



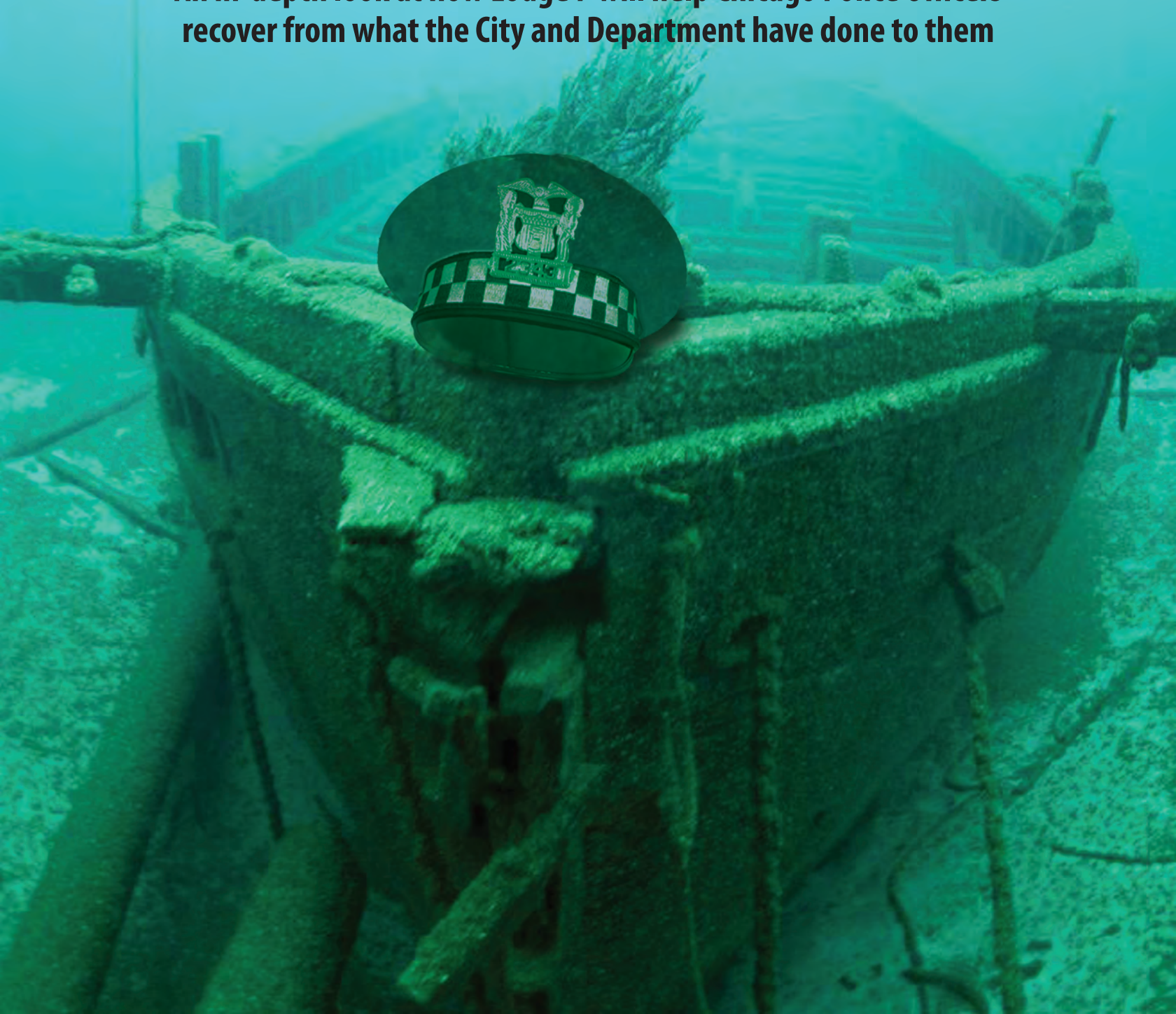
*Fraternal Order of Police*

# CHICAGO LODGE 7

Official Magazine • September 2022

## Coming Back From the Deep

An in-depth look at how Lodge 7 will help Chicago Police Officers recover from what the City and Department have done to them





