

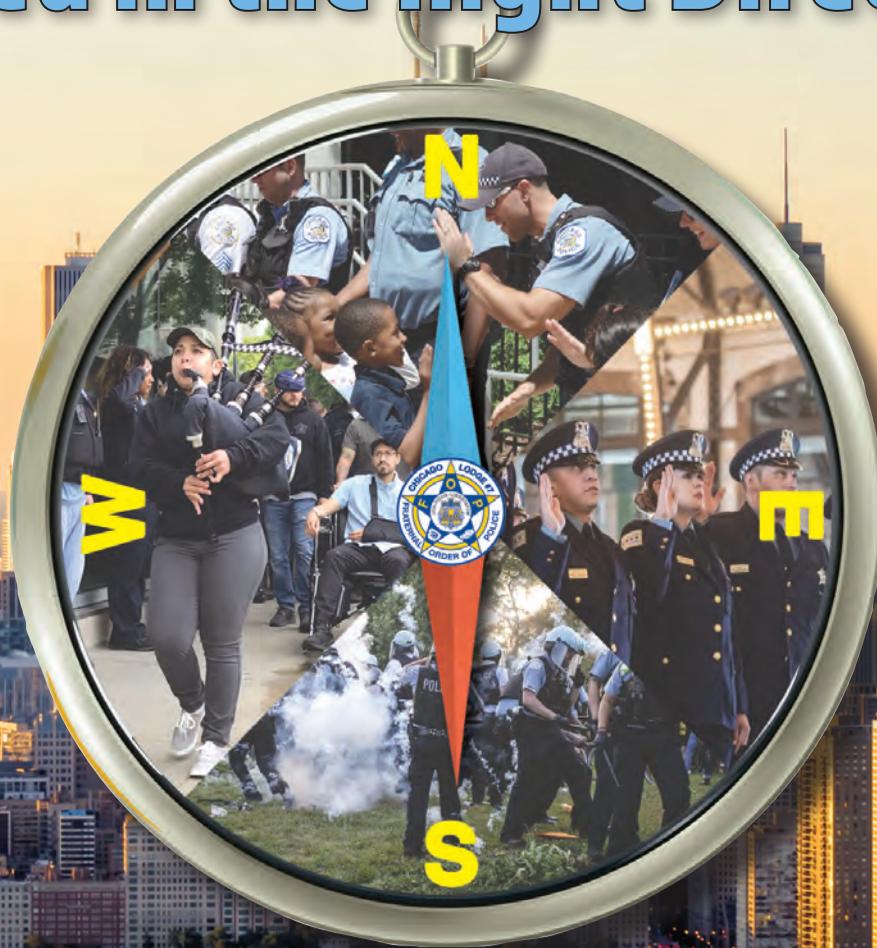


Fraternal Order of Police

CHICAGO LODGE 7

Official Magazine • May 2023

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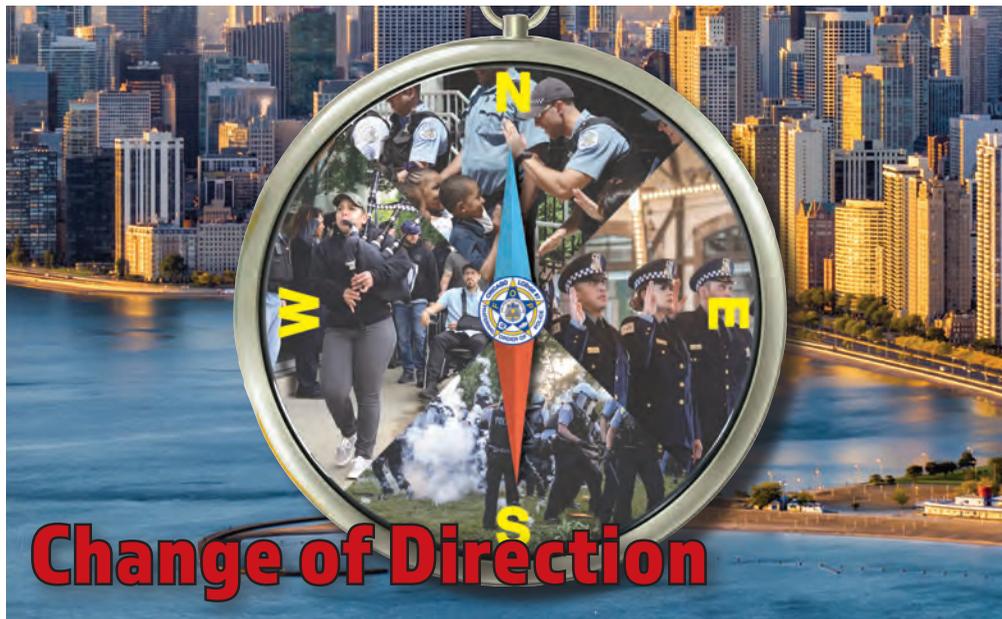
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COVER STORY



Change of Direction

For the past four years, Chicago Police Officers have understandably felt like the Department has been heading south. With the riots, members getting shot and a manpower issue so grave that academy classes have dwindled, there has been little hope of even enjoying a high five with the community. But now there is cautious optimism that a new mayor, a new administration and a new City Council can get the City going in the right direction and make it safer for officers and the citizens they protect and serve.

COVER DESIGN BY GINA CROTCHFELT

A Week to Remember



At Chicago Lodge 7: Officers, members and friends gathered at the Chicago FOP Hall for a stirring ceremony to remember all fallen officers and shared their personal thoughts about what the Chicago Lodge 7 Memorial service meant..... **Page 43**

At the Illinois State Memorial: As the names of three of Chicago's finest were inscribed at the state memorial, family members and fellow officers expressed their feelings about the recognition that had been a long time coming **Page 46**



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CHICAGO LODGE 7

Official Magazine
President's Report



Are we headed for a change of direction or Groundhog Days?



JOHN CATANZARA JR.

Another day, another, well you know what kind of sandwich the City has been feeding us the past four years. But maybe, possibly, hopefully there really are some better days ahead.

Just the other day, Kim Foxx actually announced that she is not running for reelection as Cook County state's attorney. So that was a good day.

We've certainly had our share of days with those sandwiches since things went south in the summer of 2020. As the illustration on the cover of this issue asks, can the City and the Department finally get going in the right direction, as opposed to being stuck in Groundhog Days of depleted leadership, manpower and days off?

My compass tells me two things I can say that are positive: One is that we are starting with a clean slate, and where we go from there is largely up to Mayor-Elect Johnson. And number two, we're all pretty pleasantly surprised with his choice for chief of staff.

Rich Guidice, who led the Chicago Office of Emergency Management from 2019 until last month, has knowledge of the City that can start righting the ship. His experience working in City Hall goes back to the days when we had a mayor steering us in the right direction.

He's not some left wing, ultra-progressive crazy that's giving the new mayor advice. He is a practical voice who understands the way the City is supposed to be run and has been run successfully to many degrees in the past. I think Rich gets it, especially knowing the importance of at least some form of civilian law and order and how important that is to this City's survival.

We have sent out the message that we would like to meet with Rich and Mayor Johnson. And word came back that he is looking forward to meeting me, whatever the hell that means.

But you know rhetoric's one thing. Policy is totally different. So if a lot of what he was touting, if he realizes that when the rubber hits the road, it's not reality or policy, then I guess we have a little ray of light at the end of this tunnel. If everything he said he wanted to do is going to be done come hell or high water, then we're in for a long four years.

The first test is absolutely going to be who he names as superintendent. If selecting Fred Waller as interim superintendent means that he wants Fred to become superintendent, that might give us a pretty good indication about where his mindset is at.

There will be a new day and a new direction if he names a superintendent who has a backbone and is willing to call balls and strikes even when it's hard. And even if it costs him his job.

Second Vice President Dan Gorman and I have been trying to set up a meeting with the panel of people borne out of the Grassroots Alliance of Police Accountability (GAPA) who will be working to identify the three candidates for superintendent to be presented to the mayor per the consent decree. We actually had a long call during which we spelled out a lot of the dos and don'ts from our opinion, the possibilities, the probabilities, and the hell-no's as far as options are concerned.

Another tipping point determining where we are headed will be the new City Council. Congratulations to Lodge 7 member Peter Chico on being elected as alderman in the 10th Ward.

It will be refreshing to have Peter, an officer in the 4th District that is in the 10th Ward, on the floor of the City Council. We've had some great council members who have championed law enforcement causes for us in the last administration. And will continue to do so. But even then, for many of them, it's only coming from their basic understanding of law enforcement.

They are going to get a firsthand experience and commentary from Peter on the floor. He is the real police, which is going to provide a unique dynamic.

What happens with the council will be up to the mayor for the most part, including who will be chairing the Committee on Public Safety. I can tell you that the previous chair who was an officer has not been the real police for several years now.

I would hope that changes are definitely put in place and people who not only understand law enforcement, but who have lived it, are heavily involved. The Committee on Public Safety is one I would expect Peter Chico to be part of and be a great asset to for Chicago Police Officers and the entire city.

And as far as chairmanship, there are certainly some people who've been on that committee for a couple of terms now or who have been outspoken advocates for public safety and could easily

President's Report continues on Page 6

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Second Story: Contract Talk

Mediation and arbitration for Phase Two of the contract were put on hold because of the mayoral election runoff. But the arbitration was only paused for 60 days. We're coming up on the end of that 60-day window, but we are waiting to see who the attorney will be representing the City.

Is Mayor Johnson going to rehire Jim Franczek, or will he continue to go a different route that Lightfoot set in motion when firing Franczek? We don't know that yet, and it leaves us in limbo.

We don't want to keep dragging this out. But the reality is, if it

goes to a new law firm and they don't hire Franczek back, we obviously know it's going to end up getting postponed one more time. There's no way the new law firm's going to be able to get up to speed on the City's proposals.

I wouldn't expect more than a 30-day pause at that point, however, because the proposals are not new proposals. We shall see, but we are ready to move forward with the arbitration and anticipate a ruling from the arbitrator coming as early as June.

PRESIDENT'S REPORT CONTINUED FROM PAGE 5

assume the job. Napolitano, Lopez and Tabares, just to name a few.

A lot really depends on what is actually in the mayor-elect's mind. Is a lot of what he has said just rhetoric to get him elected because he knew that's what people wanted to hear? And he knows in the back of his head that a lot of it's not practical?

Rhetoric cannot become policy. I just can't stress enough how detrimental I think that would be to this city and especially our membership for the next four years. And the mayor had better know or better have someone tell him how our membership is tied to the fortunes of the city.

If he understands that, we have a chance to get going in the right direction again. If not, we're headed straight to hell.

You've have seen the response to it and the way the City has gone to hell under the past administration that has spit all over members. It feels like every fifth, sixth day, two weeks, that another company is saying that they're closing down in the city. They're leaving the city like that march in Bataan. The business base in the city is, what's the right word for it? I don't know if it is dying. It's bleeding. Withering on the vine.

Perhaps you have seen that Chicago is vying to host the 2024

Democratic National Convention. Even though it's going to necessitate a week of long hours and cancellation of RDOs, the benefit of that is it's going to force the mayor to address the staffing shortage issue and the morale issue and make sure that this police department is not only up to the task, but eager for the task.

A happy police force is going to make for a great Democratic Convention. A disgruntled police force is not going to make for a very good Democratic Convention.

Everything I've expressed thus far is the majority of our membership's sentiment. Perhaps the mayor can listen to Alderman Ariel Reboyras, who was the Law and Public Safety Chair in the administration before Lightfoot. He is retiring and in his outgoing speech, he gave a piece of advice to the incoming mayor: work with the FOP on the Council floor.

I think that's a very powerful perspective because he's not worried about any repercussions for his comments, and he understands the importance of the mayor having a solid relationship with the FOP. He could speak freely and just say what he thinks, the way things used to be, where the last four years went wrong and what Brandon Johnson should do to right the ship and really get this city going in the right direction.



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- Michael W, suburban police officer
(Sold his retired CPD Dad's home)



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**May 17****Italian American Police Association of Illinois Taste of FOP**

FOP Lodge 7
1412 W. Washington Blvd.
12 p.m.

For more information, visit <https://www.iapa-il.org/wp-content/uploads/2023/04/TASTE-OF-FOP.pdf>

May 19**Memorial Roll Call for Thomas Wortham IV**

Gold Star Families Memorial and Park
N. Harbor Drive
12 p.m.

For more information, call 312-747-6722

May 21**American Sign Language Training**

Wilbur Wright College
4300 N. Narragansett Ave.
5–7 p.m.

For more information, email akashub@ccc.edu or visit <http://tinyurl.com/WrightC>

May 24**Retirement Party for Lieutenant Carl Interrante**

The Fairway
6676 W. Howard St., Niles
7–11 p.m.

For more information, call 773-791-9420

May 25**Chicago Cubs Annual First Responders Night**

Wrigley Field
1060 W. Addison St.
6:40–10 p.m.

\$44 per ticket; ticket prices may vary

For more information, call 773-404-4202 or email bwilshire@cubs.com

June 1**Alejandro Valadez Memorial Roll Call**

Gold Star Memorial and Park
N. Harbor Drive
12 p.m.

For more information, call 312-747-6722 or email caps.007district@chicagopolice.org

June 3**Brothers of Justice 13th Annual Blessing of the Bikes**

10th District West Lot
3315 W. Ogden Ave.
10 a.m.

For more information, call 312-747-7511

June 3**Spoon River Valley Lodge 427 Third Annual SPV Golf Outing**

Wee Ma Tuk Hills Golf Course
15722 E. Kenabek Trail, Cuba
8 a.m.–5 p.m.

For more information, call 309-256-9071 or visit <https://www.ilfop.org/event-fop/3rd-annual-spv-golf-outing>

June 4**10th Annual River Grove FOP Run/Walk**

River Park Moose Lodge
8601 W. Fullerton Ave., River Grove
8:30 a.m.–12 p.m.

\$30 per person, \$20 for children 12 and under

For more information, visit <https://www.runrace.net/findarace.php?id=231551L>

June 4**Chris Anton Lodge 125 Car Show**

Lake County Fairgrounds
889 S. Court St., Crown Point, Indiana
10 a.m.–4 p.m.

For more information, call 219-308-3288 or email cakey552@yahoo.com

June 10**Gurnee Police FOP Lodge 266 Outrun the Cops! Walk for Kids**

Gurnee Police Department
100 N O'Plaine Road, Gurnee
8 a.m.–12 p.m.

