information below or go to https://chicago-gear-105933.square.site/shop/blue-line/5?fbclid=IwAR0jr_omy-YBwDMijGlnOvT1VOKl-B4wlJlF0Gr3KcuO3q0LofMSDQk7lCw

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ROB NOCEDA

Hey, Lodge 7. I hope this article finds you well. Now that the summer is fully over, fall season is filled with back-to-school events, sports and social gatherings and delicious hot apple cider. Some of you maybe like your cider a little strong LOL.

All that said, we continue fighting for the membership day and night. There is always a host of issues to resolve, whether it's mediation for discipline or filing a grievance for a contractual violation. We are always going out on police-involved shootings and assisting members with the aftermath. We are a members-first union that serves its members tirelessly.

Make sure you always request legal representation in regard to any statement at COPA or BIA, and even the in-district audio CR statements. I know this sounds redundant or is common sense for many, but we still have members who try to go to a statement alone. Look out for your sisters and brothers in blue and tell them to call the Lodge for anything discipline-related. #NeverGoAlone

A few months ago, I took advantage of the screenings that

Lodge 7 provided to our members. I want to thank Third VP Monica Ortiz for her hard work on working with Life Line Screening and Chamberlain College of Nursing. This screening was free to our members. The screening results showed some unhealthy levels, and that pushed me to get back on the fitness track to be a lean, mean fighting Marine! Being a widowed father of four and having one severely disabled child, I needed to make sure I was in good shape to take care of my family. I have seen, in years past, two uncles and my father have strokes. I don't want that to be me. I stress eating healthy and adequate exercise because it is no small feat. Unhealthy eating can lead to serious and lingering health issues.

The police work schedule and stress of this job will bury you in comfort food. I know, I indulged as well. The key is to make exercise and healthy meals a priority. To share on a personal level, I do not watch TV. I just have no time. To serve you at Lodge 7, it requires full dedication and many hours. I also juggle my teenage kids and their personal endeavors (my mom is so helpful, too — thanks, Ma). Just like so many of our members who work so many hours to pay for private tuition and help their children do better, I do the same. But time must be found to engage in exercise.

Even with a busy schedule, you must remember that your mind, body and spiritual health are important, too, not just your finances. Like most of our members with kids, I sacrifice sleep, downtime and personal comfort. But I do work out at 5 a.m. or 9 p.m., depending on when my disabled daughter gets up or goes to sleep. Health in all respects is a disciplined lifestyle. What would be the point of working 25 to 30 years on this job if you're unable to enjoy a lengthy and healthy retirement?

The American Heart Association recommends 150 minutes of exercise a week. Let's break that down. That's five 30-minute sessions. Some members use their lunchtime to get a decent workout in. Get that workout in when you can get to it. That is half the battle. The other half is choosing foods and drinks that are not processed or come from a plastic package. Again, easier said than done. I was guilty of these practices, and it takes complete discipline and buy-in. I have learned many times over, nothing in life is worth it unless you sacrifice and are committed to it.

We don't need to be unhealthy and go to the doctor all the time. We need to be there for our families. Set many goals, just make sure those goals include your complete well-being: mind, body, spirit and finances. Encourage one another to always get better. God bless and keep moving—it's healthy! #GetFitLodge7

If you have any questions, email me at rnoceda@chicago-fop.org.

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Great shooting, officers!



**JIM
JAKSTAVICH**

On Sept. 9, local and federal law enforcement officers from across the Midwest region met in Lockport, Illinois. At the Illinois State Police District 5 range, they competed in the annual Top Shot marksmanship competition, which is hosted by the ISP Troop 3 D5 Firearms Training Unit. This event is only open to active law enforcement officers, and ISP Range Master Keith Malek set up a great shoot this year with all proceeds benefitting the Illinois State Police Heritage Foundation and Illinois Special Olympics. All the trophies and plaques awarded this year were donated by Lodge 7.

This year's event drew 47 shooters with varying tactical and competitive experience from more than 20 agencies. The Chicago Police Department and Lodge 7 were well represented by the largest CPD turnout ever, with 14 officers competing. The Top Shot main event consisted of a fast-paced combat style of shooting. That consisted of more than 200 yards of running and gunning, which included three rifle shots at 50 yards and 32 pistol shots through barricades, vehicles and plate racks. The

final shot was a hostage rescue target — which occurred after running and engaging over two football fields. Great shooting, officers.

Three Lodge 7 officers placed in the top 10, and 14 CPD officers competed and ranked in the rankings. The Lodge recognizes the following CPD officers for their efforts:

- Dan Lombard, Unit 124: 3rd Place
- Richard Lombard, Unit 124: 6th Place
- Joel Bemis, Unit 191/193: 8th Place
- Michael Salyers, Unit 124: 12th Place
- Michael Dicera, Unit 124: 16th Place
- Angela Spala, 11th District: 22nd Place
- Szymon Hypta, Unit 124: 25th Place
- Vinnie Lupo, SWAT: 26th Place
- Tom Spanos, 11th District: 27th Place
- Kurt Daichendt, Unit 124: 29th Place
- Robert Oakes, Unit 124: 34th Place
- Vasile Cerceja, 24th District, 40th Place
- Robert Ramirez, Unit 193: 43rd Place
- Eibar Fuentes, Unit 193: 44th Place



Police-involved domestic violence: What to know, what to do



KENYATTA
GAINES

Police officers are entrusted with the responsibility of protecting citizens, upholding justice and maintaining law and order. However, as in other professions, there are instances where individuals within the law enforcement community find themselves involved in off-duty domestic violence incidents. These cases represent a small fraction of the overall police community, but they raise serious concerns about the need for comprehensive solutions.

Domestic violence incidents involving police officers happen when officers engage in abusive behaviors within their intimate relationships. These incidents can range anywhere from verbal abuse and emotional manipulation to physical violence resulting in serious harm or even fatalities.

Several factors that can contribute to such behavior within our specific professional context are power dynamics, stress, trauma and simply the culture of policing itself.

The power dynamic: The authority and power wielded by police officers in their professional lives can sometimes spill over into their personal relationships. The perceived need to maintain control doesn't abruptly stop at the end of the tour. It sometimes unknowingly shows up within the family dynamic as "head of household." It may not begin with ill intentions, but somewhere along the way we forget that we cannot parent our spouses, girlfriends, boyfriends, etc. Be careful to recognize the difference between offering another option and forcing your will upon others. Forcing your will may manifest as controlling behavior, intimidation or violence.

The stress and trauma of policing also play a role in the dynamic of police-involved domestic violence. Policing is a demanding and high-stress profession. Exposure to traumatic events and the pres-

ures of the job can lead some officers to develop unhealthy coping mechanisms. Look for and create positive, stress-relieving activities. Things like working out, playing games, singing, dancing and spending time with friends can help with stress management.

As for the organizational component of domestic violence, a toxic work environment, inadequate support systems and a lack of accountability may contribute to a higher likelihood of domestic violence incidents.

When an officer is the victim of domestic violence, they may fear seeking help due to concerns about retaliation within the Department (if another member is involved) as well as negative judgment and disbelief from co-workers. This leads to the underreporting of incidents.

Another concern the officer may have is that there will be an unrealistic assessment of the officer's ability to do their job. Sometimes, self-inflicted shame about being in a domestic situation may prevent a member from ever reporting the incident.

We must be careful how we handle these incidents. There is a Department directive, General Order 04-04 Domestic Incidents, so I won't get into the step-by-step process, but please familiarize yourself with this directive.

We have witnessed how a single officer's actions can tarnish the reputation of the entire Department, affecting the public perception of law enforcement. Therefore, handle discreetly. It is essential for agencies to address these incidents proactively to maintain public confidence.

We can be proactive about this. Law enforcement agencies have recognized the urgency of addressing off-duty domestic violence involving police officers. Several measures have been implemented to tackle this problem. It begins with strengthening hiring and screening processes. Agencies are placing greater emphasis on psychological evaluations, background checks and rigorous screenings during the recruitment process to identify potential red flags. By identifying individuals with a history of violence or abusive behavior, agencies can reduce the likelihood of hiring officers prone to domestic violence.

At the academy level, the Department has implemented comprehensive training programs that focus on ethics, cultural sensitivity, anger management and conflict resolution. These courses can help officers develop healthier coping mechanisms and improve their overall interpersonal skills.

There are strict accountability measures. I understand that we have friends on the job who may find themselves in these undesirable situations, and our first instinct is to protect them by not reporting the incident to a supervisor. However, in doing so we neglect the fact that the Department has clear policies and protocols in place to investigate allegations of domestic violence and take appropriate disciplinary action when necessary. This is one topic where I would trust the process. You don't want to risk causing more harm to either the officer or yourself. Also, this can perpetuate a cycle of abuse and prevent victims from accessing the assistance they need.

Officers must take advantage of counseling services, peer support programs and resources that address stress management and domestic violence prevention. Thankfully, we officers can utilize the domestic violence advocacy program. There is a different set of resources for officers. If you or anyone you know is in need of assistance or is uncertain if assistance is needed, call the Domestic Violence Advocacy Program and ask for the assistant director. They can be reached in Unit 135—Office of Community Policing, 312-745-6340. Everything is confidential (this includes the call and any services provided). They can meet you at any location, at any time of day.

I hope this article sheds light on the issue of police officer domestic violence by exploring the causes, consequences and steps to address this troubling problem. Take care of each other and above all else, stay safe!