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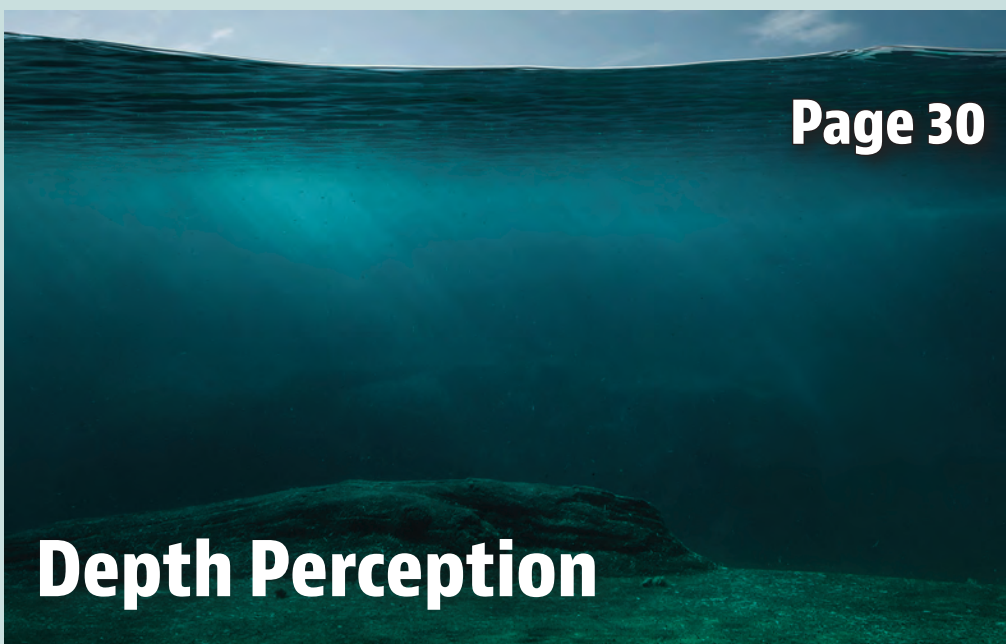
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## COVER STORY



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## Depth Perception

The statement resonated with all Lodge 7 members and so many others who work for the Chicago Police Department. As President John Catanzara stated, "The City has dragged the Department down to the depths of Lake Michigan." So how will officers resurface from such a shipwreck? This in-depth report reveals how the fraternalism that has united members, combined with the heavy doses of mental health and wellness resources and political action, will set members up to rise from the deep once the biggest anchor is removed in the mayoral election next spring.

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### MITCHELL KRUGEL

Founder and Publisher  
 mitch@chicagofopmagazine.com

### GINA CROTCHFELT

Art Director  
 gina@chicagofopmagazine.com

### ESTHER GONZALES

Staff Writer  
 esther@chicagofopmagazine.com

### DAN CAMPANA

Contributing Editor  
 dan@dancamcom.biz

### KIMBERLY FLYNN

### LAUREN PURCELL

Copy Editors

### MAGAZINE COMMITTEE

Joseph Battaglia, William Burns, Michael Carroll,  
 Carolyn Crump, David DiSanti,  
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# CHICAGO LODGE 7

Official Magazine  
President's Report



## We will rise from the depths



JOHN  
CATANZARA  
JR.

We can only hope that sinking feeling, that never-ending battle to keep your head above water, will fade in seven months. By then, hopefully we will surface to the dawning of a new day, new mayor, new superintendent, new first deputy and all the other anchors relentlessly dragging down our Department.