\$30 for 5K run or walk, \$40 for 10K run

For more information, visit <https://www.ilfop.org/event-fop/out-run-the-cops-walk-for-kids/>

June 12**German American Police Association Annual Golf Outing**

Renwood Golf Course
701 E. Shorewood Road, Round Lake Beach
8:30 a.m. start, 3 p.m. dinner

\$110 per golfer

For more information, call 815-756-3291 or visit <https://www.gapachicago.org/wpcontent/uploads/2023/02/gapa-winter-2023-web-pages-3.pdf>

June 14**Chicago Police Foundation Annual Golf Outing**

Tuckaway Golf Club
27641 S. Stony Island Ave., Crete
11 a.m. lunch, 12:30 p.m. shotgun start

For more information, visit <https://www.chicagopolice-foundation.org/2023-golf-outing>

June 14**Troopers Lodge 41 Golf Outing**

Village Greens
1575 W. 75th St., Woodridge
8 a.m.–5 p.m.

For more information, visit <https://www.ilfop.org/event-fop/troopers-lodge-41-golf-outing-4/>

June 17**Chicago Police Memorial Foundation Annual Run to Remember**

Gold Star Families Memorial and Park
N. Harbor Drive
8 a.m.–12 p.m.

\$40 per runner, free for children 12 and under

For more information, call 312-499-8899 or visit <https://give.cpdmemorial.org/event/2023-run-to-remember/e453536>

June 20**Chicago White Sox Polish Heritage Night**

Guaranteed Rate Field
333 W. 25th St.
7–10 p.m.

\$41 per ticket; members who purchase tickets can participate in a pregame parade

For more information, email sgbur@chisox.com or visit <https://www.mlb.com/whitesox/tickets/specials/themes?fevUri=rangers-vs-white-sox-ruc4rpu-301a8fb%2F#polish-heritage>

June 22**Police Chaplains Ministry Blue Mass**

St. Mary of Czestochowa Church
3010 S. 48th Court, Cicero
10:30 a.m.

For more information, email wlatkowski@archchicago.org

June 24**South Bend FOP Lodge 36 Fundraiser for Joe Hamer**

South Bend FOP Lodge 36
25327 State Road 23, South Bend
2–7 p.m.

\$25 per adult, \$10 per child under 12 (suggested amounts)

All proceeds go to assist Joe with current and future medical needs in fighting cancer

For more information, call 574-292-4233 or email jnoonan@phm.k12.in.us

June 25**Stand with Patrick Benefit**

115 Bourbon Street
3359 W. 115th St., Merrionette Park
5–9 p.m.

\$50 per person

For more information, call 708-658-3312 or visit <https://www.ilfop.org/event-fop/stand-with-patrick/>

June 26**Emerald Society of Illinois Annual Rib Fest and Awards Night**

Chicago FOP Hall Lodge 7
1412 W. Washington Blvd.
7 p.m.

For more information, visit <https://www.emeraldsociety-ofillinois.org/events/>

June 26**Michigan State Lodge Golf Outing**

Links of Novi
50395 W., 10 Mile Road, Novi, Michigan
8:30 a.m.–5 p.m.

For more information, visit <https://mifop-foundation-golf-outing.perfectgolfevent.com/>

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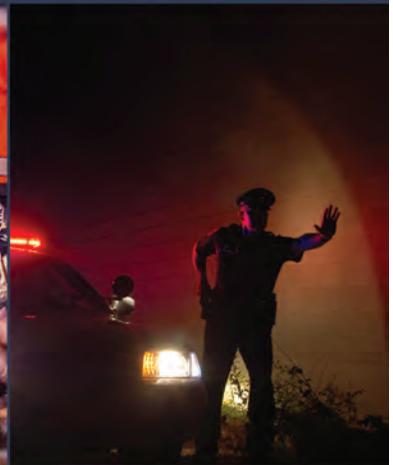
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Make sure your lifeline is in working order



MICHAEL METTE

Well, it is that time of year again: time for the summer shooting season to officially begin. Which means it is time to make sure your lifeline is in good working order. FOP Gun Safety Days will be held at the Hall on Wednesday, May 24 (8 a.m.-5 p.m.) and Thursday, May 25 (8 a.m.-3:30 p.m.).

I know this is beating a dead horse for some, and I wish it were for everyone, but you need to check on your sidearm at least once every couple of weeks — even more frequently during inclement weather. While cleaning your weapon, it is always a good idea to check on some of the common areas where things break, like springs, pins and sights. It is also a good idea to make sure you do not have any extra “things” inside the trigger group, especially with rifles. These are our tools of our trade, and they need to be in good working order every time you put on your uniform.

So if you have not had your duty or off-duty weapons checked by an armorer in awhile, please stop on in and have

them checked out. Last year we had some whoppers come through and had some stressful moments trying to make them safe. We had some laughs after not having any negligent discharges, so this year I am going to have a couple prizes set aside for the top three worst-maintained weapons brought into the Hall. I hope we have a tremendous turnout this year.

May is also National Mental Health Awareness Month. It's buddy check time! Call an old academy buddy or partner you haven't seen or heard from in a while. As the years go by, we can lose touch with friends and family. Now is a great time to reach out and say hello again.

I was able to sit down and talk with someone I used to work with in 011 years ago. Our kids were at a birthday party for a classmate, and we got to sit and chat for a bit. It was great catching up and comparing crazy stories about our kids and life in general.

Life happens, the good, the bad and the ugly. We should love and appreciate the good that life has to offer. It's when the bad and ugly come around that we can get lost in their wake. National Mental Health Awareness Month is a great time to ask about the resources available for you and your families. The department has EAP and Peer Support, as well as the Chaplain's Unit. All three are a great way to get yourself out of the day-to-day rut.

You can also reach out to our partners at the First Responder's Wellness Center. Dr Carrie Steiner and her staff are excellent and easy to talk to. They have locations in Lombard, Lincolnshire and right here at our Lodge. That's right, you can see your clinician at the Lodge on the second floor. It's not so much about who you talk to, but that you do talk with someone.

And don't get discouraged if the first clinician you speak to is not a good fit. You need to feel comfortable with someone in order to open up and get the most out of your time. If you don't feel comfortable, it's time to try another clinician. If you need help finding one, don't hesitate to call.

Finally, keep an eye out for Wellness Days in your district or unit. If you have not had one in your unit yet, reach out to me at the Lodge and I can help you get one rolling. What's not to like about having massage therapists, acupuncturists, therapy dogs and other wellness resources come to you? That's right — nothing.

You are not alone, and you are loved. God bless you for all you do for our great city. Stay healthy and safe.



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Let's get checked



MONICA ORTIZ

Our health should be a priority. Many of us get busy with family, work and life. Officers, like most people, often need to pay more attention to their health, remembering to get annual checkups. Police officers are physically active on a daily basis. Job stress, combined with long and sometimes unpredictable hours, can affect wellness.

The FOP, working with Lifeline Screening, began wellness screenings at our North and South Side locations. The first round of screenings took place from April 10 through April 29, and the second round continues through May 31.

The screenings are offered to Tier 1 officers (hired in 2010 and before) and are now open to officers 39 years and older. Tier 1 officers were sent an invitation by mail to sign up for screenings in March. Officers who are not Tier 1 but are 40 years old or older should receive a call from Lifeline Screening inviting them to participate in screenings.

The following are some questions and concerns we get from members about the screening process:

How long does the screening take? On average, 35 to 45 minutes.

Is there a blood draw? The test is non-invasive. A sample will be taken with a prick to your fingertip.

Who can sign up for screenings? The health screening is for active patrol officers only.

Who will see my information from the screening? The screenings are confidential. Names and test results will not be shared.

In part one of the contract negotiations, the City agreed to provide funding to the FOP to conduct a health fair. With health screenings and early detection of health issues, members can identify and seek treatment early on, avoiding more severe problems down the road.

Our members must participate in keeping insurance costs down with early detection. The health care increase is scheduled for Jan. 1, 2024 and will not occur if it is determined that the results of the health screenings can show adequate health care savings.

Please call the Lodge with questions about the Lifeline health screenings. There is information on the FOP web page under "Latest News."

Be well and stay safe.



FIRST RESPONDERS WELLNESS CENTER



Now providing clinical services at Chicago FOP Lodge 7 • 1412 W. Washington Blvd.

The First Responders Wellness Center is a full psychological services center for only first responders and their direct families. All of the clinicians are former first responders or those who have worked directly with first responders and provide confidential therapy.

"Chicago Police Officers need to learn how to manage their stress because they're exposed to so much trauma. Everyone needs to take care of this. It is a necessity. It is not really an option."

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



Contact: 630-909-9094 or email at info@firstresponderswellnesscenter.com

You can also see us at

South Side Location: 477 E. Butterfield Rd. Suite 408-410, Lombard IL 60148

North Side Location: 540 Frontage Rd. #2125, Northfield, IL 60093

Use-of-force orders a no-go



ROB NOCEDA

A few weeks ago, I was asked to sit down for two hours with the department to go over nine different orders: use of force, de-escalation, TRR, firearm discharge, OC spray and taser, department review of use of force, response to resistance and force options. I prepared and brought my administrative ammo along. These orders comprised more than 60 pages, incorporating many changes. The other supervisor union officials were there as well.

This was not a bargaining session, and that was conveyed at the meeting. This was just a conversation about the orders. Simply put, these orders put our members' safety at more risk on an extreme level, on top of the overwhelming undertone of discipline that our members would be subject to. I conveyed my respectful disdain and objection to these orders consistently throughout the meeting. We did not finish going through all of them, but I knew going in that we wouldn't finish.

I made many points during the two hours. I will say, I was deeply disturbed at what they had brought forth. The weakening of use-of-force options for a member to use gives the criminal the upper hand and will cause our members to be injured more often and, in some instances, cause line-of-duty deaths. We will fight this at all cost. Nothing is more important than getting our members home safe each tour. Again, I conveyed this

message to the group.

Let me be clear: the Lodge has already sent a letter to the City to bargain these orders because of the abnormally dangerous safety and discipline components that would put out members at an extreme disadvantage in situations beyond their control. Members, we've always got your back.

Migrants — an unfortunate and inhumane disaster for them and for our members

Currently the "Who's on first?" Abbott and Costello routine has commenced again. No plan, just wing it — the Chicago Way. To let you know, if you don't know, migrants have come to Chicago now in larger waves. Now, hear me out.

I have no problem with people coming to America. I want to make that clear. My family came here three generations ago from Mexico (on my dad's side) and Poland (on my mom's side). I am a proud descendant of hardworking and proud families. The American dream is real. And I am so grateful that my great-grandparents came here on both sides.

That being said, there is no protocol, health or safety process for the coming migrants. Let me point out, it is inhumane that the City allows these migrants in police districts to sleep on floors and live in an unsanitary place (such as a police district lobby). This is no place for anyone to live.

Also, migrants are not screened for any communicable diseases. This poses serious health concerns to our members. In many Third World countries, children are not vaccinated against common diseases, meaning they are likely to spread. Our members in districts are exposed to these health risks that put them and their families at risk.

A class action grievance was filed asking the City to come to resolution or expedited arbitration regarding the need to not have police be ordered to transport migrants or have them housed in police stations because of health and safety concerns. An OSHA complaint was also filed. I am currently working with politicians' offices at the local and federal level and have contacted the Chicago Department of Public Health. Currently, we tell officers to file a safety complaint each day that migrants are present. Also, officers are asked to do an exposure report when in contact with migrants. If an officer is feeling ill while in contact or close proximately with migrants, please have your supervisor file an IOD report. Our officers' health and safety come first and foremost. You can't fight crime if you're ill.

We will keep you updated on these major issues. There are many other issues regarding officers that I can write about, but there is only so much space on the page. The Lodge is always busy working for its members.

Remember Memorial Day. If you need buddy poppies, I have them at the Lodge. Please support our veterans and honor those who made the ultimate sacrifice.

May God be with all of you.



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The busy season approaches



JIM JAKSTAVICH

Hello again, members, both active and retired. The weather is starting to warm up, and in our business, that means it's going to get busier.

The young ne'er-do-wells are planning to assemble at the Bean on weekends because, as Mayor-Elect Johnson stated, "They have been starved of opportunities in their own communities." I guess he means there are no tourists to attack, or cars to jump on, yuppies to beat and rob or other teenagers to shoot at the beach.

The youth use social media platforms and send messages out to gather at certain locations. The Chicago Police Department then gathers this information, and its response is to cancel the days off and change the schedules of every able-bodied police officer from units and offices that historically have never been utilized.

The department uses our contract language and sifts through the verbiage to find which offices, divisions, bureaus or units are not covered under section 20.7 Change of Schedule. I do not see this getting any better any time soon.

I cannot speak on behalf of the leadership within this Department, but there must be a plan. A plan that will most definitely require excess manpower from an already strapped Department. This City cannot go on like this.

We are national news for all the wrong reasons. The stores and shops that closed or announced future closures after the election results are the tax base of this city. Not only do they provide jobs, but they also draw tourists, who spend money. This economic

cycle has been disrupted by criminals, and the only thing our mayor-elect can say in response is that "it is not constructive to demonize youth."

I do not share the same "woke" mentality as Brandon. Not every kid downtown committed a crime, but the vast majority were involved in some way. I feel sorry for the once-isolated residents of downtown, a once-safe environment. They were always shielded from the true experience of what Chicago youth had to offer. They are certainly taking it on the chin now. And we cannot afford to lose our affluent taxpayers who reside downtown.

I know I sound like a broken record, but this city cannot go on like this. The Department cannot continue to operate on cancellations and changed schedules. The new recruits who are being rushed out of the academy a couple weeks early after taking the state test will wind up on a summer window detail or lakefront foot patrol with zero street experience.

The Department should know better. This recipe is missing too many ingredients and is bound to fail. I am appealing to supervisors and senior officers now: please look after the new hires and take care of each other.

I wish my article was more positive, so I will leave you with the best news I have heard in a long time: Kim Foxx has decided not to run for re-election for state's attorney. I don't know what changed her mind, since she was doing such phenomenal work in creating safer communities, but she's gone. We will need to stick together and vote as a block if a viable candidate is announced.

Thank you all for your hard work, and stay safe.

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Calling All Members

Important information for all Lodge 7 members

Constitution and bylaws changes

Submissions for amendments to the constitution and bylaws are being accepted through May 31.

Members in good standing may submit in writing proposals for changes to the constitution and bylaws along with 11 attesting signatures of Lodge 7 members in good standing.

If you have any questions, please email rnoceda@chicagofop.org.