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Name	Rank	Unit	Years
Mark B. Farmer	Officer	051	29
Mark L. Hein	Officer	051	24

February 2023

Name	Rank	Unit	Years
Faith A. Dawson (Reeves)	Officer	051	31

August 2023

Name	Rank	Unit	Years
Paul V. Bailey	Officer	701	31
Bryan D. Barlow	Detective	610	21
Joseph E. Boston	Officer	051	25
Danon C. Bright	Officer	121	32
Robeata Clay	Officer	005	26
Stanley Colon	Detective	630	33
John R. Dovgin	Officer	001	22
Timothy P. Eades	Officer	050	27
Frank M. Gaber	Explosives Tech	442	30
German Gomez	Officer	193	22
William Hardy	Sergeant	701	31
Melanie Henry	Officer	004	25
Lisa Holmes	Officer	004	30

Name	Rank	Unit	Years
Renee Hurley-Lacey	Officer	001	26
Anthony R. Johnson	Officer	015	26
Marc A. Jones	Officer	701	24
Kurt S. Kourakis	Detective	191	31
Scott M. Liedtke	Officer	019	26
Melissa Louden	Officer	123	21
Molly E. Madden	Officer	011	29
Robert C. Metts	Officer	701	30
Laura C. Miletic	Officer	017	26
Suzanne M. Nichol	Officer	024	26
Martin Ortega	Officer	007	21
Robbin R. Parker	Officer	003	29
David N. Perez	Detective	610	21
Randall Ryan	Detective	191	25
Arthur Rzezinski	Officer	014	29
Kellee R. Simz	Officer	019	29
Alvin N. Smart	Officer	002	31
Salvador M. Soraparu	Officer	019	27
Nick P. Spencer	Explosives Tech	442	30
Michael A. Sullivan	Officer	116	29
Stephen R. Tentler	Officer	701	30
Charles Udell	Detective	604	28
Valerie M. Ward	Officer	025	29
Jacqueline Watkins	Officer	143	24

Retiree Meetings

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

North

First Tuesday of the month
@ 9 a.m.
D'Agostino's Pizza and Pub
7530 W. Oakton St., Niles
Steve Marchfield 773-771-0877

The Northsiders' Luncheon

Third Wednesday of January, April, July,
October @ noon
Suparossa, Chicago
Paul Vitaioli, 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
Peter Botzek	Retired	80	June 21, 2019
Joseph Cerami	Retired	91	Sept. 21, 2021
Richard Hyland	Retired	88	Aug. 4, 2023
Lincoln C. Spolar	Retired	79	Aug. 15, 2023
Anthony Finocchio	Retired	73	Aug. 23, 2023
Jeffrey E. Friedlieb	Unit 606	41	Aug. 25, 2023
Robert E. Smith	Retired	74	Aug. 26, 2023
James B. Kelly	Retired	80	Sept. 3, 2023
Michael P. Mazur	Retired	72	Sept. 8, 2023
Michael P. McCluskey	Retired	81	Sept. 9, 2023

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Arbitrator issues second RDO final award



PAT
FIORETTO

Almost one year ago, on Nov. 1, 2022, Arbitrator Roumell issued his opinion and final award in the “weekend deployment” class action grievance over with the Department’s continued cancellation of RDOs. Working from his main finding from the Sept. 27, 2022 interim opinion and award, the arbitrator noted that the Department violated the contract by exercising its management right in an arbitrary and capricious manner when the Department cancelled RDOs Department-wide for various scheduled events, since such events were known to be upcoming before the commencement of any 28-day police period. In the Nov. 1, 2022 final award, he made the terms of the prior Summer Holiday Pilot Program permanent.

In doing so, Arbitrator Roumell identified several existing summer holidays (Memorial Day, Juneteenth/Father’s Day, Independence Day and Labor Day), as well as other currently known events and holidays (the Festival of Lights Parade, the annual Tree Lighting ceremony, Thanksgiving and New Year’s Eve), for which the Department must follow a detailed procedure in notifying members before cancelling RDOs.

Specifically, the Department will provide 28 days’ anticipatory notice before canceling any RDOs Department-wide going forward. The anticipatory notice must inform police officers of the then-anticipated deployment needs (subject to change due only to unanticipated operational needs). The anticipatory no-

tice shall be communicated to the official email accounts of all police officers, and an AMC message also will be sent and will be read at roll calls. Police officers will be offered the opportunity to volunteer to work on days during the scheduled deployment they are not scheduled to work (e.g., RDO or furlough). In the event of a need for additional manpower for the Department, the Department will first utilize those officers who volunteered to work pursuant to the anticipatory notice.

Next, the Department will provide, 14 days in advance of the scheduled deployment, an effective notice (both via email and AMC message) containing the then-anticipated length of the deployment, whether or not RDOs will be cancelled, which units will be subject to the deployment and whether 12-hour workdays will be implemented. It is understood that this effective notice is subject to change only due to unanticipated operational needs.

If not enough volunteers are available, then the Department may cancel RDOs but shall make reasonable efforts to maintain a normal (8.5- or 10-hour) schedule and assign those police officers as needed. Police officers who have had both RDOs canceled will be given priority treatment for time off requests pursuant to the negotiated time due MOU between the City and the FOP. Police officers whose RDOs are canceled can seek to find a replacement.

Of noted importance, the arbitrator enshrined the practice in which the Department will continue to give good-faith con-

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sideration for those police officers who show good cause to retain their RDOs. Any police officer whose request is denied by an exempt commanding officer may now appeal the denial to the appropriate deputy chief and chief (and ultimately file a grievance). Moreover, this same procedure arguably must be followed by any other “known” pre-planned events (such as parades, concerts, summer festivals, etc.).

Furthermore, officers on a 4/2 work schedule will not be required to work more than 10 consecutive days. Similarly, officers on a 5/2 work schedule will not be required to work more than 12 consecutive days. Equally important, officers now will have a minimum of nine hours off between shifts when RDOs are cancelled Department-wide. During the 2023 summer holiday period, the Department mainly complied with the process set forth above.

However, the Department raised several subsequent issues with the arbitrator: namely, whether the entire remedy should also apply to those police officers who work the fourth and fifth watches, as well as those who work in specialized units. After months of additional briefing, on Sept. 25, 2023, Arbitrator Roumell issued what we hope to be his last “Second Supplement to Final Order.”

The arbitrator ultimately determined that “based upon different working conditions of Officers assigned to the fourth and fifth watches and specialized units,” not all of the terms of original award “fit the workforce reality of the fourth and fifth watches and specialized units.” However, Arbitrator Roumell did recognize the important need “to address officer wellness even for those assigned to the fourth and fifth watches and specialized units.” In doing so, he limited the scope of his origi-

nal award and made some of the protections available to those working fourth and fifth watches and specialized units. Specifically, subject to operational needs, the arbitrator found the final award will apply to officers working in the fourth and fifth watches and specialized units, but only as follows:

The notice requirement...of this award shall apply to Memorial Day, Father’s Day, Juneteenth, July 4th, Labor Day, Thanksgiving, New Year’s Eve, Festival of Lights, Tree Lighting Ceremony and any other known event.

No less than twenty-eight (28) days before the effective date of deployment, except where operational needs preclude doing so, for each of the holidays set forth [above] any other known event the Department will send an anticipatory notice apprising officers of the then-anticipated deployment needs. It is understood that this notice is anticipatory and subject to change. The notice shall be communicated to the official email accounts of officers. In addition, an AMC message will be sent and will be required to be read at roll call, if applicable.

With a newly appointed superintendent, the City cannot feign ignorance of the mental toll that working long hours without sufficient breaks or without a stable schedule can have on police officers’ health and well-being. Indeed, Superintendent Snelling has been vocal and sincere in his support of officer wellness. Let’s hope that the routine cancellations of RDOs are a thing of the past, or at a minimum, that the new superintendent on the fifth floor will ensure that officers have the time off that they desperately need and deserve.



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COPA ignores *Graham v. Connor*



TIM GRACE

The standard to judge a police officer's use of force was set, now going on 35 years ago, in the U.S. Supreme Court case of *Graham v. Connor*. It is the law of the land. Every single officer-involved shooting or use of force is to be viewed through the lens of this landmark case. The problem is that COPA and the Movement can't advance their misguided agenda with this case, and there is a strong push to either rethink the standard (which fair-minded advocates would do) or to simply just ignore it. I need not tell you which direction our Police Board and COPA have decided to set sail for.

To understand lawful use of force by an officer, the discussion begins and ends with the U.S. Supreme Court's decision in *Graham v. Connor*. The way our judicial system works is that the Supreme Court is the final arbitrator of the law. Its ruling sets the standard for how we are governed. That means COPA is required to judge all of its disciplinary cases through that precedent set and cannot simply ignore it.

Prior to the case, the standard by which use-of-force cases were judged was to whether the force was applied in a good

faith effort to maintain and restore discipline, or maliciously and sadistically for the very purpose of causing harm. While the standard could be considered to benefit law enforcement, it was vague and seems to leave way too much out of the complicated world of officer-involved shootings. Instead, the *Graham* decision established what is commonly referred to as the "reasonable officer standard." The court held that the "reasonableness" of a particular use of force must be judged from the perspective of a reasonable officer on the scene, rather than with the 20/20 vision of hindsight. The court noted that the "calculus of reasonableness must embody allowance for the fact that police officers are often forced to make split-second judgments — in circumstances that are tense, uncertain and rapidly evolving — about the amount of force that is necessary in a particular situation."

While those are a lot of legal words that truly escape the breadth of COPA's legalese, the fundamental takeaway is that you need to judge the use of force deployed from the view of a reasonable officer with the knowledge he or she had at the time of the implementation. It is unfair to state that an officer who is unaware that he is being confronted with a replica gun should be judged from the position that the fake gun could do



The Law Firm of Grace & Thompson Specializes in Representing Chicago Police Officers



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Seasoned trial attorneys representing Chicago Police Officers in matters before the Chicago Police Board, Internal Affairs, COPA, Inspector General, and Civil and Criminal Courts.

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no harm to him or her and thus the use of force was improper. It makes sense to any competent, impartial person. But we all know that the word “impartial” has been scrubbed from CO-PA’s deliberations.

The idea of a reasonable officer has been extended, and recently an appellate court tried to emphasize that *Graham* is still precedent. As technology has progressed over the past 35 years, courts and agencies have been able to utilize video to assess the use of force. While helpful for sure, it does cause a distorted view of what the officer experienced. The case of *Cunningham v. Shelby County* is a very interesting and considered view of an officer’s use of force.

In *Cunningham*, Shelby County Tennessee sheriff deputies were dispatched to the home of a subject who was “suffering from some type of mental illness and/or crisis,” and that she was saying she was armed with “a .45 caliber pistol.” Upon arrival, the woman approached the officers with a gun in her hand, was ordered to drop it, and then either raised the gun at the officers or turned to run. The officers — in fear for their lives — discharged, and the woman was pronounced dead at the scene. The estate of the deceased filed suit and argued that the video showed or proved that she was turning; the deputies argued that, based upon their position, they thought she was going to fire upon them. It didn’t help that the weapon in her hand was a BB gun. The lower court held for the estate and against the officers, but the appellate court reversed. The court stated that “we return to the fundamental axiom that excessive force claims are analyzed under an objective reasonableness standard” of *Graham v. Connor*: “In our view, the

facts and circumstances support the deputies’ contention that reasonable officers would perceive that [she] posed an immediate threat to their safety.”