2024 FOP Handbook

All corrections for the 2024 FOP Handbook are due Sept. 1, 2023, by to Maria Flores at mflores@chicagofop.org.

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Honoring Retired Members

October 2022

Name	Rank	Unit/District	Years	Name	Rank	Unit/District	Years
Doug Esterly	Officer	002	23	Leslie R. Carter	Officer	019	22
				Bryan T. Childress	Officer	003	20

November 2022

Name	Rank	Unit/District	Years	Name	Rank	Unit/District	Years
Christina Casey	Detective	610	20	Paul J. Cirrincione	FTO	024	24
				Luke P. Daly	Detective	630	32

January 2023

Name	Rank	Unit/District	Years	Name	Rank	Unit/District	Years
Timothy M. Bury	Detective	610	27	Thomas P. Dineen	Detective	620	32
Michael J. Chaplick	Officer	008	21	Tanya R. Edmond	Officer	022	24
Sean Hayes	Officer	124	22	Stanley S. Figus	Officer	606	31
Percy A. Johnson	Officer	007	27	Mikel S. Herman	Detective	650	28

February 2023

Name	Rank	Unit/District	Years	Name	Rank	Unit/District	Years
Christopher A. Brown	Officer	007	21	Terrence A. Jackson	Officer	353	30
Patricia A. Felker-Johnson	Officer	051	31	Julie D. Joyce	Officer	353	25

March 2023

Name	Rank	Unit/District	Years	Name	Rank	Unit/District	Years
Jose J. Barrios	Officer	008	31	Leticia Kaner	Officer	059	24
Eric C. Bellomy	Officer	016	24	Frankie A. Lane	Detective	002	29
Maria Bertrand	Officer	017	24	Matthew Martinez	Detective	610	27
Patrick D. Bridges	Officer	011	32	Manuel L. Naanep	Officer	017	24
Vincent J. Calvino	Officer	010	22	Christopher J. Nicpan	Officer	050	32
				Paul J. Presnell	Forensic Officer	277	30
				Kathleen M. Strouse	Officer	050	32
				Glen A. Szeszol	Officer	050	28
				Cynthia M. Tornes	Officer	002	20
				Theresa M. Torres	Detective	610	29
				Heriberto O. Trevino Jr.	Officer	166	23
				Thomas V. Walsh	Officer	124	26
				Elizabeth R. Williams	Officer	008	29
				Julie Wlezien	Officer	014	31
				Michael J. Wright	Officer	018	26

Retiree Meetings

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

North

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

The Northsiders' Luncheon

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

South

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

8-Ball Luncheon

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

Bomb and Arson

Second Monday of month
@ 9 a.m.

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

12th District Retirees and Alumni

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

Crime Lab, ETs, Forensic Services and Mobile Unit

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

Orland Park Law Enforcement Organization

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

Survivors Lunch

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

Public Housing Unit (North, South and Administration)

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

Arizona Retirees

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

Arkansas Retirees

Third Friday of month
@ noon
Elks Lodge

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

Florida Retirees

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

Michigan Retirees

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

Northern Illinois/Southern Wisconsin Retirees

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

Honoring Sisters and Brothers who have passed

Name	Status	Age	Date of Passing
Giachino Donatello	Retired	81	March 17, 2023
James Ryan	Retired	86	March 28, 2023
Thomas Byrne	Retired	74	April 3, 2023
Joseph P. Kessel	Unit 016	44	April 5, 2023
Robert McCracken	Retired	80	April 8, 2023
Daniel Steen	Retired	68	April 9, 2023
Richard J. Brady	Retired	75	April 12, 2023
John Carney	Retired	78	April 14, 2023
Raymond Golnick	Retired	85	April 14, 2023
David Shen	Unit 353	53	April 14, 2023
John Cruz	Unit 008	47	April 15, 2023
Michael J. Murphy	Retired	82	April 22, 2023
Julie Johnson	Retired	50	April 23, 2023



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Another grievance arbitration victory



PAT
FIORETTO

As we have written in the past, the Lodge had a practice of scheduling up to four grievances a month for full arbitration. Over the past year, with COPA's litigious investigatory practices, those cases have almost doubled. COPA has been issuing reports and recommending unprecedented levels of discipline at the conclusion of its investigations. Not surprisingly, the former superintendent regularly agreed, leading to an increase in grievance arbitrations.

Once a grievance is filed, if not resolved, the grievance will be submitted to the Lodge's grievance committee, which meets monthly. At that point, a decision is made on whether to proceed to arbitration based on the specific facts of the grievance; any prior, relevant decisions; supporting case law; and past practice. Absent settlement, the case goes to hearing.

On May 1, the Lodge received another favorable decision involving one such discipline case that went to arbitration hearing. COPA sought to impose a 180-day suspension on a police officer for simply performing his duties, as he had been trained. Arbitrator Brian Clauss, one of five permanent arbitrators regularly used by the Lodge, reduced the penalty to a three-day suspension. A brief review of the facts is warranted.

On June 8, 2019, COPA investigated the pursuit and death of the two occupants of a fleeing vehicle and injury to uninvolved occupants of a vehicle struck by the fleeing vehicle. As a result of the pursuit, COPA claimed the grievant officer failed to follow

Department polices when he initiated and continued a vehicle pursuit. (The grievant also failed to activate his body-worn camera during the pursuit.) Despite its obligation to conduct a fair and thorough investigation (which COPA rarely does), at the conclusion of its investigation, COPA sustained several findings and concluded that the grievant officer:

- Initiated a motor vehicle pursuit in violation of G.O. G03-03-01 and Rule 6;
- Failed to comply with Department procedures when a pursuit is initiated, in violation of G.O. G03-03-01 (VI)(A);
- Continued a motor vehicle pursuit in violation of G.O. G03-03-01 and Rule 6; and
- Failed to timely activate his body-worn camera in violation of Special Order S03-14 and Rule.

Both the command channel review process and the superintendent (not surprisingly) concurred, and the Department served the police officer with notice of a 180-day suspension. Rarely had the Department issued such a level of discipline before. However, the days of reasonableness and fairness are no longer available to police officers. Fortunately, at the hearing, my colleague and partner, Catherine Chapman, proved to the arbitrator that the grievant officer followed his training and did not deserve a 180-day suspension.

In a detailed 25-page Opinion and Award, Arbitrator Clauss narrowed the focus of the underlying issue as follows:

The question then turns to whether that information [provided to the Grievant] was sufficient to initiate a pur-

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suit of the [vehicle]. Grievant performed a legitimate stop of the [vehicle] for a traffic violation and also because he thought [the offender] was armed, dangerous, and wanted. If the stop only had been for the traffic violation, then the pursuit would have been inappropriate. However, Grievant's partner had indicated that [the offender] was wanted. Grievant's partner had based his belief on a prior LEADS check that indicated "armed and dangerous – wanted." Consequently, Grievant did not err by relying upon the representations of a fellow Tactical Team member when initiating the pursuit.

Therefore, the grievant did not violate the General Order when he initiated a vehicular pursuit.

Next, COPA found that the grievant violated General Order G03-03-01 for continuing the vehicular pursuit. According to the wisdom of the COPA investigator, the continuation of a motor vehicle pursuit is prohibited by Department order "when the most serious offense for which the pursued vehicle is wanted is either a theft, including PSMV, or a hazardous traffic violation, and the pursued vehicle disregards traffic signals or signs when entering an intersection controlled by traffic signals or stop signs."

However, the same COPA investigator ignored the fact that initial supervisor review found the pursuit to be within Department guidelines. In other words, the grievant acted in accordance with his training. The actual pursuit had lasted less than two minutes when the offender sped away and the grievant lost sight of the vehicle, deactivating his emergency equipment. Despite the grievant's actions, the offender kept driving at a high rate of speed and subsequently crashed into another vehicle, resulting in his and an occupant's death. The arbitrator concluded:

The evidence shows that Grievant started the chase based upon the representation of another Tactical Team member in the unmarked squad. Based upon the facts, that was a reasonable action by Grievant. The evidence also shows that Grievant performed the balancing test during the less-than-two-minute pursuit. Further, the evidence shows that Grievant ceased the pursuit when the balancing test no longer allowed the pursuit — as the [vehicle] sped away and Grievant lost sight of it in traffic. The record does not establish that Grievant committed the cited infractions.

Finally, also upon COPA's recommendation, the Department cited the grievant for violating the body-worn camera policy by admittedly failing to activate his BWC in a timely manner. The grievant did not activate his BWC until his arrival at the crash site, after the pursuit was terminated and when he was no longer driving. For this rule violation, the arbitrator found the grievant officer should be disciplined. However, not for 180 days. Rather, since the burden is on the City to establish just cause to impose discipline, the Lodge meticulously presented evidence of other comparable discipline of a three-day suspension for violations of the same BWC policy. The Department cannot pick and choose when officers receive a three-day suspension for the same rule violation and a significantly higher discipline for other officers—it must be consistent. Therefore, the arbitrator imposed discipline of a three-day suspension for a violation of the BWC policy. Remember, discipline is not to be punitive in nature, but rather corrective.

Overall, a great victory for the grievant. A special shout-out to attorney Catherine Chapman for another job well done!



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The accidental discharge



TIM GRACE

Sometimes in life, you can do everything right. You can take precautions. You can pay attention and ensure you are doing everything properly. But sometimes, accidents will happen. For most people, the result is spilled coffee or maybe a deleted email that needed to be saved. Nobody gets hurt, the mess can be untangled and more likely than not, the frustration passes.

However, other accidents are much more serious and have severe consequences. This is no more apparent than with an accidental discharge. The good news is that they are rare — we probably see fewer than five a year. The bad news is they bring extreme embarrassment, unbelievable anxiety around “what could have happened” and the opportunity for COPA to once again spike the ball and dish out severe discipline.

Some accidents are worse than others. The accidental discharge is caused when somehow, something, usually a finger, places pressure on the trigger of your weapon, causing an unintentional round to be expelled. We are not talking about when you are in a position of “ready” and have drawn your weapon to take police action. While those situations can

produce an accidental discharge, they result from a different mindset and usually can be explained.

The more common accidental discharge we see is when an officer is not taking police action. It can happen when you begin your tour and you are seating your weapon into your holster. It can happen in your bedroom when you are removing your weapon and putting it into a safe or applying a trigger lock. We have seen situations where clothing gets in the way while putting on a seatbelt. We have even seen guns dropped in a locker room, inadvertently causing a discharge. No matter how the weapon discharges, it is unintentional and always a major surprise.

Once the discharge occurs and you realize what happened, your immediate response should be to ensure that nobody, including yourself, was injured. Next, an immediate wave of embarrassment will overtake you. Nearby officers will flood to you, or family members will come flying in with all kinds of troubling thoughts about what just occurred. Take a deep breath, get the weapon out of your hand and communicate as quickly as possible as to what just occurred. You do not want to make the situation any worse. So how do you prevent it from happening in the first place?



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Rule number 3: Keep your finger off the trigger and out of the trigger guard.

Rule number 4: Be aware of your target and what is behind it.

These are all good rules for when you have an intent or potential intent to discharge your weapon. But we have found that most of our accidental discharges occur during times when firing a round is the last thing on your mind. If there is one factor that permeates all accidental discharges, it is inattention. And that comes down to the handler of the weapon — which means it can be prevented.

At all times, we must realize that you can't become complacent, must never get too familiar with the weapon and always remember it is still has the potential to be deadly. Whenever you are handling the weapon, always pay attention and do not forget what is in your hands. A little fear never hurts and will keep you on your game.

From a disciplinary standpoint, try not to make a bad situation worse. Even though your instincts may beg you to, don't try to just hope it will go away. You must make a notification. With today's technology, with shot-spotters, with videos on every corner and in everybody's hands, the chances of hiding

it are slim. As Nixon learned, the coverup will be worse than the actual deed. Once you have made sure everyone is safe and aid need not be rendered, make the notification. It will be a difficult conversation and you will feel very foolish, but it has to be done. The officers who don't survive the accidental discharge are the ones who engage in the coverup. No one is getting fired for accidental discharges, except for those who get caught in a Rule 14.

The last area you should look at is your weapon's maintenance. Your weapon is your tool — make sure you clean it and keep it well maintained. That includes focusing on your magazines and holsters, as they also need attention. It should be noted that there are some weapons that do have a dubious history of discharging for allegedly no reason. I will not name names, as the manufacturers deny this, but the first thing we do when defending an accidental discharge case is a quick search on the make and model. There is some literature out there on certain weapons that have had recalls and settled lawsuits over mysterious discharges.

Accidental discharges happen, and there are chances that you will either be present for or actually have one yourself if you do this job for 30 years. It is best to take precaution and do everything you can to prevent it from happening. When it does happen, just remember that you certainly are not the first person to have one, and you won't be the last. Call the FOP as soon as possible. You will be a little embarrassed, but you will survive.

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Portraits by Peter Bucks

Tributes to officers from the CPD Officer, Lodge 7 member and renowned artist

'It's a good feeling to bring people like that to justice'

■ BY ESTHER GONZALES

As a member of the Animal Crimes Team in Homan Square, Chicago Police Officer Benjamen Fern was no stranger to search warrants regarding abused animals. Often, Fern would deal with the harshest underbelly of criminal organizations on the streets, including dog fighting.

Fern saw firsthand the horror that these dogs faced. And revealed what it was like when those criminals were brought to justice.

Fern recalls that one time, his team had a search warrant for an abandoned apartment complex on the South Side of Chicago which served as a stable for these abused dogs. After an informant traveled all the way from Kentucky and revealed the location of a dog-fighting ring, Fern secured the warrant in conjunction with the Cook County Sheriff's Department.

After searching the entire complex, Fern helped rescue more than 15 dogs and make three arrests.

"You have people out in the street that commit these heinous crimes with the animals and the way they treat them," Fern explains. "And it's a good feeling to bring people like that to justice."

Growing up, Fern had not always planned on pursuing a career in law enforcement, especially because he was more of a sports fanatic. But at the same time, he said he had a fascination with law enforcement. Many of his family members were on the job. And when he graduated college, he chose to follow in their footsteps.

And when Fern came on the job 24 years ago, working midnights in the 14th District, he immediately felt the camaraderie of the brotherhood.

"We had a really good crew on midnights," Fern recalls. "Everybody got along, and that camaraderie really set the tone for my career in law enforcement."

After five years of working midnights, Fern became a member of the Saturation Team, where he focused on making drug-relat-

ed arrests. Later, Fern moved to the Animal Crimes Team, which prepared him well for his next move, the Tactical and Gang Unit in the 14th District.

"I have been on the game in technical units for approximately 15 years and have been able to do certain things translating from what I learned over in Homan Square," Fern explains. "Whether doing busts, surveillance or writing up search warrants, anything to get an edge on what's going on in the street. It's all about information. You always have to have more information. The more you have, the better you're able to function on the job."

During his time on the job, Fern highlighted that he has made many successful arrests and busts with help from his partner of 17 years, Chicago Police Officer Reynaldo Malave.

One time, about eight years ago, Fern and Malave were alerted to a series of armed robberies of delivery drivers in the west end of the District. During the investigation, they learned the group had also been stealing vehicles.

After gathering evidence from beat cops, Fern and Malave apprehended the suspects, who were later charged, and recovered a dozen stolen cars. It was one of the duo's biggest arrests, according to Fern, and he commends his partner for always having his back.

"You have to trust your partner, especially when you're out in the street, to know that that person's got your back," Fern says. "When things get hairy, whether you're clearing the house or executing a search warrant, you know that person's right behind you one hundred percent."

Fern and Malave have one of the longest-standing partnerships within the District. And for Fern, that seems to have made all the difference, especially when he needs inspiration.

"Having a partner is probably one of the most important things," Fern adds. "When I'm not motivated enough, my partner always seems to be motivated, and that gets me kickstarted for the things that need to be done."



BENJAMEN FERN

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Hoping for a solid working relationship



DAVE SULLIVAN

The Illinois legislature is scheduled to adjourn on May 19 this year. With supermajorities in both the House and the Senate, it looks like the Democrats will be able to meet that date.

We have been successful in keeping most bills that we would not like from advancing this session. However, as I write this on May 1, we still have three weeks to go, so we will remain vigilant. We know that legislative ideas are never really dead in the Capitol.

Mary Gill has been appointed to fill former Representative Fran Hurley's Southwest Side House seat. She has hit the ground running and is eager to be helpful. We look forward to working with her. I have met Mayor-Elect Johnson a couple of times since his election. He is obviously pro-union, and we have discussed having further meetings on issues of importance to the FOP. We are hoping for a solid working relationship with the new mayor. He has tapped Rich Guidice to be his chief of staff and North Side State Senator Cristina Pacione-Zayas to be his deputy chief of staff. That gives him a longtime City Hall veteran and a progressive legislator as his top two aides.

The State continues to add to its Rainy Day Fund as State revenues continue to stabilize. March did show a drop from last year and there are concerns about a recession, but at least for now the State's finances are in better shape than they were in previous years.



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The month of May is designated as Law Enforcement Appreciation Month. It's a time when we honor, remember and memorialize our brothers and sisters in law enforcement and all first responders who made the ultimate sacrifice and lost their lives in the line of duty. "Gone But Never Forgotten." We also remember and give honor to those men and women who are disabled and those who were injured in the line of duty.

Please, if you have a moment, make a call and reach to our Gold Star Families and to our disabled officers. Let them know they are not forgotten and they are in our thoughts and prayers.

In the month of May, we also honor those special people in our lives called mothers — and all women who fill that role. It brings to mind the following short story that describes these beautiful people: "So What Should I Call My Angel?"

Once upon a time there was a child ready to be born. Before that special day, he asked G-d, "They tell me you are sending me down to earth tomorrow, but how am I going to live there, being so small and helpless?"

G-d replied, "Among the many angels, I chose one for you. She will be waiting for you and will take care of you."

"But here in Heaven, I don't do anything else but sing and smile, and that's enough for me to be happy," said the child.

"Your angel will sing for you and will also smile for you every day, and you will feel your angel's love and be happy," answered G-d.

"And how am I going to be able to understand when people talk to me, if I don't know the language that men talk?" asked the child.

"Your angel will tell you the most beautiful and sweet words you will ever hear, and with much patience and care, your angel will teach you how to speak," said G-d.

"And what am I going to do when I want to talk to you?" asked the child.

"Your angel will place your hands together and will teach you how to pray," G-d answered.

"I've heard that on earth there are bad people," said the child. "Who will protect me?"

"Your angel will defend you even if that means risking its life," said G-d.

"But I will always be sad because I will not see you anymore," said the child.

"Your angel will always talk to you about me and will teach you the way for you to come back to me, even though I will always be next to you," said G-d.

At that moment there was much peace in Heaven, but voices from earth could already be heard, and the child, in a hurry, said softly, "Oh G-d, I am about to leave now, please tell me my angel's name."

"Your angel's name is of no importance," said G-d. "You can simply call your angel 'Mom.'"

So if you are blessed with a mom, please make sure to tell her how loved she is, and how much you cherish having her in your life. And if you don't have a mom, but another person is filling

that role, let them know they are loved and appreciated.

Some points to ponder about motherhood:

Somebody said it takes about six weeks to get back to normal after you've had a baby...but somebody doesn't know that once you're a mother, "normal" is history.

Somebody said you can't love the second child as much as you love the first...but somebody doesn't have two or more children.

Somebody said the hardest part of being a mother is labor and delivery...but somebody never watched her "baby" get on the bus for the first day of kindergarten, or on a plane headed for military boot camp.

Somebody said a mother can stop worrying after her child gets married...but somebody doesn't know that marriage adds a new son- or daughter-in-law to a mother's heartstrings.

Somebody said a mother's job is done when her last child leaves home...but somebody never had grandchildren.

Somebody said your mother knows you love her, so you don't need to tell her...but somebody isn't a mother.

Pass this along to all the great "mothers" in your life, and to everyone who ever had a mother.

This isn't just about being a mother; it's about appreciating the people in your lives while you have them, no matter who those people are. And there is no better time to show your love to them than today.

And finally, remember, be kinder than necessary to others, for everyone you meet is fighting some kind of battle and is carrying a heavy burden of their own. Remember, when you bring sunshine to the heart of another person, the hearts of both of you are enriched.

And a little humor from "The Moshe Files" to keep you smiling:

"Pregnant at 71"

A woman went to the doctor's office, where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out screaming as she ran down the hall. An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room.

The older doctor marched down the hallway back to where the young doctor was writing on his clipboard.

"What the heck is the matter with you?!?" the older doctor demanded. "Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing and without looking up said, "Does she still have the hiccups?"

On behalf of all your chaplains, may G-d bless you and keep you safe. Amen.

Should you ever need a shoulder to lean on, an ear to listen or perhaps have some good humor to share (I'm serious — send me your jokes to the e-mail address below, thanks) please do not hesitate to give us a call. All of our contact numbers are printed in your FOP books.

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

Prayers for those who serve



FATHER DAN BRANDT

Thanks to St. Francis Xavier Church and Immaculate Conception Parish for hosting Blue Masses this past month! Both were very well attended. It is wonderful to see such support.

A Blue Mass coupled with a blessing of motorcycles will take place at St. Francis Borgia Parish on the Northwest Side at 10 a.m. on Saturday, June 3, 2023. Whether a motorcycle enthusiast or not, all are welcome.

Another Blue Mass will be offered on Sunday, July 16, 2023, at 10:30 a.m. at St. Giles Church in Oak Park.

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

During the month of May, Christians around the world remember our Blessed Mother, Mary, who bore Jesus Christ in her womb. How fitting that we should esteem (not “deify” or “worship”) this young heroine. If you would like a police-blue rosary free of charge, please email Chaplain Bob Montelongo using our website’s “Meet the Chaplains” page, and he’ll be happy to send you one.

This month, we remember our brave brothers and sisters who have lost their lives in the line of duty. Therefore, I thought it appropriate to post on our website a downloadable/printable prayer written by police supporter and Chicago Auxiliary Bishop Joseph Perry. It is called “A Prayer for One Who Serves as a Member of the Police.” Take a look at www.chicagopcm.org.

Please support the St. Jude League by purchasing a St. Jude sticker from your district/unit St. Jude League representative. A donation of \$7 per sticker is requested. Buy some for your friends and

family members’ cars! Funds raised benefit a host of worthy charities and make possible the ministry of St. Jude chaplains who lead prayer services at CPD family wakes and funerals. For more information about obtaining a sticker, or if you don’t know who your rep is, please contact me.

It is fitting that next month, Police Chaplains Ministry will host our beloved Gold Star Families on their 26th annual luncheon cruise aboard the “Spirit of Chicago” (off Navy Pier). If you would like to help underwrite the cost of this outing, feel free to donate via our website or by mailing a check to Police Chaplains Ministry, 1140 W. Jackson Blvd., Chicago, IL 60607.

As always, we will celebrate a special Father’s Day Mass at Gold Star Memorial and Park at 10 a.m. Sunday, June 18. Being an outdoor venue, if the weather looks questionable, please call 773-550-2369 that morning to make sure the Mass is on. You are welcome to bring folding chairs or a blanket...and even a picnic lunch for after Mass.

Finally, safe travels to all who are paying respects in Springfield and Washington this month! For all of our fallen heroes, let us pray: *Eternal rest grant unto them, oh Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.*

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

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



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We all have digital assets, so how do we secure them?



“Digital assets” can sound like crypto and NFTs and a growing list of assets that are hard to understand, much less invest in.

However, digital assets include a long list that every person can claim they own. For example, the list includes:

- email and social media accounts
- online banking and mobile phone apps
- loyalty programs, frequent flyer miles, credit cards and store rewards
- marketplace vendors such as Amazon, eBay

and all online stores

- all subscription-based services and products
- photos, videos, music and all info stored online
- desktops and tablets and all info contained on them
- e-readers such as Kindles

It’s a long list and can lead to issues if you cannot access them because of incapacitation or death.

How do you protect digital assets?

The first step in protecting your digital assets is to secure them while you live and are able to do so. The reality is that cybercrime is rising exponentially every year — the average cost of illegal online activity was \$8.4 trillion in 2022 and is expected to exceed \$11 trillion in 2023.

Here is what to do:

- Secure your passwords. That means not using the same one twice (or every time!) and not using one that is easy to figure out. Services like LastPass provide free password storage and creation, enter them encrypted everywhere you use one

and encrypt them in transit, where most hacks occur. You only remember one password — which can be kept with your estate plan so that all accounts can be accessed.

- Secure your desktop, mobile phones, and tablets.
 - a. Ensure that your device security system, such as Norton Antivirus, is always up to date.
 - b. Download mobile phone software updates as soon as they are available.
 - c. Back up your hard drive automatically daily with Carbonite.
 - d. Use facial recognition to access devices.
- Secure all your apps and online logins.
 - a. Use facial recognition to access.
 - b. Use two-factor ID, such as getting a text to verify your login.

Financial power of attorney

Last month I wrote about the importance of choosing the right agent for your power of attorney documents and keeping the documents updated. Without a current financial power of attorney, no one can access your digital accounts to pay bills, make deposits or handle your financial affairs if you cannot or choose not to do so.

As with all your digital assets, the easiest way to find and access your financial accounts is with an app on your phone or online with your desktop computer. The same applies to all your important documents, including your power of attorney document. You should keep this document in a password-protected digital folder. It can then be easily uploaded to any other financial app or institution.

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

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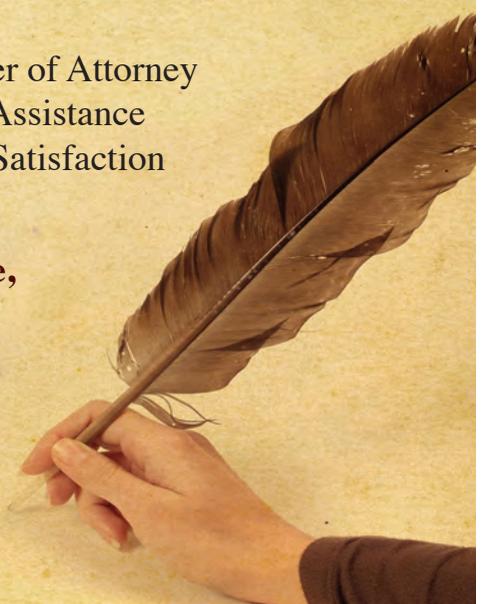
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- A will is necessary for guardianship of minor children. It also transfers assets in your name out of probate.
- A living trust contains a no-contest provision and beneficiary asset protection clauses.

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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Police marriage and the likelihood of divorce



DR. RON
RUFO

My first week in the academy, I remember my homeroom instructor asking, “How many recruits in this room are married?” Probably 30 of the 40 recruits raised their hands. The instructor said vehemently, “Eighty percent of married officers starting their career in law enforcement will most likely be divorced before their careers end, and that number may be even higher, most likely because of this job.”

I have to admit I was pretty amazed by his statement. I wondered to myself why there was such a high divorce rate in law enforcement, and why nothing was being done about it. Was there that much stress on this job that would cause this much heartache? What was it about this job that changed a person? Surprisingly, no one asked the instructor why police officers had such a high divorce rate. After speaking to many officers throughout my career, I found that many police officers often refuse to share their worries and fears with anyone, keeping their troubled thoughts behind the locked facade in their minds.

“Every cop I know is divorced. It’s a pandemic!” That statement is from Jonathon Sheinberg, M.D., lieutenant with the Lakeway, Texas Police Department. He seems to agree with my instructor at the academy that life as a police officer isn’t easy on marriages.

Kurt Gawrisch, a certified critical incident team instructor, says that if a person asks an officer what is most important to

them, a common reply is “family.” Yet we officers spend most of our time on the job either on the street, in court or working secondary employment. While officers are away financially supporting the family, that family may be crumbling emotionally at the same time.

I was once told by an officer’s spouse, “All I want is time with him.” How often do officers forget that families want them around? Some departments have created family days in the academy, showing the new recruits what officers will likely go through in their career. It is important for the officer’s family to have a basic introduction to law enforcement culture regarding unique job stressors the officer will experience, such as working holidays and rotating shifts. The family members and new recruits will be told about the available resources and support services that are available.

Vickie Poklop, police counselor with the Des Plaines, Illinois Police Department says that when an officer is good at managing crisis after crisis out on the street, it may be difficult for them to transition from adrenaline rush back to calm mode when they get home at the end of their shift. It doesn’t mean that they are not happy to be home; it just means that they may need some time to settle into their home role. In other words, they have to learn to take off their police hat and put on their off-duty hat. It is wise to allow for some transition time for this to happen. Some police officers tell me that the drive home is their decompression time. This is true if the commute home is longer than 30 minutes. This is the time to make an effort to transition from the police brain to the home brain. What does an officer want to do when they get home? Are there tasks to accomplish? A game or dance recital to go to? Who would they like to chat with? Planning the rest of their day on their drive home can help to ease the adjustment of settling back into other roles that do not include being a police officer. Officers are a multidimensional group with varied interests. They get to chart their own course.