However, more importantly, the appellate court chastised the lower court for its analysis. In what may be considered somewhat harsh language, the court stated that “we are troubled by the district court’s use of ‘screen shots’ to analyze the dashcam videos. By relying on screen shots, a court would violate the teaching of *Graham* against judging the reasonableness of a particular use of force based upon 20/20 hindsight. . . the deputies’ perspective did not include leisurely stop-action viewing of the real-time situation that they encountered. To rest a finding of reasonableness on a luxury that they did not enjoy is unsupported by any clearly established law and would constitute reversible error.” Stick that in your pipe and smoke it.

The *Cunningham* case is a post-George Floyd case that restates to all that *Graham* is still the law of the land, and it does so in spectacular fashion. It is a case that COPA would never read, and our Police Board would read and more than likely ignore.

You cannot use the benefit of hindsight when judging these cases. You must place yourself in the shoes of the officer, armed with the information he or she had at the time of discharge. My fear is that *Graham* will be chipped away at and the protections we had will be removed. Stay tuned.



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Building relationships for progress



DAVE SULLIVAN

Veto Session will begin in late October. While there are actual vetoes from the governor for the legislature to address, we will be focused on our pension bill.

Conversations with legislators and the Mayor's Office continue, and we remain cautiously optimistic. We are encouraged by the reception. In recent weeks, John Catanzara has met with Speaker Welch and Senate President Harmon. In addition, Mayor Johnson and Attorney General Raoul have been to the Lodge 7 Headquarters. We continue to build relationships for progress.

Legislators are traveling through their districts collecting petitions as they begin the process of running for re-election. It is an important start to the journey to seek election. If a candidate cannot get on the ballot, then they cannot seek election. It is vital to entry. Those petitions will be submitted in December, and the primary is in March. As I look to the 2024 election, it seems that the Senate will most likely come back with the current partisan make up. The House is where there could be some serious campaigns, and we shall see if the Democrats can add to their supermajority.



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A blue-tie affair



FATHER DAN BRANDT

The recent Blue Tie Gala benefiting the Brotherhood for the Fallen was a tremendous success. Hundreds of active and retired CPD members, along with community members grateful for your service, enjoyed an elegant evening of food, drink, raffles, live and silent auctions, entertainment and dancing.

Special thanks to reporter Suzanne LeMignot from CBS/Channel 2, who joined me in emceeing the event, as you see pictured here. She did an amazing job, as did the entire team who put this event together. God bless all who support the amazing mission of the Brotherhood for the Fallen.

Last month, an officer was rushed to the hospital after an on-duty health incident in the police station. A few days later, I received the following words from the officer's wife. With her permission, I share with you some of her beautiful words:

My husband is out of the hospital and grateful to his fellow officers who saw something was wrong with his health and had the presence of mind to summon help immediately. Had they not intervened so quickly, he may not be alive.

The family that is the Chicago Police Department is unlike any other. From the bosses who came to check on him, to the chaplains who came and prayed with us, to the officers who sat out-



side his door and regularly checked on me...you all are our family. Your support is overwhelming and humbling.

CPD, you have given my husband another reason to be PROUD to be a Chicago Police Officer. The kicks in the teeth that he, and all of you on the job, have taken these last few years have been heartbreaking and frustrating. But still, you show up for the job and you show up for each other. For this, I am eternally grateful.

My husband loves you, as do I. May God grant each of you and your families safety, health and the wisdom to know that you are part of the most amazing group of men and women ever.

Such beautiful, heartfelt words! I pray you will think of them if ever having a not-so-good day on the job.

Thanks to Pizano's Pizza and Pasta at 21st and Indiana for hosting our Upper Room Club last month. Pizano's loves the police — please love them back. If you'd like to add your name to the Upper Room Club invitation list, please email me. It's a wonderful opportunity to share faith, learn about the divine and enjoy a meal with like-minded folks.

Thanks also to the folks at St. Terrence Parish in Alsip for hosting last month's Blue Mass. Upcoming Blue Masses are scheduled as follows:

Sunday, Oct. 15, 10:30 a.m. at Holy Name Cathedral

Sunday, Nov. 5, 10:30 a.m. at St. Gianna Parish in Evergreen Park

As always, we invite all to pray with and for our officers at the Blue Masses.

Support the Chicago Police Marine Corps League! Saturday, Dec. 9, from 1-6 p.m., they'll host a watch party at the FOP Hall for the Army/Navy football game. More info at www.chicagopolicemarines.org.

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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Remember to dance in the rain



RABBI
MOSHE WOLF

I hope the summer went well for you and your loved ones, hoping you had an opportunity to catch up with loved ones and share a few laughs. Because that's what life is all about — making every day special.

Recently, I was standing in the ER with one of our members, "Jimmy," who had been injured in an accident. The stream of members who came in and out of the hospital was truly heartwarming.

All I heard all night was, "Jimmy is always there for everybody else, the least we can do for him is let him know he is in our thoughts and prayers." As the popular sermon goes, "There are times that it is not what you say that provides the most comfort to another person, but your mere presence, just being there." Thanks to each of you for always being there for each other.

It reminds me of this true story:

How to Dance in the Rain

It was a busy morning, about 8:30, when an elderly gentleman in his 80s arrived to have stitches removed from his thumb. He said he was in a hurry, as he had another appointment at 9 a.m.

Working as the nurse receptionist, I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided that since I was not busy with another patient, I would evaluate his wound.

Upon examination, I observed that it had healed well, so I talked to one of the doctors and got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was suffering from Alzheimer's disease.

As we talked, I asked if she would be upset if he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."

I had to hold back tears as he left. I had goose bumps on my arm and thought, "That is the kind of love I want in my life."

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be and will not be.

With all the jokes and fun that are in e-mails, sometimes there is one that comes along that has an important message. This one I thought I could share with you: The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

Life isn't about how to survive the storm, but how to dance in the rain. Thanks to each of you for going out every day, keeping our citizens safe and dancing in the rain! We could not survive without you, and we appreciate you. G-d bless you!

A little humor from the "Moshe Files" to keep you smiling:

Brains vs. Brawl

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older man had finally had enough.

"Why don't you put your money where your mouth is?" he said.

"I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the braggart replied. "Let's see what you've got."

The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said with a smile:

"All right. Get in."

Moral of the story: Don't mess with an old-timer.

Okay, one more for a closer:

A man called up his lawyer and asked, "How much would you charge to answer three questions?"

The lawyer thought for a moment and said, "Two thousand dollars plus tax."

"Two thousand!" cried the man. "That's a bit expensive, isn't it?"

"Yes, I suppose it is," said the lawyer. After a moment's pause, he added, "So what's your third question?"

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

Should you need a shoulder to lean on, an ear to listen or perhaps have some good humor to share, don't hesitate to give us a call.

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Is your estate plan valid if you move?



TOM TUOHY

If you move your legal residence, must you change your estate plan?

Americans move an average of 12 times in their lifetimes and as frequently as once every five years. Does your estate plan move with you?

As with all legal issues, the answer to that question is unnecessarily complicated. However, the solution can be simple if you know what to do. Let's unpack that solution.

Will estate plans for Illinois residents

A valid Illinois Last Will and Testament requires the following: the person signing is 18 years or older and of "sound mind and memory." Additionally, two or more credible people must witness the signing of the document. The witnesses should not be beneficiaries or family members. It is a requirement to file the will with the Circuit Court clerk within 30 days of the decedent's death.

In Illinois, a will does not require a notary. However, Illinois and several other states allow the admission of a notarized will to probate without witness testimony. Therefore, all my client's wills are notarized — more on that out-of-state requirement below.

Living trust estate plans for Illinois residents

Since a will is subject to Probate Court, it is not your ideal estate plan. Rather, you should have a living trust as your primary estate plan.

To be valid in Illinois, surprisingly, a living trust does not need to be witnessed or notarized. However, that is not a wise practice.

The Illinois Trust Code requires that the trust creator intends to create a trust, has legal capacity and names a beneficiary who is not the creator.

Regardless of the legal requirements of creation and signing, you will be funding your trust with financial institution accounts with their trust requirements. A notary is almost always one of them. Additionally, other states require witnesses and a notary for a living trust. Therefore, all my clients are provided with a notary and two independent witnesses.

Moving with your estate plan

Now that we understand how to validly create and sign a living trust or a will in Illinois, what happens when you move?

If your new residence is in Illinois, your validly signed estate plan is still valid, regardless of the new county. If the estate plan is a will, it is filed at your death with the court in the county of your residence at the time of your death.

When moving to another state other than Illinois, the general rule is that a living trust is valid in your new state if its creation complies with the jurisdiction's laws where the trust was executed. The same holds if you move to Illinois from another state.

You should not, however, rely on "general rules." There is every reason to do more than the minimum regarding your estate plan.

You will deal with new financial institutions, notaries and witness requirements in your new state. Additionally, the laws may differ regarding where and how you sign your estate plan documents and the consequences of a new marital status.

Consequently, your estate plan should always be carefully

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Tom Tuohy is the grandson of a CPD Chief and son of a CPD Detective

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Your Living Trust Police Discount

When CPD provided its retirement seminar, I offered all police officers and their family members a one-third reduction on my fees for a complete living trust estate plan on the day of the seminar. I am extending that offer through the FOP and this magazine for as long as there is interest.

At the end of your life or incapacitation, your family risks probate if you have property, investments or bank accounts in your name.

- A will = probate. Legally, no one else can sign your name. Therefore, all assets in your name are subject to the probate process, which averages 18 months and is costly.
- A living trust avoids probate.
- Your financial accounts, life insurance policies and deferred compensation accounts can name your living trust as beneficiary, subject to essential tax considerations.
- A living trust estate plan includes health care and financial power of attorney documents. It also consists of a last will and testament.
- A will is necessary for guardianship of minor children. It also transfers assets in your name out of probate.
- A living trust contains a no-contest provision and beneficiary asset protection clauses.