Chaplain Kim Davis of the Chicago Police Department says, “I believe the divorce rate among police officers is slightly higher than other professions for two reasons. The first centers around control. We are taught as police officers to always be in control. When we are called to a situation, we bring the solution. When we are at home, giving up control can be problematic in a marriage. Working with your partner is the same in marriage as it is on the street. Partners are good at different things. If both realize what they are both good at, they can work in tandem with one another and accomplish marital goals. The second reason I think the divorce rate is higher is due to the amount of time that we spend away from home.”

Dr. Ron Rufo is a highly decorated Chicago Police Officer with more than 22 years of service. He began his career in the 9th District, was assigned to the prestigious Ambassador Program and was eventually assigned to the Preventive Programs Unit, where he served as a crime prevention speaker for over 13 years. For most of his career, Dr. Rufo was a peer support team leader for the CPD Employee Assistance Program (EAP) of the Chicago Police Department. He has had specialized training in police suicide prevention and is a member of the Critical Incident Team. He retired from the Chicago Police Department in July 2015. He is the author of “Police Suicide: Is Police Culture Killing Our Officers?” and “Breaking the Barriers: Changing the Way We Support the Physical and Mental Health of Police Officers.”

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Chicago Lodge 7 Officer Awards



On Aug. 11, 2022, the officers were near 56th and Racine Avenue when they heard gunshots coming from the 9th District side of Garfield Boulevard. The officers started heading north and were directed to 5320 S. May by the shotspotter.

The officers observed a group of subjects standing together. They further observed a subject with the butt of a handgun protruding from his waistband. The officers approached the offender and began struggling with the armed offender over the weapon.

The offender was able to break away from the officers'

grasp and raised the weapon at the officers. The officers, fearing for their lives, fired at the offender, striking him in the head and stopping the threat.

The officers then rendered aid to the offender, who suffered no permanent injuries. The offender was charged with aggravated UUV and aggravated assault of a police officer. Nice shot!

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



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Chicago Lodge 7 Officer Awards



On March 28, 2022, the officers conducted a traffic stop on a vehicle. The driver failed to comply with their lawful order to exit his vehicle and began to struggle with the officers, who were attempting to remove him from the vehicle.

The offender accelerated his vehicle and pinned Officer Zamorano between the squad car and the offending vehicle. The offender then began to shoot at the officers, striking one in the hand.

The officers, undeterred by the gunfire, fired back, striking the victim in his chest and shoulder. The offender was placed into custody and charged with three counts of attempted murder, armed habitual criminal, and two counts of UJW. Amazingly, the offender did not possess a valid FOID card or CCL.

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

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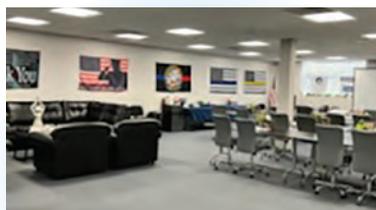
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Dr. Robin Kroll, owner and Clinical Director of BRAVE Police & Public Safety Wellness Center, is a Board-Certified Police and Public Safety Psychologist.

Chicago Lodge 7 Officer Awards



On June 21, 2022, while working RDO canceled in the 18th District, Officer Carroll responded to calls for more units to come to North Avenue beach for large crowds and battery jobs.

Officer Carroll witnessed a male subject shooting into a crowd of disenfranchised youth. When the barrage of bullets had finally ceased, a subject was observed lying prone with gunshot wounds to his legs and hand and two bullet wounds to his face.

Officer Carroll sprang into action, utilizing his LEMART training, and assessed the victim's injuries. He applied Quik-

clot and combat gauze to the victim's face and continued applying pressure to the victim's injuries, even accompanying the CFD ambulance to the hospital, all the while rendering aid.

Once inside the hospital, the victim was stabilized, and the doctor related that Officer Carroll's actions saved the victim from becoming another statistic. The offender has been identified.

It is with great appreciation that FOP Chicago Lodge 7 presents the officer with the Life Saving Award.



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Chicago Lodge 7 Officer Awards



On Feb. 17, 2021, officers working in the 11th District observed the offending vehicle, which was wanted in connection with a homicide which had occurred at 119 S. Cicero Ave. The officers pursued the vehicle and the driver bailed out but was later located hiding under a porch and placed into custody.

The detectives became involved and, through countless

hours of interviews, collecting evidence and video footage, they were able to determine who the co-offender was in the homicide. A warrant was issued, and the second offender was located and placed into custody about a month later. The murder weapon was located as well.

The offenders were charged with first-degree murder. Due to the officers' alert response and combined efforts, two murderers were taken off the streets of Chicago.

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



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Retirement Process

Retirement contacts:

1. Contact the pension board and check make-up days first (I.e. bad time), Trustee Wayne Metcalfe 312-676-0401
2. Contact IAD Advocate Section to check Complaint Registers for good standing.
3. Contact Deferred Comp: **Please take care of deferred comp, its the only tax incentive readily available. Comptime, V, P, and B days are sellable for deferred comp option. Call Deferred now.** Recommended to contact Nationwide deferment 1 to 3 months from retirement date, in order to move anticipated funds from unused furlough, BFD,VD, comp time: **Contact: Corey Spindler** - email:spindc1@nationwide.com send him an email with phone# he will call back. (877) 677-3678
P.O. can sell up to 200 hours furlough (25 days), 6 BFDs, 4 PD, for 2023 and any carry over from the prior year. This is the only time you can sell all "Carry Over Days, totaling 360 hours.
You may qualify for Special catchup form DC-4738, the buyout form is NRF-0814IL-CH to be complete prior to retirement.
4. Contact Met Life policy is portable research pricing to see if. It benefits you. (800)638-5000
5. **45 days out complete an End of Employment (Exit Interview) with your commanding officer, as well as the Ethics Forms" and approved CLEAR form, all of these documents need to be taken to Human Resources 30 days out.**
6. **30 days out** make an appointment with the Pension Board (312) 744-3891, (When calling, inquire as to what documents you may need to bring, ie. (Birth/Death/Marriage/Divorce documents) you will receive at this time a retirement packet for Pension Board. www.chipabf.org
(Prior to submitting PAR you may request a letter of annuity from the Pension Board.

****IF you are retiring at age 55-59 grouping you may change your retirement date moving forward but not backwards. (Example From Nov 15, change toFeb 15) To change the date, complete a to/from to the director of Human Resources.**

After contacting Pension Board and IAD you may submit your Par, if 55 for insurance make sure you select the insurance and staggered payout.

The screenshot shows a web-based form for retirement. At the top, there are fields for 'First Name', 'Middle Initial', 'Star No.', 'Emp No.', 'Unit Assigned', and 'Unit Detailed'. Below these is a 'Job Title' field with 'POLICE OFFICER' selected. A 'Type of Action' dropdown menu is set to 'RETIREMENT', and a 'Close of Business' date is set to '15-DEC-2023'. A 'Show Additional Options' button is visible. A note below the form reads: 'Note - Enter the Close of Business date and Click on "Show Additional Options" button to see additional options for Retirement Effective Date: 16-DEC-2023. TIP: The Close of Business date is your Final working day. Your first date of retirement will be the day following the date entered.' There are two checkboxes: 'I acknowledge that my retirement cannot be withdrawn once it has been approved' (checked) and 'I acknowledge that my retirement cannot be withdrawn once it has been approved As a member aged 55 to 59 years old.' Below these are two radio buttons: 'I elect to participate in the retirement health care benefit' (checked) and 'I elect to reject the retirement health care benefit'. A note states: 'The elect insurance option will not display for those 60+, insurance is automatic'. At the bottom, there are radio buttons for 'Lump sum' and 'Staggered' (checked). A 'Remarks' field is at the bottom with a text area and a submit button.

- * All FOP members must meet the Filing Deadline in order to be eligible for the Health Care Option Package (**Filing Deadline: for age 55-59 Submit 30 Sep (prior year); the Effective Date of Retirement: 01 Jan-31 Dec (following year)**)
- * **Ages 55 thru 59 accepting Health Care Benefit-MUST TAKE STAGGERED PAYOUT.**
- * If a 55-59 aged member **declines the Health Care Benefit**, that member has the **OPTION** to take LUMP SUM Payout Or Staggered payout.
- * **Age 60 years and over (member automatically receiving Health Care)** that member **has the OPTION** to take a LUMP SUM payout OR the STAGGERED payout.

- * Retiring **54 years and under** (not eligible for the Health Care Benefit) - that member **has the OPTION** to take a LUMP SUM payout OR the Staggered payout.
- * **Members must have enough comp time hour on the books in order to collect the 1st full initial \$10,000**
- * If a member has requested to have any of their initial buyout payment put into deferred compensation, the buyout payment **MUST** be equivalent to, or more than, the requested deferred compensation figure.

P.O. Stagger Payout Formula:(**ONLY COMP TIME IS PAID OUT IN STAGGERED PAYMENTS)

1st payment: Check at retirement: **\$10,000 plus (all remaining vac hrs, benefit days, pro-rated Duty Avail. Amt.)**
 2nd payment: \$15,000 plus 1/3 of the remaining balance
 3rd payment: \$20,000 plus 1/2 of the remaining balance
 Last: Remaining Balance

CAPTAINS, LIEUTENANTS & SERGEANTS

- * All Captains, Lieutenants, & Sergeants must meet the filing deadline in order to be eligible for Healthcare Option Package:

Rank	Filing Deadline	Eff. Date of Retirement
Sergeants-	At least thirty (30) days prior to effective date of retirement-	01 May19-31 Dec 19
Lieutenants-	At least thirty (30) days prior to effective date of retirement-	01 May19-31 Dec 19
Captains-	At least thirty (30) days prior to effective date of retirement-	01 May19-31 Dec 19

- * Age 55-59 accepting the Health Care Benefit- **Must Take** the Staggered Payout, No option per Memorandum of understanding Regarding Retiree Health Care Benefits in the current Sergeants Contract, Lieutenants, and Captains contract.
- * If a 55-59 member **declines the Health Care Benefit**- that member **has the OPTION** to take LUMP SUM payout OR the STAGGERED payout.
- * Retiring 54 years and under (not eligible for the Health Care Benefit)- that member **has the OPTION** to take a LUMP SUM payout OR the STAGGERED payout.
- * **Members must have enough comp time hours on the books in order to collect the full initial \$20,000**
- * If a member has requested to have any of their initial buyout payment put into deferred compensation, the total buyout payment **MUST** be equivalent to, or more than, the requested deferred compensation figure.
- * If a member resigns or request to take a Leave of Absence to apply for disability benefits (DPR), the member will be paid out in the LUMP SUM payout.

Stagger Payout Formula:(**ONLY COMP TIME IS PAID OUT IN STAGGERED PAYMENTS)

Check at retirement: \$20,000 plus (all remaining vac hrs, benefit days, pro-rated Duty Avail. & Supervisor quarterly amounts)
 2nd payment: \$15,000 plus 1/3 of the remaining balance
 3rd payment: \$15,000 plus 1/2 of the remaining balance
 Last: Remaining Balance

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A Sense of Direction

A guide to what can happen with a new mayor and City Council that will help Chicago Police Officers



BY MITCHELL KRUGEL

Speaking from the floor of the City Council, Alderman Ariel Reboyras suggested a key turning point for the newly elected administration. Making what became a farewell address for the longtime City legislator from the 30th Ward, who is retiring, Reboyras provided a compass to show how Chicago can rise from the depths of its crime and safety quagmire.

As a past chair of the City Council Committee on Public Safety and a 20-year alderman, Reboyras is a trusted source when he articulates that the morale within the police department is the lowest in the history of Chicago. So he wasn't getting on a soapbox when he made these remarks in April. He wasn't going out on a limb.

Reboyras presented a message for the new mayor, the new council and, really, all citizens of Chicago about how to get the City moving in the right direction.

"I was the only City Council member who sent a message to our newly elected mayor," Reboyras reports. "I didn't say it in a derogatory manner, but with some hope that the reality is, the way I see it, his top priority should be focused on getting

things right with the Fraternal Order of Police."

His tone was not derogatory, nor was it desperate. More urgent and forward thinking, really, representing a growing faction that believes they can bring the City back from its worst four years of crime and threats to public safety.

"We're in the right place at the right time," Reboyras urges. "And I think this would be an exciting time for our newly elected mayor to get ahead of this procedure and show FOP that he deeply respects the job of each police officer. He would win everyone over in a second by making that statement and making time to work it out with the FOP."

Reboyras does not stand alone in his view of where to go. The compass points in an upwardly mobile position because of some action Mayor Brandon Johnson has already taken that Lodge 7 reads as encouraging. And in addition to an already substantive pro-police caucus that was reelected to City Council, the election of 4th District Officer Peter Chico as the 10th Ward alderman adds even more encouragement about getting public safety heading back in the right direction.

CONTINUED ON PAGE 38

"I'm cautiously optimistic," Lodge 7 Political Director Mike Cosentino submits. "Not only do we feel it, but we've discussed it. And [Lodge 7 President] John [Catanzara] is looking to work with Brandon and work with the new administration. So we're optimistic."

A step in the right direction

The road back, or the path forward, can follow the direction Chico took to winning the runoff on April 4. He relates how he put it all out there, talking to residents of the 10th Ward every day for the seven months leading up to the election, because, as he says, "I wanted to take it in a new direction."

Chico also shared that he won over the voters because of his stance on public safety. But it wasn't just talking the talk. He walked it every day, as he has since he first came on the job.

"I think the fact that I work in the ward, and they see me pulling cars over and they see me at crime scenes, I think that went a long way," Chico asserts. "When the voters would come up to me and ask me about their neighborhood, I could specifically speak to that with specifics because I do it every day."

The realistic and common-sense approaches to addressing the crime and safety issues he presented to voters in the ward could be even more impactful on the floor of the council. His real-world approach, his experience and his perspective having been on the ground will be a new and great asset for governing in the City.

And members can be sure he will be telling other council members what it's really like out there for Chicago Police Officers.

"Honestly, we've had orientation for me and my freshman colleagues coming in, and I've already started doing that," Chico confirms. "Obviously, no incoming freshman council member

has police experience, but it is the hot-button issue. I've started to tell them, "Hey, this is how it is, and this is why things are the way they are through the lens of a Chicago Police Officer."

From that lens, Chico has also communicated the intention to work with the new mayor. But he also wants officers to know what it will mean to have one of their own in City Council.

"You now have a voice that you know is going to support the men and women, the rank and file who go to work every single day and really give it all they have for the City," he adds. "We're going to bring common-sense solutions to our problems and, at the same time, hold people accountable for the problems that we have in the City."

Change of direction

Cosentino celebrated Chico's election like the birth of a new baby. He has witnessed how residents of the 10th Ward flocked to having Chico represent them, and that's street cred that will empower Lodge 7's friends in City Council to help public safety even more.

"Gargantuan, absolutely gargantuan," Cos declares about Chico being elected. "A lot of decisions are made in what we call caucus. Caucus is where legislators are able to speak freely in the room, and Pete's going to be in that room. So that's just gargantuan for us."

If Johnson puts Chico on the Committee on Public Safety, that could create a seismic shift of the compass. Cosentino reminds to keep an eye on who does wind up on that committee, noting that there are many Lodge 7 friends who can help the council successfully address the crime issue that was so much a part of every campaign this past election cycle.

One great addition, one great selection to chair that committee could be 41st Ward Alderman Anthony Napolitano, a former Chicago Police Officer. He would certainly be a 180 from the for-

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mer Chicago Police Officer who chaired it the past four years.

Napolitano has been through three mayoral transitions now, and that experience has enabled him to surmise that what members have seen from Johnson so far is not what they will ultimately get. And that's from a positive and negative perspective.

"I don't want to jump on him and say that you ran on this, or you did that, because once you get in that office, and I know this firsthand, it's not always what you ran on," Napolitano reasons. "It's when you get in there and find out the mechanics of everything and how the wheels turn, you realize you can't do things maybe the way you campaigned. The new mayor is highly educated. He's got to know, 'Hey, you got agendas, but you have to look at what works, what doesn't work, and how do we make things better?' Got to give him the benefit of the doubt first."

When asked about what the future holds at City Hall and in the City Council, 15th Ward Alderman Ray Lopez paused to consider his answer. A long pause, but not overly dramatic considering members' trepidation to trust City Hall.

"The new mayor seems willing to at least answer the phone when we call, which is more than we've gotten under the previous administration," Lopez informs. "Hopefully, we can all agree that we need to focus on those matters that bring generational violence to our neighborhoods and allow officers to do their job, to go after the bad guys in a very targeted way, to keep our police and our community safe. If we can at least keep

those doors open, with dialogue going, there may be a shot that we can help bring each other to the middle as opposed to just focusing on the extreme edges of politics."

Reverse direction

For some additional direction, let's go back to Reboyras. He does not have a dog in this fight, and, actually, he advocates that the next four years don't need to be a fight.

He offers some perspective for Chicago Lodge 7 and Catanzara.

"I would say, 'John, you got a tough job ahead of you. We have officers that we want to keep on board,'" Reboyras advises. "Let's be respectful with the new mayor in what we say. You speak for the thousands of officers out there every day. And I trust that you will work it out with the new mayor, and we will go in the right fashion here, moving forward. The mayor will listen."

And, of course, Reboyras counsels that it has to go both ways.

"I sincerely think that it's a win-win if Mayor Brandon Johnson says, 'President Catanzara, I want to work with you. I want to allow you to do what we need the most,'" Reboyras directs. "Just create a meeting, a good, well-organized meeting, and say, 'President Catanzara, I'm going to work with you, because I think we need this. We need our officers to be healthy. We need our officers to get their required days off. We need to hire more officers. We need to work together and make this happen for Chicago. Not for just the officers, but Chicago.'"



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Raise Your Voice

The addition of Kenyatta Gaines as a Lodge 7 field rep will provide representation for members to be heard loud and clear

■ BY MITCHELL KRUGEL

When she was working in 004 approximately 15 years ago, Kenyatta Gaines found a discrepancy in her paycheck. A big one.

She reached out to Chicago Lodge 7 field reps for some help to express the error to the Department. But Kenyatta didn't get the support she felt she needed, so she spoke up for herself. The Department listened and cut her a check for the compensation she was due.

At that time, Gaines observed that her union did not really represent officers like her. Young. African American. Female.

Fast forward to 2022, when Gaines was working in Special Activities and met another female officer trying to bring a voice to a membership minority. Monica Ortiz had become a union rep, been elected as a Lodge 7 trustee, named co-chair of the newly created women's committee and ordained as the first female union field representative.

"Special Activities did not have a union rep, and Monica started asking questions as far as, like, 'Hey, why do I see you at everything?' She saw I was willing to help out," Gaines explains. "I started asking her questions. I started doing more union jobs, and I would stay and help work the event, too. As I began to be more involved with the team, I believe it was Monica who suggested that I might be a good addition to the team."

In April, Gaines became the second female field representative for Lodge 7. Her addition to the FOP leadership is nothing short of genius, for who is better equipped to give a voice to members than she is?

Kenyatta's voice is, of course, perhaps the most recognizable and inspirational in the entire Department. Her sublime singing voice has become a transcendent part of memorials, fraternal events and any type of tribute or celebration, uplifting members with every note. She has become the soundtrack for the Chicago Police Department.

Now, she is in a position to be another voice for members that Lodge 7 continues to amplify on almost a daily basis. And to bolster the efforts to give a voice to all factions of the membership.

"People have said that diversity is something that they wanted to start working toward. But who has been willing to take that first step and actually implement actual diversity and at a level where it counts, a level where it can inspire others?" Gaines observes. "[Lodge 7 President] John [Catanzara] wanted to have somebody who is relatable, to make people more comfortable talking to the union. He wants everybody to be more informed and get more participation."

Could Gaines be a little nervous about her new role? Perhaps. But she has been overcoming stage fright since the first time she performed for Chicago Police Officers, families and friends.

As a young person, Gaines started singing in church. And then, in music class at Morgan Park High School, she discovered her voice. It wasn't until about 10 years later, after she married her high school sweetheart, now CPD Sergeant Ron Gaines, that Kenyatta first performed at a funeral.

She had known CPD Commander Galen Caldwell had done some singing for the Department. And he set her up for an impromptu audition.

"He introduced me to the sergeant in charge of the events, and he was like, 'OK, sing,'" Gaines recalls. "I was like, 'Right here?' I think I sang my ABCs. And that's how I started."

She spent the bulk of her 20 years on in the 4th District. When she moved to Special Activities, she noticed that the unit did not have a union rep. So Gaines stepped in to that role, which led her to run for a trustee position on the executive board earlier this year and now to the field rep post.

The first field rep assignment for Gaines will be assisting members' needs from the Department's medical section. She is very motivated to work on medical grievances because, as she puts it, "The way it operates is just not favorable for our officers."

It's no surprise Gaines will bring the same dedication, standards and inspiration to working as a field rep that she puts into every performance.

"Every time I sing, I'm very nervous because I don't want to disappoint people," Gaines details. "It's a personal relationship. And that means a lot to me. I want to do it thoroughly and see through to every last detail."



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Plogs: Blogs and posts from police officers, family and friends

Putting the 'Remembrance' in 'Memorial'

The way members, family members, Department leaders, elected officials and just people who felt it important to be there filled the Chicago FOP Hall on May 2 cast a poignant aura. So much so that when President John Catanzara began the Chicago Lodge 7 Memorial Service, he was moved to just short of tears.

Catanzara declared a mission statement for this and every other memorial about taking it personally. As he announced "We can never have too much remembrance," the Lodge 7 Memorial confirmed an everlasting significance.

"We have 599 names currently on these walls," the president explained as he referenced the memorial wall in the FOP courtyard, where the names of all fallen Chicago Police Officers are inscribed. And as he related that a 600th will be added next year when the name of Andrés Vasquez Lasso is inscribed, Catanzara expressed the essence of remembrance.

"When you go to the courtyard and look at that wall, find a name you don't know," he encouraged. "Do a little research on that officer, how they died, what their reputation was as far as the police, their family life. Contact one of their family members and remind them that you remember. I guarantee you, there's some family members that haven't heard from anybody in a decade or more. So getting a call, an email or even a Facebook message saying, 'Thank you for your loved one's sacrifice,' I'm sure will make their day."

It would not be a complete remembrance without noting how the Lodge is definitely ahead of the curve in remembering fallen officers. While the names of members James Svec, Joseph Tripoli and

Jose Huerta have been inscribed on the Lodge 7 Memorial since May 2022, the brothers who were lost to COVID in 2021 were added to the memorials at Gold Star Park and in Washington, D.C., this year only because the union fought to get them line-of-duty-death recognition.

"We're not going to let our members be forgotten. They deserve to be on that wall, and now they are there," Catanzara continued. "You died in the line of duty, your name should be on that wall, not only for your memorial, but for members of your family and your co-workers, so you're permanently enshrined with the other ones who sacrificed so much."

The Chicago Lodge 7 Memorial Service included several speakers, including Chicago Police chaplains Father Dan Brandt and Rabbi Moshe Wolf. Vocalist extraordinary Officer Kenyatta Gaines also performed, and the Pipes and Drums of the Chicago Police Department rendered another stirring rendition of "Amazing Grace" while the Chicago Police Department Honor Guard paid homage at the wall.

And Rabbi Wolf accentuated the mission of the day by leaving all who attended with this thought:

"Every time you pass that wall, there's an important message in life that the wall and the memorial leave us: Nobody's guaranteed tomorrow. Enjoy every day. Go home, have an extra scoop of ice cream or an extra something that you've been holding off doing because you say maybe I'll do it another day. Do it today and enjoy on behalf of those names on the wall."

Plugging from the
2023 Chicago Lodge 7 Memorial Service
Reporting by Mitchell Krugel
Photos by Jen Shanahan
Section Design by Gina Crotchfelt



Some of those who filled the FOP Hall for the Lodge 7 Memorial Service responded to the request to express their emotions. In this new feature from Chicago Lodge 7 Magazine, they present a version of BLOGS – police logs, or PLOGS. Check out these PLOGS beginning on page 44



Maria Marmolejo

Chair of Gold Star Families
Wife of Chicago Police Officer Eduardo Marmolejo,
End of Watch: Dec. 17, 2018

Remembering is important, because it's almost like if their lives were in vain or not. It makes us wives, children, family members and extended family members really be reminded that the City's grateful, and no one will forget what they did and that they didn't come home from work that day.

It's like, in a weird way, a family reunion, because of members that you see over time. You see kids being in college, and you see parents doing well and happy faces, and those are all the people that are left behind. And I think it's a really good thing to come together yearly to celebrate, to remember. And definitely be inspired by whoever's moving forward and how they're doing it. That's all we want to see.

Officer R.C. Cain

Drummer, Pipes and Drums of the
Chicago Police Department

I think the most important part of memorial services is to be there for the Gold Star families to show them that they're not forgotten, that they still have a family. They still have a place to go to if the needs arise. That because their loved one's life was taken from them in the line of duty and performance of the job, that they're not abandoned.

When I'm there and I'm looking around and I see the officers and the service that we provide for them, I'm hoping that it allows them to feel a sense of purpose, a sense of being. I feel like the reason that we're here is not a good one, but I feel like there's some kind of inspiration that comes out of it.

We have to go out and perform. We have to do our best for these officers who made the ultimate sacrifice.

Raymond Lopez

Alderman, 15th Ward

I was there when the families were fighting to get acknowledged that their loved one's death was in fact duty-related. So to finally see them being recognized, to put their name on the wall, it's an important conclusion to an unfortunate event that I hope the City never repeats.

For so many, in so many different situations, saying "We'll never forget," it's just a catchphrase. But for the brave men and women who put that badge on and that uniform on every single day, this is ingrained in their DNA. It's not something that is just thrown out there to catch a headline, to get some sort of acknowledgement. It seriously is something that the entire community of law enforcement never forgets.



From left, Alderman Ray Lopez, Cook County Board Commissioner John Daley, Alderman Ariel Reboyras and Alderman Anthony Napolitano attend the Chicago Lodge 7 Memorial Service.

Officer Jose Jara

I think it's very significant and special for the younger officers that come on the job to read the stories and learn about these fallen officers. And it kind of gives us the inspiration to go the extra mile out there.

It's my 27th year. I just went back to the end-of-watch website, and I think I counted 40-plus officers in my career who have been lost in the line of duty. And that's been whether they've died of COVID or they've been shot or killed in the line of duty.

Getting to know some of these officers along the way was great, was amazing. It keeps their presence alive, keeps everything alive, especially when you start to remember some of the times you met these folks, or you actually got to work with them.

I can specifically remember Michael Ceriale, who was lost in the line of duty in 1998. I came on with him, and we were in the same academy class. I can remember his smiles and his gestures. When I was a young officer, I remember going to his wake and then his service. It was very emotional.

Officer Kimberly Lewis Davis

Chicago Police Chaplain

Oh my God, it's huge to remember, because when we are sworn into office, we never know the direction our career will take. We make a vow and a commitment to serve this City, knowing the high risk. We really take our vows and oath seriously to the Department.

So to pay the ultimate sacrifice, that's something that is really honorable for the Department to remember. They need to remember the sacrifice that officers made in those last moments.

It's really helpful, especially for those who knew the officers during the duration of their careers, that their partner mattered, their lives mattered, and their sacrifice mattered.

It means a lot to the family to remember for the same reasons and even to know 50 years, almost 100 years, that those officers are still remembered, their lives mattered and mean something and are valued.

Anthony Napolitano

Alderman, 41st Ward
Former Chicago Police Officer

Besides what's always on the top of my mind that these men and women need to know that they're cherished, and they're loved, and they're supported. And to me it's always honoring my family and my heritage, but it's honoring these men and women in blue. I mean, they're always in the corner, and they're making the ultimate sacrifice every single day. And they need to know that there's political people that will back them and are here for them always.



Standing alongside Lodge 7 President John Catanzara, Kenyatta Gaines sings the national anthem to start the Chicago Lodge 7 Memorial Service.

I think what my father told me before I got on the job is what they should be honored for, is they're getting called every single day to somebody else's worst day. And it's a profession that not everyone's made for. But it's a noble profession, and they need to be honored for that.

Donna Marquez

Sister of Chicago Police Officer Donald Marquez,
End of Watch: March 19, 2002

This intimate setting makes you feel love and warmth. This is where he was for his meetings. This is where he had his camaraderie and his life. The fun.

We have to think on those good memories. That's what helps us. Even if we cry, I guess it's the support. It's good to have the support, because it's still hard.

Your life is not the same anymore. One of the greatest fears of the Gold Star families is that when they say we'll never forget, they will forget. But they never forget. They continue to go see my brother's children. They continue to bring them gifts for the family.

And I remember when he was killed, I'm like, he wasn't just police. He was a son, a dad, a brother. He was the best of all my family. He was our one who brought joy, and he had the roughest job out of everybody. You never forget.