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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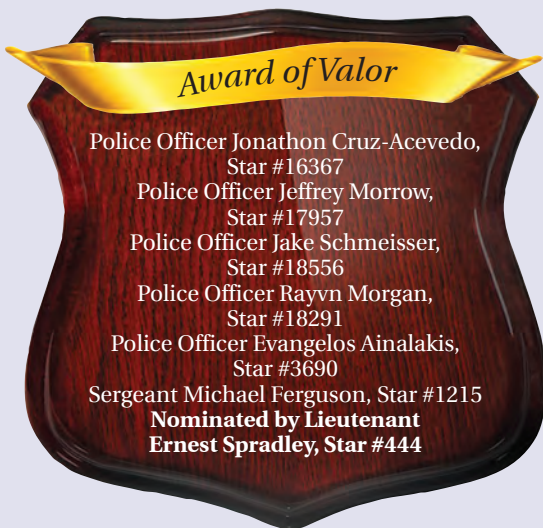
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Chicago Lodge 7 Awards



On Dec. 7, 2022, the 5th District tactical team responded to an OEMC call of a person with a gun at 137 W. 126th Place. While they were en route to the scene, the incident was updated to indicate that the person with the gun was now firing a shotgun into the front windows of houses on the block.

The offender then turned toward a small group of people and fired his shotgun again, striking an innocent victim. Next, the offender returned to his home and swapped his shotgun for a revolver. Upon their arrival, the tactical officers gave verbal direction and utilized de-escalation techniques as the offender held

the gun behind his back. The offender disregarded their verbal warnings and began pointing his gun at an unsuspecting pedestrian.

The officers were now compelled to protect the sanctity of life and fired at the offender, striking him, thereby eliminating the threat. The officers rendered aid to the offender and injured victim. The offender was taken into custody and charged with six counts of attempted first-degree murder, aggravated battery, discharge of a firearm into an occupied building and aggravated battery with a firearm.

These officers confronted a violent offender without regard for their own safety, saving untold citizens' lives.

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



On June 13, 2022, at 4401 W. Jackson Blvd, Officer Poppish discovered a naked female lying in the street. He exited his marked squad car to render aid, at which time the offender rose up on her haunches and began struggling with him.

The offender was able to forcibly take control of the officer's vehicle, and upon entering the squad car, placed it into reverse, striking the officer and dragging him several feet. The officer

lay bleeding in the street, barely escaping death as the offender drove off and struck numerous vehicles. The 11th District officers responded to render aid to Officer Poppish, located the offender and placed her into custody.

The officers protected crucial evidence, obtained video and located witnesses, thereby helping the follow-up investigator to complete several days of paperwork, which led to the offender being charged with attempted murder.

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

Chicago Lodge 7 Awards



On June 5, 2022, at 2111 W. Lexington St., Officer Acsvecs was alerted by a loud commotion and observed a coworker collapse at his workstation. Officer Acsvecs immediately rendered aid by conducting a visual and physical assessment of the officer.

The officer was unresponsive and without a pulse. Officer Acsvecs started CPR and continued for several minutes to restore the officer's vitals. Officer Acsvecs was able to reestablish the officer's pulse and breathing, but they stopped again.

He continued his efforts until he got the officer's pulse back.

CFD EMS arrived on scene and transported the officer to the hospital, where he was admitted into intensive care. Officer Acsvecs demonstrated true lifesaving skills in saving the life of a fellow officer. The officer made a full recovery and was written up for not having his light on to take reports.

It is with great appreciation that Chicago John Dineen Lodge 7 presents Officer Acsvecs with the Life Saving award.

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Dr. Robin Kroll, owner and Clinical Director of BRAVE Police & Public Safety Wellness Center, is a Board-Certified Police and Public Safety Psychologist.

Chicago Lodge 7 Awards



On Feb. 2, 2022, at 11719 S. Church St., Officer Vera responded to an OEMC call of a Percocet overdose. Percocet is a mixture of acetaminophen and oxycodone and can be lethal if the dosage is exceeded. Percocet has many street names that dealers and addicts use; it goes by, among other names, blue dynamite, no buffers, 512s, percs, bananas, tires, rims and buttons.

Upon entering the residence, Officer Vera immediately uti-

lized his training and took over lifesaving measures by performing CPR until CFD arrived on scene. EMS administered naloxone and transported the victim to the hospital. The paramedics related that the officer's actions played a large part in saving the victim's life.

It is with great appreciation that Chicago John Dineen Lodge 7 presents Officer Vera with the Life Saving Award.

Thank you!

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Sounds of Violence

Congressional forum at FOP brings national attention to conversations needed to change policies and limitations on officers, which are victimizing the City

■ BY MITCHELL KRUGEL

Lights, cameras and so much action filled the FOP Hall beginning early on the morning of Sept. 26. Anticipating the magnitude of what was about to happen, the bike patrol and mounted unit posted out front of Lodge 7 prepared to handle any crowd control that might bubble up.

By 7 a.m., producers, directors and assorted technicians from C-SPAN took positions at a row of computers, television monitors and other devices along the side of the Hall by the patio. Tables on and in front of the stage, set up with microphones for each individual, created a suitable setting for a judiciary-like panel, even a supreme one.

As Lodge 7 members and staff executed other measures to set the stage, a political red carpet – and definitely not a blue one – was rolled out for the distinguished U.S. House of Representatives Committee on the Judiciary. Nine committee members led by Chairman Jim Jordan came to Chicago that morning to hear about and give national voice to issues Chicago Police Officers wonder if anybody will ever listen to.

And with that, the House Committee on the Judiciary forum

on “Victims of Violent Crime in Chicago” kicked off. For the next two-plus hours, those intimately familiar with violence in Chicago and its impacts – including Carlos Yanez Jr. – gave testimony to the committee, then sat for a series of provocative questions and answers.



“Earlier this year, we traveled to New York City and heard directly from victims of violent crime about the consequences of soft crime policies implemented by both prosecutors and radical policy-makers,” Jordan, a congressman from Ohio, declared as he opened the proceedings. “Today, we are in the great City of Chicago, where innocent people are victimized by a justice system that cares more about political correctness than punishing the criminals who harmed them and their families.”

Perhaps this is the moment Lodge 7, its members, all Chicago Police Officers and perhaps those who love living in the City had been waiting for. Yanez was joined at the witness station by retired CPD Lieutenant John Garrido and journalist, political strategist, Fox News contributor and native Chicagoan Gianni

CONTINUED ON PAGE 36



SOUNDS CONTINUED FROM PAGE 35

Caldwell, whose 18-year-old brother, Christian, was killed by that violence in June 2022.

Coming to light would be reasoning for and reaction to information and recent incidents in Chicago. Like Jordan further stating in his opening about what happened over Labor Day weekend, three weeks before the forum. That is when 10 residents were killed and 34 more were shot and wounded, including a 6-year-old boy who took a bullet to the thigh.

“At this table, we need to keep having more of these conversations, not less,” Lodge 7 President John Catanzara observed after all the testimony, questions, answers and statements. “The only way things change is by having uncomfortable conversations in rooms that are not threatening to you, because that’s how you change hearts and minds.”

Sound check

The forum was not supposed to be held here. Originally, it was scheduled for Sept. 25 at another location in the City.

But the date had to moved back, so Lodge 7 was asked about 10 days before the event if it could host. There was just enough time to get the Hall painted and dressed up for national television.

Jordan had been prepping for the event like the college wrestler and wrestling coach he was at Ohio State University. As he progressed through opening remarks, he submitted that the violence resulted from defunding the police, the actions of the former mayor and the Illinois General Assembly passing the SAFE-T Act in 2021.

That led Jordan to articulate the problem on national television by saying, “The result is that 62 percent of Chicagoans now do not feel safe in their city.”

Jordan also made sure to give credit where credit was due for the forum taking place.

“We want to also extend a special thank you to the Chicago Fraternal Police. John Catanzara and your executive board, thank you for the work you do and being present,” Jordan continued. “You guys have been tremendous. We appreciate all you’ve done to help us set this up today, and we support you.”

Sitting to Jordan’s left but seemingly functioning as his right-hand man for the forum, Oregon Rep. Cliff Bentz added to the opening statements, letting everyone know that this was an official committee hearing, “as if we were in Washington, D.C., in the House of Representatives.”

Bentz upped the ante on the forum by recognizing how the

City’s policies on crime have undermined the rule of law and limited the freedom of everyday people.

“These policies emasculate law enforcement and hand over control of a once-great American city to violent criminals,” Bentz added. “And I predict to you as a nation, if we continue on this path of lawlessness, we will lose our freedoms.”

Accordingly, Garrido shared how, after one of the staffers from the committee reached out to him about testifying, he wanted to speak on behalf of his fellow officers to shine a light on the work environment they’re in. Caldwell explained how he had been talking with Utah congressman Burgess Owens, who sat on the judiciary committee in 2022, about the lack of trust and faith that had developed for

Cook County State’s Attorney Kim Foxx.

“He was the one who said we should do a field hearing in Chicago, and he kept conversations going,” Caldwell continued. “I just wanted to ensure that not just my brother’s story can be known, but others as well, knowing that there’s a major microphone on this hearing, and if there’s another family out there who could possibly get justice from me speaking, that’s what I absolutely wanted to do.”

Sounding off

Testimony from Yanez, Garrido and Caldwell lasted approximately five minutes each. To read their full, see page 38. But here are excerpts from their elocutions.

Carlos led off more excerpts speaking in that soft, serious voice members know from the many times he has thanked them all for just being able to be here after what happened on Aug. 7, 2021. He moved a little closer to the mic at his seat to make sure the committee, and those watching from across the country, heard him represent both his constituencies: officers and victims.

We all have seen tragedies resulting from the violent crime wave that has swept through Chicago and the victims who have to live with the pain of it every day, including myself. Being an officer is stressful enough, but now it seems like there is a witch hunt after officers, unnecessarily.

A couple of minutes later, Yanez spoke about what he felt has left him that night with four rounds from the shooter on that night—who, he wanted to make sure the committee knew, never should have had a gun.

The more laws you put into place is only going to up the price of firearms on the street that straw purchases are selling for. Straw purchasers should be charged the same as offenders who pull the trigger.