Chicago Police Officer Rich Robles, a member of the Department's honor guard, plays taps to end the service.

Father Dan Brandt

Chicago Police Chaplain

It's a great reminder of we're practicing what we preach when we gather here. We always talk about never forget, always remember, and these are opportunities to do exactly that. They see that people care. I think it's especially important to see the elected officials. Today, there are at least a half a dozen aldermen here. Officers often feel crapped on by politicians, and here they have the opportunity to show them there are some good ones. There are some who really care and who have their backs.

Caitlyn Brennan

Executive Director, 100 Club of Illinois

We hold CPD in our hearts as a Department that we respect everything that you do. I'm honored to join all of you today, and on behalf of the 100 Club and the citizens of the City and of the state, we stand behind you. We honor your courage, your sacrifice, your service to those members of the Chicago Police Department and also to your families.

Thank you, especially to the families, for sharing your heroes with all of us. They are on loan to us from their families. Their service is on loan, and we owe them the amount of respect and gratitude for what they do as well. So by all of us being here today, we're pledging to never forget and to remember that dedication to this noble cause. The men and women who defend this City deserve our utmost respect. The families deserve our utmost gratitude.





Plogs: Blogs and posts from police officers, family and friends

An unprecedented day of never forgetting

Chicago Police Officer Anthony Lopez takes an etching of the name of his cousin, Chicago Police Officer Eric Solario, at the Illinois Police Officers Memorial.

On a warm, sun-soaked day in Springfield, the wind gently rustled trees near the Illinois Police Officers Memorial in a way that certainly stirred introspective thoughts for the fallen, just as the words spoken did throughout a day of tributes to the 12 police officers honored from across the state.

Among them were Chicago Police Officers James R. Svec and Jose M. Huerta, as well as Detective Joseph A. Tripoli, who were all lost to COVID during the pandemic.

Officers, Lodge 7 and Department leaders and family members traveled to Springfield to recognize the sacrifices made by those who died in the line of duty in 2021 and 2022. Family members wore expressions of continued grief and loss, mixed with gratitude for those who have lived up to the “never forget” mantra within the extended blue family.

“We share your loss. We know the shock and the numbness ... the loss is always personal,” Deacon Robert Sgambelluri said during an interfaith service at the Cathedral of the Immaculate Conception.

Outside the church, dozens of squad cars, members of nearly 20 honor guards and Pipe and Drums — including the Pipes and Drums of the Chicago Police Department and the Bagpipe & Drums of the Emerald Society Chicago — prepared for a procession to the Illinois State Capitol.

Once there, at the memorial which was redesigned and rededicated in 2021, onlookers recognized the moment as they viewed the

permanent tribute to Illinois’s fallen officers.

“It definitely struck me emotionally, for sure, especially seeing that we just had a passing in the department not too long ago with Officer Lasso,” said Chicago Police Officer Emanuel Velez, a probationary officer in the 2nd District who was preparing for his first tour within days of the service. “I have a lot of family in law enforcement, so it hits me emotionally.”

Officer Colleen Burnette, a member of the CPD Pipe and Drums with nearly 30 years on the job, related what it means to play at the memorial.

“I feel very honored. In a little way, when we play events like this, I feel like maybe with our music we put the families at ease a little bit,” Burnette said.

The music resonates. And it did on this day for 6th District Officer Anthony Lopez, whose cousin, Chicago Police Officer Eric Solario, was lost in the line of duty in 2006.

“Anytime I hear the bagpipes, I just always remember that moment and honor him at his funeral. It’s always really beautiful, but also very tragic. I know that he did a lot of good on a short time in this world and just want to try to follow in his footsteps,” Lopez said. “I draw a lot of inspiration from what he’s done in his life on the job and outside as well. He always wanted to better himself and also better the communities that he served. That’s what I take from him and his legacy.”

Plugging from the
2023 Illinois Police Memorial Service
 Reporting by Dan Campana
 and Mitchell Krugel
 Section Design by Gina Crotchfelt



Officers and family members who attended the Illinois Police Officers Memorial in Springfield shared their thoughts about being at the event. In this new feature from Chicago Lodge 7 Magazine, they present our version of BLOGS – police logs, or PLOGS.

Officer Paul Huerta

Brother of Jose M. Huerta
End of Watch: Dec. 23, 2021

I'll be honest with you, I was a little angry with the City for making my sister-in-law, my nephew and my niece wait, but I'm trying to forget that. It's hard to go to work in the City that I care about when it treated my family like that.

Today, it feels a lot different. I'm very honored. I never wanted to be part of this ceremony, but it's an honor to have my brother's name on the wall, which he deserves. He earned this for his family. I've very, very proud of him.

Joseph Tripoli

Father of Chicago Police Detective Joseph A. Tripoli
End of Watch: Jan. 3, 2022

He put a lot of his life into the job. He wanted to truly help people — he really felt the need to help some people.

I think he felt like he was doing a lot during the pandemic. I don't think he expected to get sick, but unfortunately he did. I just wish that he would have had more time to fulfill himself with this because COVID took him fast. Too fast.

To get recognition like this will mean a lot, because I know other people will see his name on the memorial, and he will be remembered. His story lives on.

Chelsea Svec and Sydney Svec

Daughters of Chicago Police Officer James R. Svec
End of Watch: Dec. 8, 2021

We've waited for this quite awhile, and we're glad that it finally happened. It secures his legacy as someone you don't give up on, so it's validation. That means a lot to us. My daughter recently said to me, "Papa must have been a really important person because he's been everywhere." I said, "He absolutely was."

This memorial is incredibly important. Everything here was absolutely beautiful. All the other families who, unfortunately, lost their loved ones have been so unbelievably welcoming, showing that they're there for us and that they love us as well.

It's about time he was honored. He gave his life for the city, so he deserves it.

Elizabeth Huerta

Wife of Jose M. Huerta
End of Watch: Dec. 23, 2021

It felt really good to finally be able to give him the honor that he deserves. It felt good for me. It felt good for my kids. I'm proud that he served 20-plus years and he's being formally recognized for his hard work and dedication that he had



Elizabeth Huerta and family are escorted to receive an honor for Chicago Police Officer Jose Huerta at the Illinois Police Officers Memorial.

at this job.

I'm very grateful for everybody who fought for us, for everybody who stood up for us and didn't forget about us. For Sergeant Sharon Boyd, Officer Cynthia Rivera, John Catanzara and everybody else who's been there every step of the way and just fought for us, for the little guys.

And that's how Joe was. Joe wouldn't stop until it completely done. He lit up a room. He was someone you wanted to know. And on your bad day, you hoped to see him, because he knew how to cheer you up.

Officer Cynthia Rivera

Special Functions Unit Gold Star Families Liaison

In my 25 years on the job, this is probably the most impactful thing that I've done. Being with the families, they become more than just a family that I'm dealing with.

They become my family. I talk to them at all times — days, night, weekends. We'll cry together, we'll laugh together, we'll support each other. It is a journey. We are at their side at the worst possible



Chicago Police Officer Cynthia Rivera escorts Joseph Tripoli, father of fallen Chicago Police Officer Joseph Huerta, at the Illinois Police Officers Memorial.

time of their life.

I give these families a lot of credit, because they have to learn to relive their lives over and over again to find a new normal. This memorial is a great honor to them, and I'm very, very humbled to be able to be here with them.

Everyone should take the opportunity to come down to Springfield to the memorial to be able to really understand what it is that we do on a daily basis. It could happen to any one of us.

Officer David DiSanti

Chicago Lodge 7 Trustee

Police officers were on the front lines. We didn't work from home. We didn't do our jobs over Zoom. We were there doing our job every day, every night, with no change — even despite the threat of COVID and underlying issues.

We had to fight so hard to get these officers the honor and recognition that they deserved in being line-of-duty deaths. The City should have done that from the start. It shouldn't have taken [Lodge 7] President [John] Catanzara so much effort to make the City do what it should have just done in the first place.



The daughters of fallen Chicago Police Officer James Svec visited the Illinois Police Officers Memorial to honor their father.

Chris Southwood

Illinois FOP State Lodge President

The memorial is very significant, especially for the families. It's saying that we're never going to forget and we're here for the families.

To me, that's what the FOP should be all about. We take care of each other. We take care of our families when their brothers and sisters make the ultimate sacrifice.

The recognition of officers who died of COVID is significant because we were out on the front lines from day one, doing what we had to do every day. It's important that people understand we were out



Newly sworn-in Chicago Police Officers gather for a group photo at the Illinois Police Officers Memorial.

there when there was no protection, no vaccine. Our guys were on the front line, coming in and doing it every day.

Susana Mendoza

State of Illinois Comptroller
Sister of Chicago Police Detective
Joaquin Mendoza

My brother Joaquin was a detective sergeant in Chicago. He worked the third shift in some of the toughest neighborhoods during his more than 30 years in law enforcement. Then COVID hit. After working 17 days straight, extended hours, he caught the virus toward the end of 2020. In fact, on his birthday, he fell

sick, and two days later had to go to the hospital. He was hospitalized for 72 days. His life will never be the same.

You can imagine my shock when my brother's claim for duty disability with the City of Chicago was denied. His was the test case. It's the one that set the precedent. The pension board is sending officers a very unfortunate message that they are worth more dead than alive.

Officers shouldn't have to die to get their benefits. I'm going to keep fighting for every police officer and firefighter in the City of Chicago who was really betrayed and disrespected by the city they've served with dignity and love.



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Big Shots

CPD Men's Soccer Club scores a life-changing humanitarian trip to Colombia



BY ESTHER GONZALES

Dozens of children surrounded members of the CPD Men's Soccer Club in Manizales, one of the poorest cities in Colombia. Giving out toys and candy, Chicago Police Officer Scott Florez noticed one little boy, staggering behind the crowd, who didn't receive anything.

Without hesitation, Florez handed him a mini soccer ball, a CPD patch and a bag of Sour Patch Kids. Flores recalls how moved he was when tears flooded the boy's eyes. He threw his arms around Florez and embraced him.

"The kid looked at me in awe," Florez described. "He was shocked that I did all of that for him. I'll never forget the kid's face. It was amazing."

Florez, who is the team's captain, continued to watch in amazement as the children interacted with Chicago Police Officers who traveled for this mission. He noted how the children treated the officers as if they were celebrities and professional soccer players.

"It was very touching," Florez expressed. "I literally broke down in tears. It was probably the best experience of my life to see the smiles and the joy. We were so appreciative of the outpouring of love that these kids gave to us."

On March 28, members of the CPD Men's Soccer Club traveled to Colombia for a nine-day humanitarian trip. The members visited Manizales and the country's capital, Bogota, creating a lasting impact through their love of soccer.

When the founder of South Fork



The Chicago Police Men's Soccer Club traveled to Colombia for a nine-day humanitarian soccer trip.

United, who is a retired NYPD officer, reached out to Florez earlier this year and asked if the team would be interested in a humanitarian soccer tournament in Colombia, Florez readily agreed. But he didn't know just how life-changing this opportunity would be and just how much the Colombian police officers and children would embrace them.

Entering one of the poorest neighborhoods in Manizales, Florez and his team carried bright orange bags of groceries down a narrow path between houses. They had spent only \$50 each, and Florez said he could hardly believe what a difference it made in the lives of Colombian families.

After they handed out the food, a group of more than 50 children shouted, "Gracias, Chicago!" That reaction caught Florez and his fellow officers by surprise and resonated with them deeply.

"When they said that to us, I was in tears, because I wasn't expecting that,"



Partnering with Colombian and Polish police officers, the Chicago Police Men's Soccer Club organized and played soccer games for children. Florez described. "On the bus ride back to our hotel, the cops were silent and, more than anything, mesmerized at how the little \$50 each that we spent went so far."

Before each game began, Florez stood with his brothers to offer tribute to fallen Chicago Police Officer Andres Vasquez-Lasso, whose home country was Colombia. After sharing a few words about his fallen brother, Florez led a moment of silence.

"Just watching everyone with their head down, [we're] talking about a thousand people with their head down, paying respect to a foreign officer, was something that I'll never forget," Florez related. "We made sure that the police officers in Colombia knew who he was and where he comes from. They appreciated everything about his story."

More than 300 Colombian police recruits filled the stands in Manizales before the opening of the competition.



Clapping and cheering, the recruits began chanting “Chi-ca-go!” and cheered on the American team.

Working hand in hand with the Colombian police, Florez and three other officers presented hands-on training for the recruits and had the opportunity to compare policing strategies and tactics.

Later, the team traveled to Bogota, where they played a match against Polish police officers, who also partnered with them in their humanitarian work.

“It shows that this brotherhood isn’t just here in the city or in the United States. It’s global,” Florez expressed. “We were with these Polish guys, and very few of them spoke English, but yet we’re helping kids out through soccer. Literally, soccer was our language.”

Many times during the competition,

numerous children gathered around the Chicago, Polish and Colombian police officers. Even when they were playing on a simple slab of concrete, Florez said, it was an amazing time.

“We played six-versus-six games of three cops and three kids,” Florez described. “We didn’t know what we were saying to each other, but through the soccer ball, everyone was happy.”

After giving away countless donations of soccer cleats, socks, toys and food, the CPD Men’s Soccer Club began looking ahead to 2024.

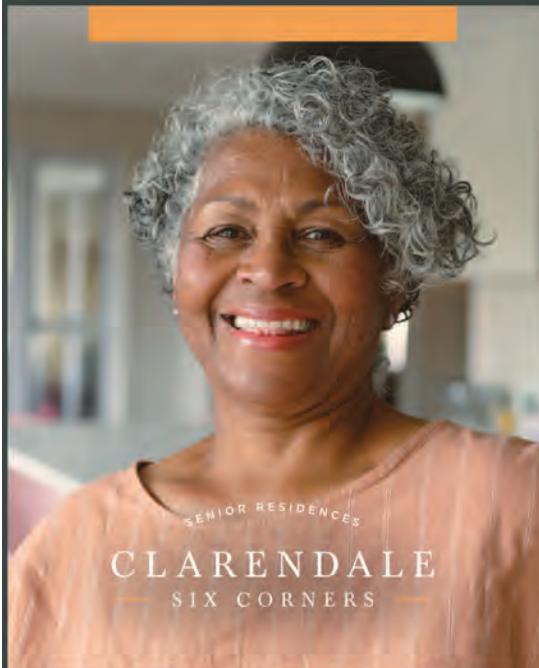
A humanitarian trip to Cartagena, which the CPD women’s soccer team recently traveled to, is already in the works, with an open invitation extended to The Knights, the CPD baseball team. And, Florez added, Chicago Fire’s soccer team



Members of the Chicago Police Men’s Soccer Club donated groceries to families in the poorest parts of Manizales, Colombia.

has expressed interest in donating for the trip as well.