Garrido then brought some of his 30-plus years of experience to the table along with his view of what is causing the violence.

I’m here today to discuss the adverse effects of politics on law enforcement in Chicago. While law enforcement and politics should operate in distinct spheres, their intersection severely undermines the efficiency and credibility of our police force...compromising our ability to serve and protect.

As he noted that since January 2020, almost 15,000 people have been shot in the City and almost 3,000 have been murdered, Garrido cited another casualty of the violence.

“The problem is it’s become so normalized here that those numbers aren’t even shocking to us anymore.”

Caldwell culminated his testimony by imploring that while his brother's death is a senseless loss, it doesn't have to be a meaningless one. That was merely the emotional crescendo that left Yanez, those in the FOP Hall and some committee members wiping their eyes.

I truly wish that it was not my place to be before you today, but I believe I have no choice. No choice because of the countless people in my hometown, including my own family, who are innocent victims of murder and violent crime. ...Those voices scream out for justice. Many of the elected officials here in Chicago have ignored those voices, and it has come at a great price for the people of the City, not just in blood, but also with treasure and opportunity [of prosperity].

Then, there was this follow-up:

These officials have recklessly ignored the people they were elected to represent. And, as a result, bodies, mostly Black bodies, are littered throughout the streets of Chicago.

And this one:

Policies pushed by the Cook County prosecutor and current and previous mayors have proved to be a death sentence for the people of the City of Chicago.

Sound minds

The second half featured committee members putting questions to the testifiers in "To Tell the Truth" style. Yanez, Garrido and Caldwell were more than happy to expound on some of these issues with their answers. Here are a couple of snippets of the Q&A to get a sense of the response from committee members.

California Rep. Kevin Kiley didn't mince words when he asked Garrido, "To what extent is this attributable to that hangover of the defund the police movement and the toxic, malicious rhetoric that was directed at law enforcement by certain people in public life?"

And the answer was:

This is mission accomplished from the defund the police movement. When I took the exam in 1989 to come on the job, 35,000 people took the test with me. Now, they're lucky that they can get 1,500 people to take the test. It's extremely difficult to recruit right now. And that's all by and large because of the way that our elected officials are demonizing our officers and they're making this job not desirable.

Florida Rep. Matt Gaetz captured the emotion of the morning when he flat-out asked Caldwell, "Is Chicago savable? Or is the City in such a downward trajectory that our only hope is to make sure that these policies don't spread to other places?"

Caldwell apparently already had contemplated his response:

That's something that I've thought about a great deal since last year. Absolutely, it is savable. But if the leadership doesn't start changing, if the folks in Chicago don't start voting differently and demanding justice versus becoming numb to what we see as a daily slaughter, than we can't get anything done. We can't have movement.

That all said, let's cut to the post-game analysis.

Caldwell expressed sentiments of, well, hope in assessing the scene and what went down during the previous two-plus hours.

"I was sitting next to heroes who would put their lives on the



John Garrido and Carlos Yanez Jr., left, before testifying at the forum on "Victims of Violent Crime in Chicago."



With Lodge 7 President John Catanzara behind him and members of the U.S. House Committee on the Judiciary flanking him, Carlos Yanez Jr. answers questions from the media covering the forum on "Victims of Violent Crime in Chicago."

line to protect citizens of Chicago, knowing that it's a very dangerous job, and it's more dangerous than in most cities," he expressed. "So I was honored to be with them and to give testimony. I'm sure that the committee was able to get some answers to questions that people have been wondering."

Yanez stated his hope with a more direct need.

"I really hope there's accountability," he avowed.

Garrido simply put his hope squarely on the shoulders of the voting public.

"You've got this small portion of the electorate that are putting in politicians that don't have our public safety or the well-being of the officers in mind," he conveyed. "So hopefully, we can pull together. I know I'm probably beating my head against the wall, but you can't not do it. Never surrender."

In the post-forum press conference, Jordan shared that he was impacted by how the powerful testimony illuminated the hit morale in the Department has taken. And as he was asked about how to get the message to where it can really affect change – Governor Pritzker, Attorney General Kwame Raoul, Foxx and others—Jordan provided an actionable closing statement.

"I think they need to have that conversation with Officer Yanez, Lieutenant Garrido and Mr. Caldwell," Jordan challenged the Illinois politicians. "That's why we had these three amazing individuals as witnesses today, to hopefully start that conversation and move policies in a sane, common-sense direction."

This is the Violence Talking

What did the three wise men who gave testimony say during the forum on “Victims of Violent Crime in Chicago?” In order of appearance, here’s a look at the insight they brought that can hopefully make some changes. Note that these have been edited for readership time and impact.



Carlos Yanez Jr.
Chicago Police Officer
Chicago Lodge 7 Trustee

We all have seen tragedies resulting from the violent crime wave that has swept through Chicago, and the victims who have lived the pain of it every day, including myself.

I am blessed to be speaking before you all today after what happened to my partners and me on the night of Aug. 7, 2021. While conducting a traffic stop, a repeat offender fired upon us without remorse or hesitation with a firearm acquired by a straw purchaser. Killing one of Chicago's finest police officers, my partner, my friend, Ella Grace French.

I was shot a total of five times, four of them in the head. I lost my right eye and some of my hearing in both ears. I also have tinnitus in my right ear, as well as being partially paralyzed on the left side of my body.

It was my dream to become a Chicago Police Officer for as long as I can remember. Then, in August of 2014, my calling became a reality. I was then assigned to the 7th District, where I've spent most of my career. I had the honor of learning and working among some of the greatest officers and supervisors,

who became family to me. To see their commitment to serve their community and to respond to dangerous situations without hesitation every day, I gained even more pride toward the badge.

Under Mayor Lightfoot's administration, the Department disbanded gang, gun and saturation teams and combined them into what is now known as the Community Safety Team, created to protect residents from escalating violence due to the riots 2020. With all-new policies and procedures put into place, officers find themselves with their hands tied. Being an officer is stressful enough, but now it seems like there is a witch hunt after officers.

Cook County also has issues under Kim Foxx's administration. Cook County has become a revolving door. Officers continue to lock up violent offenders, but then we find them back on the street committing even more violent crimes, including murder. I just hope we elect someone who is going to demand accountability this next term.

As for making stricter gun laws, Illinois already has one of the strictest gun laws, which only law-abiding citizens follow. But the more laws you put into place are only going to up the price of firearms on the street that straw purchasers are selling. I say we enforce the laws that we have on individuals that are illegally in possession of a firearm and make it a minimum of three years in jail automatically. Straw purchasers should be charged the same as the offenders who pull the trigger. It is time to stop coddling criminals and holding them accountable for their actions. Only then will they stop and think before they carjack, rob, shoot or kill a law-abiding citizen.

Certainly, we have many other issues contributing to many victims of violent crimes in Chicago. I pray this committee, and everyone listening, hears this testimony I have given to you today and takes the proper action needed to address these issues.

Thank you, members of the House Committee on the Judiciary, for allowing me to give you my perspective as a Chicago Police Officer and as a victim of violent crime. God bless all the officers doing their job around the country, and be safe. God bless you all.



Lieutenant John Garrido
Chicago Police Officer

Thank you all for giving us the opportunity to shine a light on what's happening here in the city of Chicago. I'm here today to discuss the adverse effects of politics on law enforcement in Chicago. While law enforcement politics should operate in distinct spheres, their intersection severely undermines the efficiency and credibility of our police force.

As politicians prioritize ideological goals or evidence-based practices, it puts our officers in a difficult position. They become pawns in a large political game, forced to enforce laws and policies that may not necessarily serve the best interests of our community and public safety. Political agendas also heavily impact how resources are allocated in our Department. The defunded police movement has had dire consequences. The result is a Department that is both underfunded and understaffed,

compromising our ability to serve and protect.

We often hear that the silent majority supports the police. Unfortunately, our silent majority here in Chicago is asleep at the wheel. Despite having more than 1.5 million registered voters here in Chicago, nearly 1 million stayed home during the last mayoral election. The result is allowing a radical minority electing politicians with agendas that don't serve the broader community's interests.

We have a mayor who actually scolds reporters for demonizing children when asking questions about the mobs of teens that regularly rampage through our downtown business district, destroying property and stealing anything they can get their hands on. Lack of voter interest has given us legislators who changed the threshold for felony theft from \$300 to \$500 and Kim Foxx, who increased it from \$500 to \$1,000.

State legislators also passed the 800-page SAFE-T Act in 2021, that gave us the no-cash bail that went into effect last week. On the first day of no-cash bail, individuals charged with violent crimes were released without any restrictions. Two people were charged with robbery, and a guy was accused of punching a Chicago Police Officer in the face, and they went home without any bail. And there was no request by the prosecutor for a detention hearing. Another offender was sent home without any restrictions after being accused of attacking four police officers and sending two to the hospital. Yet again, the prosecutor's office did not ask for any detention hearing.

Chicago politicians also often make sweeping generalizations that don't reflect the complexities of law enforcement. These same politicians publicly referred to our police department as systemically racist. This not only undermines the public trust but also affects officer's morale and effectiveness. Constant political interference has had a detrimental impact.

CONTINUED ON PAGE 40



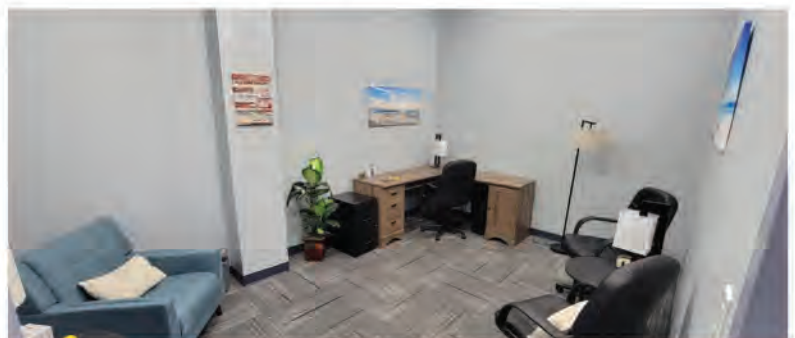
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The one thing that she said afterward was that she thought she was going to die, and she knew that she should shoot him. But she chose not to because she didn't want her family and the Department to go through scrutiny that would be made public the next day and lose.

And it's not just laws that make our communities unsafe. These elected officials have discarded experience and use race and gender to select leaders of our department. The last superintendent, David Brown, was probably the worst of all. He brought us scarecrow policing, excessive canceled days off that exhausted our officers, politically motivated punishments and penalties for minor infractions and promotion after promotion of inexperienced officers based solely on their gender and color of their skin.

Chicago and Illinois politicians have come together to create a toxic work environment like we've never experienced before. These policies and legislation have made our communities less safe and made it even more dangerous to be a Chicago Police Officer.

We can't afford to let the silent majority sit quietly anymore, and I hope hearings like this can get the word out that elections have consequences, and they need to start paying attention to who they're voting for and who they're putting into office. Because the consequences so far have been devastating.



Gianni Caldwell
Political Strategist
Fox News Contributor
Native Chicagoan

I truly wish that it was not my place to be before you today, but I believe I have no choice. No choice because of the countless people in my hometown, including my own family, who are innocent victims of murder and violent crime. Those who are shot, robbed, carjacked, or even worse. Those who've had multiple people in their family murdered in Chicago. Those voices scream out for justice.

Many of the elected officials here in Chicago have ignored those voices and it has come at a great price for the people of the city, not just in blood, but also with treasure and opportunity, as multibillion-dollar businesses flee Chicago, taking millions of dollars in tax revenue with them.



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Kim Poulos is a Registered Investment Advisor with over 25 years experience in the financial industry and from a police family (CPD). She also conducted Financial Wellness Classes for CPD.



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We know this has happened in part to the policies of the Cook County state's attorney, Chicago's most recent mayors, the governor and other politicians throughout the state of Illinois. These officials have recklessly ignored the people they were elected to represent.

I unfortunately understand the pain of thousands of victims whose families have been destroyed. On June 24 of last year, I received a call that my innocent, teenage baby brother, Christian, had been murdered. Shot down in the street by a stranger when a group of men stepped out of a black SUV and fired into a crowd on 114th Street. The police have repeatedly said my brother was not the target, that he just happened to be at the wrong place at the wrong time. But like far too many Chicagoans, my brother Christian had the potential to do well in life.

Christian will never have the opportunity to go to college or to get married or to have kids or to build a career. And so many other youth in Chicago have experienced the same reality. I refuse to capitulate to the idea that Christian has just become another Chicago statistic, one of the hundreds of homicides in Chicago in 2022. There's an abundance of potential in Chicago among our youth and old alike. Unfortunately, much of that potential lies in graveyards across our city.

The soft-on-crime policies that many of you know about here are laws like the SAFE-T Act, which ends cash bail and allows criminals back on the street to commit more crime, and the "No Chase Policy," which constrains the police from doing their jobs. Policies pushed by the Cook County state's attorney and current and previous mayors have proved to be a death sentence for the people of the city of Chicago.

What started off as perhaps a noble cause for criminal justice reform has become justice for the criminal. It is our police who have been handcuffed. The criminals no longer live in fear of arrest or prosecution. The elected officials here have systematically endangered the lives of all Chicagoans, but especially

those of color, the marginalized, who they claim they care about the most.

We need help. Congress must use its power to place restrictions on the funding received by local governments to ensure elected officials are focused on what should be their number-one priority: the protection of its citizens.

Pass legislation that supports community policing, which emphasizes building much-needed relationships between law enforcement officers and the communities they serve. The First Step Act, a law that I lobbied for personally, provides funding for programs that help people who have been incarcerated successfully reintegrate into society. Congress could increase funding for the Second Chance Act to help reduce recidivism rates.

My love for Chicago is infinite and unconditional, and it will always be home. But my family and no family should go through what I've experienced this past year. We have more resources than any nation in history. Why aren't we using those resources for people who need it the most?

Why are we allowing our cities, from Chicago to New York to Los Angeles to Baltimore to Oakland to Philadelphia to San Francisco, to remain dangerous kill zones while migrants are traveling from across the world to Chicago for a sanctuary city pass? There continues to be no sanctuary and no peace for the very people who call Chicago home their entire lives.

Today, I'm here to demand justice and accountability, not just for my baby brother, but for the thousands of other Chicagoans whose names we may never know. I implore you to exercise your full power and resources. Christian's death is senseless. It's a senseless loss, but it doesn't have to be a meaningless one. Please make him one of our last victims and help us save the people of Chicago.

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Power Walking

As a few inspired participants join Rob Swiderski on the third annual Operation Serve and Protect walk, the mission to raise suicide awareness for Chicago Police Officers keeps on trekking

■ BY ESTHER GONZALES

Waving a Chicago Police Department flag, Rob Swiderski walked through the 7th District. Doug Woods, a CPD recruit, walked beside him, followed by a red and white car emblazoned with the crest of the Polish American Police Association (PAPA), which escorted them on the first 11 miles of their walk on Sept. 20.

Suddenly, a voice rang out.

Across the street, a Chicago resident noticed the flag Swiderski carried. He yelled to Swiderski, asking what he was doing.

Swiderski explained that they were on a nearly 48-hour walk covering 74.5 miles through each of the 22 CPD districts in support of suicide awareness and prevention for Chicago Police Officers. This was the third year that Swiderski has made this pilgrimage, which is part of Operation Serve and Protect.

Excited by the mission, the young man asked if he could join their cause.

For 2 miles, the 19-year-old walked with Swiderski and expressed his own support and gratitude for Chicago Police Officers. After hearing his encouraging words, Swiderski invited him to share his message at their next stop.

“You deserve all the appreciation you get,” began the young man’s message to officers in the 6th District, which was posted to Facebook. “You are cherished. You are loved.”

The Chicago resident’s message reflected one of the reasons Swiderski, the son of a retired Chicago Police Officer, takes this walk.

“We were told by the officers over and over again that this is so desperately needed,” Swiderski related. “Every time I heard that, I was so grateful that my team members were able to be the catalyst of those words of encouragement and hope for the officers.”

Beginning the walk at his parents’ home in the 8th District, Swiderski strapped on a blue weighted vest filled with pennies. It is the same one he carried last year to symbolize the invisible weight of the mental health struggles officers battle. Swiderski was first inspired to carry pennies by the famous saying “A penny for your thoughts.”

This year, he carried 9,000 pennies.

“The 9,000 pennies represented the nine officers that took



The Operation Serve and Protect walk to raise awareness of suicide began on Sept. 20 at Rob Swiderski’s parents’ home in the 8th District.

CONTINUED ON PAGE 44



Lodge 7 President John Catanzara wears the weighted vest filled with thousands of pennies that Rob Swiderski wore as a symbol of the invisible weight of mental health.



From left, Chicago Police Department recruit Doug Woods, Rob Swiderski and Chicago Lodge 7 President John Catanzara carry flags during the last three legs of the Operation Serve and Protect walk, in the 18th, 19th and 1st districts, to raise awareness of law enforcement officer suicide and prevention.



A supporter joins the Operation Serve and Protect walk, carrying the American flag and a backpack with photos of military personnel who were lost to suicide.



Rob Swiderski, founder of Running for Blue Lives, talks to Chicago Police Officers in the 6th District during a stop on the Operation Serve and Protect walk.

POWER CONTINUED FROM PAGE 43

their own lives over the last 18 months and the thousands of thoughts they had that led to that final thought of taking their own life," Swiderski explained. "This also means that we have a thousand opportunities to check in with one another and a thousand opportunities to be responsible for our own mental health and wellness."

But this weight was one that Swiderski did not carry alone. For 7 miles, Woods strapped on the vest, which weighs 50 pounds.

When Woods first heard about the walk from a fellow recruit, he said he felt compelled to accompany Swiderski to the very end. And when the task began to feel heavy on his shoulders, Woods expressed how Swiderski became a source of inspiration for him to continue pressing forward.

"Mile by mile, Rob and I were each other's motivation," Woods commented. "Rob made me believe that this can be done. With his blessing, I was able to not dwell on the number of miles we were walking, and I just knew this was achievable."

Throughout their journey, Woods felt impacted by Swiderski's encouragement and marveled at the way he spoke with such sincerity to Chicago Police Officers.

"At every stop, he brought that same positive reinforcement to the officers," Woods recalled. "He gave them hope and let them know that they're not in this fight alone. They have people who support them."

During the last three legs of the walk, Lodge 7 President John Catanzara shouldered that burden as well. He strapped on the vest, which now held 5,000 pennies because Swiderski had left some of them behind in the districts to help raise awareness.

"At that point, it was about half the weight of when he started," Catanzara explained. "I really thought I was going to struggle, but it wasn't bad."

Seeing Catanzara shoulder that weight was like a ray of hope for Swiderski.

"It's encouraging for me that I have a friend who I can turn to in times of need," Swiderski revealed. "And I'll be honest, that's been one of my struggles with regard to my own mental health. I have this stigma of my own that I have to do it all on my own. And the essence of what we're doing here on the walk is wanting officers to know that they don't have to go about it alone, they can turn to a friend, a partner or a family member and relieve some of that burden that they carry. And that's what John did for me."

For a portion of the walk, PAPA President Thomas Sieja, who



Participants in the third annual Operation Serve and Protect walk are escorted by a Chicago Police Department vehicle during the late hours of the walk.

has been on the job for 16 years, escorted Swiderski and his team. Bringing the association's car seemed like an opportune way to show support for Swiderski, who is also a PAPA member, and Chicago Police Officers.

"I see and know what these people go through after seeing such catastrophic events, whether it's in the jail or on the streets of Chicago," Sieja commented. "Sometimes it's a very traumatic place to work, and those things stick with you."

As Swiderski arrived, Chicago Police Officers participated in the ritual of lining the sidewalks in front of the 6th District. They welcomed those on the walk with snacks and water and listened



Rob Swiderski prepares for the start of the third annual Operation Serve and Protect walk to each of the CPD's 22 districts on Sept. 20.

to the message Swiderski imparted.

"The welcome at each of the locations was really awesome," Sieja described. "You could tell it was very heartfelt. Officers seemed very happy that someone was doing something of this nature."

In the background, Sieja witnessed countless expressions of gratitude that reminded him why this walk was so needed.