“We’re probably going to have 10 suitcases just dedicated to giving to the kids,” Florez quipped. “I already have guys texting me every day, ‘Hey, put me on the list. Put me on the list.’ They all want to go. And I just can’t say enough about this trip: it makes you humble.”



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Life Insurance and Death Benefits Overview

The links and information below provide information for Lodge 7 members regarding life insurance and death benefits available for officers and their families

CITY OF CHICAGO BENEFITS PAGE link to Met Life

<https://www.chicago.gov/city/en/depts/fin/provdrs/ben.html>

MET LIFE website

<https://servicing.online.metlife.com/public/site/presignin?source=metonline&grpNumber=213800&groupNumber=213800>

NATIONWIDE DEFERRED COMPENSATION

Beneficiary change form

If beneficiaries have not been updated since 2008, it is a good idea to check who is listed to ensure it is current in your portfolio. Forms must be mailed in to Deferred Comp.

The address is on the form at this link:

https://nationwidefinancial.com/media/pdf/NRI-0369AO.pdf?_ga=2.28033596.1603005603.1593193803-1364876919.1593193803

Chicago Police Pension Fund Death Benefit Directive

The Pension Fund has a death benefit which is separate from the pension. Pension will go to spouse or as directed by QILDRO or minor children but death benefit will be given to whomever is listed as a beneficiary on the form at this link:

http://www.chipabf.org/ChicagoPolicePension/PDF/Printable_Forms/DB-2015_Print.pdf

Chicago Police Department Human Resources

Designation of Beneficiary: Law Enforcement Compensation Act for beneficiaries in the event that compensation benefits are payable for line-of-duty deaths under 820 ILCS 315/1.

CPD 62.345 is not an online form but can be obtained from Human Resources.

Chicago Patrolmen's Federal Credit Union Beneficiary form

If you have an account with the Chicago Patrolmen's Federal Credit Union, you can designate a beneficiary for Payable on Death. For a copy of the form, contact the credit union.



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17th District officer empowers sexual assault victims with special kits



Pain. Fear. Darkness. Confusion. These are all words that can describe a sexual assault victim's experience, especially when they're recounting their story to law enforcement.

That's why 17th District Officer Mary-Jane Parks teamed up with local Rape Crisis Centers to assemble 108 Beloved Bundles for SANE nurses — also known as sexual assault nurse examiners — at Swedish Covenant Hospital.

The bundles consist of clothing, undergarments, hygiene products and more, all with the purpose of bringing some sense of normalcy after a senseless tragedy.

"When someone is a victim of sexual assault they lose all of their clothes because they have to be inventoried, so this is a way to give them some empower-

ment back," Parks explains.

Beloved Bundles was started after the death of 22-year-old Molly Jane Matheson, a young woman in the Dallas-Fort Worth area who was assaulted and murdered by a man she knew.

One of Parks's commanders saw a clip of Matheson's story on television and suggested to Parks, a member of the Domestic Violence Sub-Committee, that they do something to help. So Parks reached out to Matheson's mother, Tracy, who sent them the supplies to assemble the bundles.

These bundles are more than a way to empower victims—they're also a reminder of what law enforcement can do when victims come in to report an assault. Having taken reports herself, Parks says the best thing officers can do for

victims in that moment is to be patient while they recount their story.

Because of their work, the SANE nurses have requested that Parks and the department assemble the bundles again next year. When we spoke to Parks, she had just come out of a meeting with her subcommittee about ways to expand the project, which will include getting more SANE nurses involved.

Not only do their continued efforts lend a helping hand to these nurses, but Parks hopes their work will encourage victims to come forward.

"Don't be afraid to report, so you can get the medical attention," she says. "If you don't want go forward at that point, at least you have the chance later on."



Soul Food

Chicago Police Officer Latricia Glenn makes strides with building relationships in the 7th District by giving back

■ BY ESTHER GONZALES

Smiling brightly, Chicago Police Officer Latricia Glenn eagerly embraced residents of the 7th District community at Evening Star Baptist Church's food pantry. As she helped residents fill baskets and shopping carts with canned food and groceries on April 27, Glenn witnessed just how rewarding it was to give to those in need.

"All those essential things that we take for granted, a lot of people need and they're grateful and they're blessed to receive that," Glenn described. "I get really personable with my community, so it's all rewarding to see the smiles on their face. They thank me, they pull me to the side and say, 'It's good to see officers out here doing what you're doing. Please keep it going.' It's always rewarding."

As the faith-based liaison for the District, Glenn is still fairly new to the position, which she has had for two months

now. But she has already experienced the life-changing impact she can have on the community, through events like this.

"It's a huge impact for me because I'm so new to it," Glenn said. "I get more thank-yous doing this than I did when I was doing patrolling. This is just a different way of policing and serving. And the impact is grand."

As the liaison, Glenn visits various faith organizations and churches in the District to see how she can best support and partner with them. And they always have the same goal: to build better relationships.

"By officers going in and engaging, it helps build the morale and it helps build really great relationships," Glenn explained. "It makes us all come together to get things done in our urban neighborhoods that need a lot of attention, and it gets everybody on one accord to take our streets back."



Glenn helps organize prayer walks and participates in clothing and food donations. Usually, the number of those in need is greater than expected, and that inspires her to continue building those relationships.

"Sometimes it's 300 or 400 people," Glenn added. "There are so many people that really need assistance in our area. So, it's a blessing to be a part of these churches that are really giving back to our community."

10th District officer makes sure local girls feel special on prom night

They say prom is one of the most magical nights in high school. On April 1, the 10th District and Humble Hearts, a local organization helping families who need it the most, organized a prom-dress giveaway for girls from low-income families attending a dance this spring.

Officer Yadhira Garcia worked with Humble Hearts to clear out a space within the department for this massive giveaway, that included approximately 800 dresses up for donation.

"It turned out to be a colossal event," Garcia said. "I didn't expect that many people, but I'm glad they were able to get the resources they needed."

Garcia added that nearly 300 people attended the giveaway. Some even lined up at 10 a.m. — two hours before the giveaway began.

Helping young women feel beautiful on their big night is a cause near and dear to Garcia's heart, mainly because she grew up in the area.

"I wasn't looking to be an officer, but I think the job finds you and teaches you how to give back," she said. "I always look for that big family that needs more."

Because the event was so successful, Humble Hearts has already reached out to the 10th District about planning a baby shower for new mothers on June 1.

Through their good deeds, Garcia and 10th District officers are making these huge milestone moments in young women's lives ones to remember.



A lunch to remember: 20th District officer shows compassion through food

As migrants continue to come into the city, Chicago Police Officers are becoming more and more taxed with how to handle their presence.

As in many districts, officers in 020 have found ways to take in migrants. On April 22, Officer Chris Malecki did his part to help one of these families. Malecki made sure the family had lunch that day and even gathered candy bars for the children.

“They had been there about three or four days, so I thought, ‘Let me do my part and contribute,’” he said.

Although there was a language barrier in play, Malecki says he could see the gratitude shine through on their faces, and to think it all started with lunch.





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Officers who rescued seven from fire earn CPMF award

■ BY DAN CAMPANA

An early morning fire in December could have been tragic beyond belief, but two Chicago Police Officers prevented the worst from happening.

The quick actions of Officer Olivia Sardella and PPO Sean Murray earned them the Chicago Police Memorial Foundation Officer of the Month awards for April.

Around 3:15 a.m. on Dec. 20, 2022, the officers were on patrol in the 2800 block of South Keeler Avenue when they smelled smoke and discovered a house on fire. At the home, a panicked woman standing on the porch told the officers that numerous people were inside the home.

After calling for the Chicago Fire Department and contacting the Office of Emergency Management, the two officers quickly helped get six children out of the home without any injuries. They then realized that a man who lived in the basement had not been located.

With fire preventing entry through the front of the building, Sardella and Murray went to another part of the home, where they saw large flames shooting from a gas meter attached to the structure. Through the flames, the officers located the man in the basement and began to instruct him on how to exit the building — which he was able to do, despite suffering from smoke inhalation. The officers called for an ambulance, and the



man was transported to the hospital in serious condition.

“Thanks to the quick and heroic action by Officers Sardella and Murray, seven people were successfully and safely removed from a burning building,” CPMF Executive Director Phil Cline said during the April awards ceremony.

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Training pays off in lifesaving actions by three officers

■ BY DAN CAMPANA

A New Year's Eve shooting on North Milwaukee Avenue put three officers to the test, which they passed in the most important way possible.

Officers Brisia Barrios, Alexander Muniz and Ivan Avila's use of their LEMAR training to save gunshot wound victims earned each officer the Chicago Police Memorial Foundation's Officer of the Month Award for April.

Barrios heard several gunshots as she patrolled the 1500 block of North Milwaukee Avenue and contacted OEMC. Within a few minutes, Barrios found two people shot under the CTA tracks near Honore Street and Milwaukee Avenue. Barrios called for a medic and then quickly triaged each victim — both shot multiple times — to determine that one person was bleeding profusely from their leg. Barrios used a combination of a tourniquet and pressure bandages to prevent further bleeding while awaiting an ambulance.

While doing all of that, Barrios was also radioing information to other responding officers, including Avila and Muniz, who located a third shooting victim at a bar on the same block as the others. The victim showed several gunshots to the body, including a sucking chest wound. Avila and Muniz applied a chest seal and other emergency measures to stabilize the victim until



medics reached the scene.

"Due to their quick actions, Officers Barrios, Avila and Muniz saved the lives of these shooting victims, preventing multiple homicides," said CPMF Executive Director Phil Cline, noting that paramedics said the LEMAR measures prevented a fatal loss of blood for the victims.



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Cops and the Community

Supporting the community is not a one-size-fits-all approach. It varies from neighborhood to neighborhood and, sometimes, from resident to resident. Throughout April, Chicago Police Officers took the time to reach out and engage with children and adults in ways that made a powerful impression on how the police are there for citizens.



12th District

In the 12th District, officers teamed up with the Chicago Park District for a Special Olympics event for more than 300 kids with intellectual disabilities. Officers helped the participants train and participate in a variety of sports.



9th District



To help get ready for spring, officers teamed up with the Home Depot in the 9th District to build birdhouses with local children.



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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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An Egg-cellent Easter

On April 5, members of the 17th District Community Policing Unit hosted an Easter Egg Hunt for families in the community. The celebration at Spiking Farm Park included arts and crafts, face painting and even a surprise visit from the Easter bunny.

In a true spirit of the holiday, members decorated the station with silver and blue streamers and Easter egg decorations and balloons to create a welcoming atmosphere.



10th District



Residents in the 10th District turned out in large numbers to pick up food and clothing during an event co-sponsored by the We Care 2 Agency and other local partners, including officers from the Citywide Community Safety Team. The event, held every other week, is made possible by a variety of donors looking to help those in need.



14th District

To show comfort and support for the homeless community, the 14th District CAPS office worked with San Lucas United Church of Christ to host a pizza lunch for some of the community's homeless. The event also showed the positive work between police and faith-based organizations.

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May is recognized as Women's Health Month, and June is Men's Health Month. This is the perfect time for IMPACT Physical Therapy & Sports Recovery to bring awareness to a handful of universal health issues that affect both men and women and to highlight how physical therapy can help.

Pelvic floor dysfunction is a common problem affecting a large percentage of men and women with a variety of symptoms. The pelvic floor muscles are involved in several important functions in the body, including stability of the lower back, assistance with bowel and bladder control, helping to support the pelvic organs and overall sexual function.

Despite the large number of people affected by pelvic floor dysfunction, many find it difficult to talk to their health-care provider about these problems. It's always important to communicate all symptoms to your doctor because most of these problems can be treated conservatively by a physical therapist.



Individuals with lower back pain may not initially realize that the pelvic floor could be involved in their condition. One study found that of women presenting with lower back pain, 95.3 percent had some form of pelvic floor dysfunction. Men are affected by this, too, developing symptoms such as testicular pain or sex-

ual dysfunction following a lower back injury or herniated disc. Strengthening of the pelvic floor muscles can significantly reduce lower back pain intensity, and the addition of pelvic floor exercises with stabilization exercises can lead to better outcomes.

Pelvic floor dysfunction can be a primary diagnosis or secondary from another condition. Pregnancy and post-partum issues are common contributors, along with many orthopedic issues. There is a high correlation of pelvic floor involvement in patients with low back pain or hip problems. Also, many gastrointestinal, bowel, or bladder conditions are treated in conjunction with physical therapy to retrain the pelvic floor muscles.

Common symptoms associated with pelvic floor dysfunction can include:

- pelvic pain
- erectile dysfunction
- pain with intercourse
- frequent urination
- stress incontinence (leaking with coughing, sneezing, lifting, etc.)
- urge incontinence
- low back or hip pain
- pelvic organ prolapse
- constipation (chronic or recurring)
- fecal incontinence (inability to hold stool and/or gas).



Pelvic pain is much more common than many people realize. Chronic pelvic pain affects around 15 percent of men and around 50 percent of women. Symptoms of chronic pelvic pain vary greatly between individuals and can be experienced deep in the pelvis, genitals, but-

tocks, low back or abdomen. Individuals may experience pain or discomfort with sexual activity, sitting or daily activities. With first responders, sitting in a patrol car or behind a desk all day can lead to pelvic issues. If your duties also include patrolling on horse, the posture of your pelvic floor along with the up and down motion can play a factor in experiencing pelvic pain and dysfunction.



Every individual is different, and treatment is directed toward the unique problem that is present. Physical therapy can help address these issues with various treatment approaches. Proper instruction in how to contract, relax and coordinate the pelvic floor muscles with other muscles of the trunk, abdomen or hips can help address muscle imbalance, weakness or the inability to relax the muscles. Manual therapy can address tight muscles or trigger points (tender or painful bands of muscles causing symptoms) or restricted joints in the trunk and lower extremities. Some therapeutic modalities can be useful for decreasing pain, and most importantly, physical therapists can educate their patients regarding daily behaviors that may be contributing to the problem.

If you have symptoms that are related to pelvic floor dysfunction or would like additional information, contact IMPACT Physical Therapy at 833-299-4672 or www.impactphysicaltherapy.com to schedule an evaluation or consultation with a physical therapist. Questions? Email Paul at pthomas@impactphysicaltherapy.com.

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