"It's definitely something that not many people want to have an open discussion and talk about," Sieja added. "But the

CONTINUED ON PAGE 46



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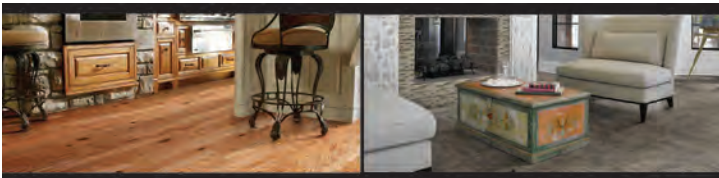
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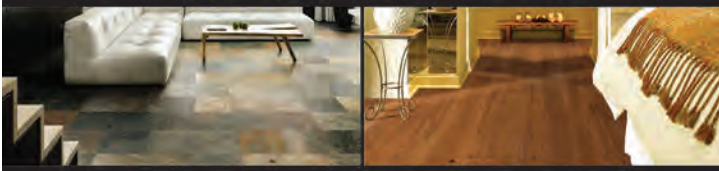
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POWER CONTINUED FROM PAGE 45

reality is there, and we definitely need to do better to take care of one another within the law enforcement community.”

Swiderski’s three-day journey, with its message of hope and encouragement, began with a statement that he believes police officers are ordained by God to protect and serve, and this is work they are called to do.

Then, after asking a local pastor to say a prayer for Chicago officers, Swiderski delivered handwritten thank-you letters, which he had received from hundreds of people across the country.

“These letters revealed to the officers that they really are loved, they really are appreciated, they really are the heroes,” Swiderski noted. “And that helps the officers create a true identity and see who they really are for us in the world.”

With only a few miles to go, Chicago Lodge 7 Trustee David DiSanti joined the walk from the 18th District to the 1st. He heard car horns honking and saw residents passing by, nodding their heads in approval and giving a thumbs-up.

“As I’m walking, I’m thinking about the changing attitudes to mental health that we’ve seen over the last few years,” DiSanti remarked. “There has always been a stigma, but now it’s more acceptable to get help, and more police officers are getting help.”

Watching officers express their appreciation for this kind of support, DiSanti reiterated why he chose to once again take the walk with Swiderski.

“My motivation is supporting our officers in any way possible,” DiSanti added. “There’s resources out there, and there are people that care, who want to help without judgement.”

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True Support

Chicago Police Foundation continues its unending support for CPD



■ BY ESTHER GONZALES

Allan Reich, who became a Chicago Police Foundation (CPF) board member in early 2023, remembers living in the City during the anti-police riots of 2020. Witnessing those moments compelled him to want to do more to support officers.

"All too often, we don't recognize our police to the extent that they should be for the contributions that they make," Reich explained. "[In 2020,] I recognized, and I think a lot of citizens recognized, that in any way that we can provide support, we ought to. The Chicago Police Foundation is a perfect vehicle for doing so."

Founded eight years ago, the CPF is an independent nonprofit organization dedicated to funding programs and providing equipment for the Chicago Police Department. To date, the CPF has raised more than \$7 million to support the CPD and improve the City's public safety.

The foundation's board members are committed to investing in the CPD, whether through funding saddles for the CPD Mounted Unit, offering mental health support, preparing and donating emergency Law Enforcement Medical and Rescue (LEMAR) kits, donating to youth programs or providing new ATVs and command vehicles.

The LEMAR kits the CPF has provided enable Chicago Police Officers to save countless lives. The latest watershed from the CPF is the effort Reich led to give students the opportunity to pursue college through the Ella French Scholarship; the foundation raises hundreds of thousands of dollars at the scholarship's signature fundraising event, the True Blue Gala, which this year will take place on Nov. 4 at 6 p.m. at the Four Seasons Chicago.

"If the Chicago Police Department needs something, we get it to them," expressed CPF Chair Rick Simon, a retired Chicago Police Officer who is the president and chief executive officer of United Service Companies. "The Chicago Police Foundation is proud to serve those who serve us."

A new board member, Michael Distasio, founder of Valor Advisers, which offers financial advice and support to first responders and their family members, is from a long line of law enforcement officers. As he was brought into the fold, he found it was hard to ignore the incredible amount of passion the board members have for helping Chicago Police Officers.

"They do this because they want to and they believe in it," Distasio expressed. "They're putting in their own time and money

to make it happen. To me, there's no bigger compliment than the amount of passion that everybody here has."

One of the CPF's current initiatives is funding quiet rooms for each CPD district to give officers a place to get away from the grind and the demands that come with every tour. Quiet rooms are part of the Department's initiative to give officers more resources to focus on their mental health and wellness.

"It is a place for them to unwind," Distasio explained. "If they had a really crazy shift and they just need to take a minute to relax or clear their head, they're going to have a spot to do that now."

Recently, the CPF has also continued its support for Chicago Police Officers by donating new equipment, including \$110,000 worth of new helmets, tack and saddles for the CPD Mounted Unit, \$10,000 for a new ATV and a \$135,000 donation to the National Alliance on Mental Health.

"Our goal is to work hand-in-glove with the police department," Reich commented. "We want to help fill in the gaps and the needs that the Department has but are just not within the budget."

One of the most impactful resources for officers is the LEMAR first aid kits, which CPF purchases and distributes to officers. Traveling to different departments across Chicago, Distasio repeatedly hears just how valuable these kits have been in saving the lives of innocent civilians, other law enforcement officers and even violent offenders.

Distasio added that he believes it is important now more than ever to remind officers just how much the CPF supports them.

"When I talk to officers about what we do in the foundation, they're beyond grateful, and you can tell it makes a difference in their day," he said. "They're very happy and very grateful that there are people who still believe in them."

Since the foundation's inception, its signature gala has been a catalyst for raising donations for its mission. For the past seven years, the gala has been attended by hundreds of community leaders and business owners, who raise critical funding for training and safety equipment for the CPD.

Along with raising donations to purchase the LEMAR kits, this year the gala will also fund the Ella French Scholarship. Reich reflected upon the message he hopes events like the True Blue Gala emphasize to officers:

"We care," Reich submitted. "And we appreciate what they're doing every day."

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Finding Light in Darkness

Another rousing Chicago Police Memorial Foundation Candlelight Vigil honors CPD's fallen

The blue lights shining from Soldier Field and radiating across the city signalled that one of the most significant and emotional events in Chicago each year was about to take place.

And as the CPD Honor Guard marched in with the colors, and the placards showing the 600 officers lost in the line of duty stood for all to see, the Chicago Police Memorial Foundation's annual Candlelight Vigil began on Sept. 6.

Names added to the Gold Star Families Memorial as part of this year's ceremony included: Officers James Svec, Joseph Tripoli and Joey Huerta, who were lost to COVID in 2021. And Officers Andres Vasquez Lasso and Aréanah Preston, who were shot and killed in the line of duty this past spring.

As the 600 names were called and officers held their ceremonial lights, with each name a tear was shed, a head was hung and the sharp reminder of loss was back to the forefront.

One of those names, the 600th and final one read, was



Aréanah Preston, the 24-year old lost in May just days before her graduation from Loyola University of Chicago's master's program.

Preston's mother Dionne Mhoon was in attendance to see Preston's name added to the wall. She stood hand in hand with officers to see her daughter memorialized.

As much as anything that happens each fall in Chicago, the CPMF will continue to call those 600 names of the fallen so those heroes will never be forgotten.



The CPD Honor Guard walks in with colors for the Chicago Police Memorial Foundation Candlelight Vigil on Sept. 6.



Dionne Mhoon uncovers the name of her daughter, Aréanah Preston, as it is added to the wall at the Gold Star Families Memorial.



Elizabeth French, mother of Ella French, hugs Dionne Mhoon, whose daughter, Aréanah, was lost in the line of duty in May.

25th District teams up with local high school on suicide prevention

September marks National Suicide Prevention Month. Members of the 25th District answered the call to action last month by partnering with students at Prosser High School. Together, officers and the teens built a heart wall to raise awareness for what has become a crisis.

Officer Jesus Magallon and others led the charge. After meetings with Prosser Principal Sandra Shimon and Area 5 Youth Services Coordinator Yesenia Rodriguez Morales, they decided something had to be done during National Suicide Prevention Month.

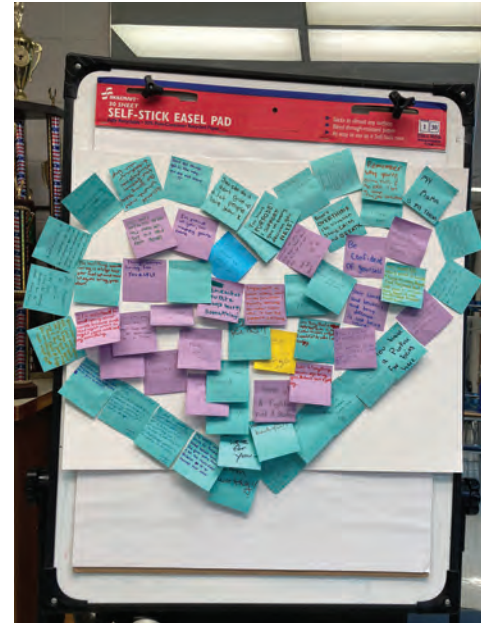
“We wanted to create a fun, meaningful way to show support and create a message too,” Magallon explained.

And thus, the idea for the heart wall came to life. Each student responded to a prompt on a sticky note, such as, “Leave a positive message to brighten one’s day” or “What is the best thing you could say to someone when they need support?” and then they placed the notes in the shape of a heart.

Magallon is a former Chicago public



school teacher and says he knows what it’s like to watch kids struggle with mental health and how important checking in with them can be.



“Just being able to make sure that our youth have these resources and our support is essential, and that we’re working together to reach our youth,” he said.



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Members walk the walk for Domestic Violence Awareness Month

October marks Domestic Violence Awareness Month, but members in the 5th and 6th districts were already taking steps to help victims.

On Sept. 23rd, the districts participated in the Area 2 Domestic Violence Awareness Month Walk and Resource fair, educating their communities about how they can help themselves or others in the event of abuse.



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Tributes for CPD fallen officers

In a formal ceremony and an outdoor memorial roll call, the lives of Chicago Police Officers who died in the line of duty were honored recently.



CPD Star Case

On Aug. 31, six of the city's finest — Officers Dennis F. Collins, Charles A. Hibsch, Jose Huerta and James Sven, along with Sergeant Francis J. McGraw and Detective James Tripoli — had their badges added to the Honored Star Case at police headquarters. The event allowed families the opportunity to place their loved one's badge in its final resting place.



Memorial Roll Call

On Sept. 18, officers and the community gathered for a memorial roll call to pay tribute to Officers Benjamin Perez and Bernie Domagala, who died in 2002 and 2017, respectively. The event also featured the recipients of the Benjamin Perez & Bernard "Bernie" Domagala Memorial Scholarship, which was awarded to two young people.



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Not one, but two lives saved in one night for CPMF award winners

Patrolling solo in the early morning hours of July 20, Officer Frederick White heard the staccato of gunfire that told him someone was firing multiple gunshots using a high-capacity firearm. He immediately drove toward where the gunfire originated.

So began a hectic few hours for White and fellow Officers Theresa Deprieto and Hoong Giang, as well as Lieutenant Alejandro Cabral and Sergeant Samantha Clarke, who all helped save the lives of two gunshot victims. Their collective actions earned them the Chicago Police Memorial Foundation's Officers of the Month Award for September.

In the first incident, White arrived in the 700 block of South Albany to find a 40-year-old man bleeding from multiple gunshot wounds to his chest, arm, hip and lower back. Cabral and Clarke were also on the scene, and the trio immediately took life-saving steps. They applied two chest seals and assessed the man's other injuries while waiting for medics, who were on their way. Paramedics soon transported the man

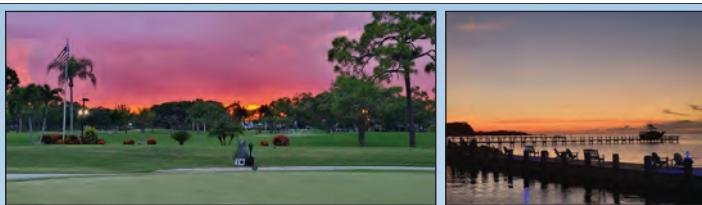
to the hospital for emergency care. Authorities said the man survived.

Less than two hours later, Deprieto and Giang, along with Clarke and Cabral, discovered the victim of a drive-by shooting inside the lobby of a building in the 3300 block of West Maypole. The man had suffered three gunshot wounds to his right leg, wounds that were bleeding profusely.

The team of four understood the severity of the injuries and took quick action to apply a tourniquet and pressure gauze to stop the bleeding.

During the September awards ceremony, CPMF Executive Director Phil Cline praised the officers for their bravery and decisive actions that saved lives during some tense moments.

"On the midnight shift in July ... the officers' skill and dedication kicked in when faced with human suffering and potential loss of life," Cline said, also recognizing Clarke and Cabral in the name of teamwork. "You represent the best in policing and humanity."



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Special tributes to Aréannah

More than four months after her tragic death in the line of duty, Officer Aréannah Preston remains top of mind across the City, the Department and the many people whose lives she touched.

To honor Preston's memory and service to Chicago, two tributes were held in September to cement her legacy. Those special moments included the unveiling of an honorary street sign at 82nd and Blackstone in the Avalon Park neighborhood and her addition to the Gold Star Memorial Park wall, where Preston became the 600th fallen Chicago Police Officer to have her name etched into the monument.

The Chicago Sky also honored Preston, who died in May, during a September game at which the team recognized the work of the Peace for Preston Foundation to support youth in the community.



8th District members remember 9/11 with students

As part of Sept. 11 activities around the city, 8th District officers were the honored guests at first responder recognition assemblies held at Nathan Hale and Zizumbo schools. The students recognized the officers for their hard work and dedication on a day when the sacrifices of law enforcement take center stage each year.

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The primary focus of most physical therapy services is to improve daily functionality by increasing mobility and minimizing discomfort. During an evaluation, a physical therapist will assess everything from your posture and walking to your strength and balance to determine the root cause of your movement issue.

Clinicians can then incorporate various hands-on manual therapy techniques, including soft tissue massage and joint mobilization. These methods are aimed at improving the quality of motion in certain body parts. Another key component of physical therapy is performing supervised stretches and exercises in the clinic that are designed to help improve strength and endurance. Other services include cupping and trigger point dry needling to target specific muscles and aid in the body's healing process.



One of the most unique things about working with a physical therapist is their focus on injury reduction and prevention. Similar to a skilled mechanic who works to find out why your

vehicle ran poorly in the first place; a skilled physical therapist looks to determine what is causing your movement problem in order to address it directly.

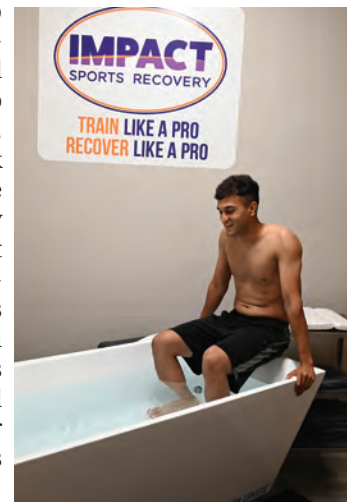
For example, a patient's knee pain could, in part, be stemming from a weakness in the hips or a lack of stability at the ankle joint. While it is key to directly treat the knee itself, it is just as essential to address the hips and ankles to prevent the knee pain from coming back down the line. It is also important to recognize that there can be multiple factors contributing to a single issue. With these variables in mind, a clinician will design a personalized treatment plan that considers all your rehab goals.

Another huge component of physical therapy is patient education. Whether it is discussing ways to modify one's workplace setup or teaching someone how to lift a box without pain, it is our job as healthcare professionals to provide guidance and be a resource for information that will help improve your quality of life.

From an exercise standpoint, physical therapists and athletic trainers specialize in coaching you to perform movements with proper technique, while avoiding discomfort to ensure that you are confident and comfortable performing exercises between sessions to build lasting changes and improvements.

Above all, it is our role as providers to know where our patients are on their health and wellness journey. When seeking care from a physical therapist, we take into account the different variables in your life that may impact our plan of care. We are dedicated to aiding you in successfully achieving your goals so you can return confidently and pain-free to your regular, everyday activities.

As a reminder, IMPACT also has a sports recovery component for those who may not need physical therapy but want to reduce any minor aches/pains, prevent injury and bounce back quickly after a tough day on the job. IMPACT Sports Recovery has numerous state-of-the-art recovery tools including Normatec compression boots, arms and hips, cold water immersion tubs, Hyperice massaging tools and access to licensed physical therapist and athletic trainers for any additional body work that is needed.



In celebration of physical therapy month, mention this article in October and receive a complimentary injury screen.

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Police Sergeant's Exam (October update)



ASK DR. BERNSTEIN
DR. JEFF BERNSTEIN

- Employee Resource E05-05 states that to be eligible to take the examination, all applicants must have completed their probationary period and served an additional two full years as an active career service Chicago Police Officer on or before the designated date listed on the application.
- To be eligible for promotion, an applicant must have completed his or her probationary period and served an additional five full years as an active career service Chicago Police Officer prior to the date the Department member is ordered to report for pre-service training.
- To be eligible for promotion, the Department member must have received 60 semester hours (90 quarter hours) of credit from an accredited college or university prior to the date the member is ordered to report for pre-service training.

What are the requirements for the rank of sergeant? Lieutenant?

- Employee Resource E05-05 states that to be eligible to take this examination, all applicants must have 18 months as an active career service Chicago Police sergeant on or before the designated date listed on the application.

- To be eligible for promotion, an applicant must have served three full years as an active career-service Chicago Police sergeant prior to the date the Office of Public Safety Administration Human Resources Division posts the lieutenant pre-service training notice via the Administrative Message Center.
- To be eligible for promotion, must have received a bachelor's degree from an accredited university prior to the date the member is ordered to report for pre-service training.

What is the Bernstein tentative training plan for the sergeant's exam?

We will start with an online diagnostic 100-item pre-test. This will tell you where you are strong and where you are weak. I will put out advance online reading list assignments for part 1 and 2. I will also release select video and audio files. Our tentative training plan is posted on our website, www.bernsteintestprep.com. Finally, in regards to our in-person classes, all in-person sergeant classes are either 9 a.m.–1 p.m. or 6 p.m.–10 p.m. The night class is an exact repeat of the day class.

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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RICHARD LIS MEMORIAL SCHOLARSHIP

This is the application form for the annual scholarship drawing of Chicago Lodge #7. The scholarship awards are in the amount of \$1,000.00 each and are given in honor of our late State Lodge President, Richard Lis. There will be twenty names drawn at the November 15, 2023 General Meeting, and we will also draw five additional names, in case some of the winners are not in college or elect not to continue their education. All applications are to be filled out and mailed to: FOP, Chicago Lodge #7, by police mail or U.S. Post to 1412 West Washington Boulevard, Chicago, IL 60607-1821, Attention: Scholarship Committee.

The following rules apply to applicants requesting scholarships:

- Scholarship grants are available to the sons and daughters (including stepchildren) of members of FOP Lodge #7, who will be attending a college or trade school for the first semester of the school year.
- There will be 20 scholarship grants given for \$1,000.00 each on a one-time basis. Payment will be made at our general meeting in January after proof of attendance is received by the Scholarship Committee.
- Scholarships will be available to high school graduates and any student who is presently attending a college or recognized trade school.
- The college attended must be recognized by the North Central Accrediting Association or the trade school must be recognized by the Illinois Department of Registration.
- **Only one** application per eligible child will be accepted.
- The scholarship grants will be awarded on the basis of a **drawing** of the submitted applications at the **November 15, 2023. General Meeting.**
- **Applications may be submitted up to the time of the drawing at the November 15, 2023 General Meeting.**

RICHARD LIS MEMORIAL SCHOLARSHIP FUND APPLICATION

Applicant's First Name: _____ Applicant's Last Name: _____

Member's First Name: _____ Member's Last Name: _____ Unit# or RTD: _____ Star #: _____

Member's Phone: _____ Member's Address: _____ City: _____ State: _____ Zip: _____

Relationship to Applicant: _____ College or Trade School: _____

Mail To: Richard Lis Scholarship Fund., FOP Lodge 7,(Unit 541 via Police Mail), 1412 W. Washington Blvd., Chicago, IL 60607

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