I first made the comment about how in seven months we can bring the Department back from the depths of Lake Michigan on my TGIF video posted on our Facebook page on Aug. 19. It's a recognition of how we have hit rock bottom and a call to not let how difficult they have made the job cause you to sink into depression or feel like you have to drown your sorrows.

The growing manpower shortage is just one way they have made the job so unpalatable. The reality is that officers who used to do 29, 30, even 35 years are now 20, 22, maybe 24 years. I mean, they're all leaving 10 years sooner than ever before. You look up and down the list of retirees from five years ago, six years ago and it's night and day in years of service.

On many fronts, it's the City's fault. You can start with the mayor, but you can even go with how this Department's being run. We have a guy at the top who's stealing money for doing nothing. You got another guy who absolutely should be charged with official misconduct for his egregious behavior related to how he runs this Department. It doesn't stop there.

I think everybody expects there's going to be a new mayor. Which new mayor might be a different conversation. But Brown will be gone, which means Carter will be gone. And that means all the cowards hiding behind the excuse of, "What do you want us to do? We can only do so much on 35th and Michigan" will be out the window.

We'll see how many of them grow a pair, step up and start leading from the front, instead of worrying about their pensions and their paychecks. There might be a very, very, very small few. There's also a much larger contingent of overly promoted bosses in this exempt rank group.

Maybe we will see them run like rats deserting a sinking ship. The mayor has only herself to blame for the way this Department has been dragged to the bottom of the lake. She is just so vindictive and nasty. She just cannot get out of her own way.

Using the number of 10,000 active FOP members, if she got a hundred votes, I'd be stunned. She could try and spin that any way she wants. It's John Catanzara talking. Bullshit. This department hates her more than Rahm and Daley combined times two.

They're driving this profession into the ground faster than ever before. Recruitment is one thing, but retention is the next gigantic hurdle. There's going to be a huge number in the next year or two of officers hired about the same time I was—under the Bill Clinton police hiring grants—who are going to turn 55. They are going to say "sayonara" unless you incentivize them to stay.

So we have to rise to the surface right now. It begins with the mental health services we are offering at the Lodge through the First Responders Wellness Center and Dr. Carrie Steiner, a retired Chicago Police Officer, available every day on the second floor. The attention we are devoting to better mental health and wellness under the direction of First Vice President Mike Mette is the best life preserver we can pitch to our members.

And we are following through with the political motivation of this organization. We had a meeting led by Mike Cosentino, our political director, with our political action committee on Aug. 23 to begin discussing aldermanic candidates.

That ball is already rolling. I'm sure we'll probably have one more before petitions to get on the ballot start circulating later this month.

And we've had conversations with aldermen. We absolutely are going to make sure to help those who have supported us.

I can see an emergence coming. Seven months from now, we will make our presence felt in the election and other streams. And once and for all be able to tell the mayor, Brown, Carter and the rest to go jump in the lake.

**President's Report continues on Page 6**

### FRATERNAL ORDER OF POLICE CHICAGO LODGE #7

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# Contract talks – or lack thereof

We hoped to have more of an update regarding negotiating phase two of the contract.

It's a pretty firmly held belief by the Lodge 7 contract team that the City is in the midst of one big stall tactic at this point. In spite of our best efforts to get this done the right way, the professional way, there's no appetite on the City's side to get it accomplished.

They should be jumping at the proposals we're putting forth and being thankful that we're not being ridiculously greedy in this environment. We've come at it from a position of knowing that whatever we ask for has to be sustainable long term. We are not trying to cripple the City with outrageous demands.

I don't want to say the mayor is listening to the wrong people. But the voices in her head, whatever her logic is, if she thinks that stalling is going to cause some kind of uprising against us, she's sadly mistaken. We've been fighting for every inch of

ground we possibly can gain. It's not going to stop. It's the City that is holding up any progress.

We should have an arbitration award before the election. Hopefully by the end of September, we will sit down and start hashing out the details. It's all going to depend on the selected arbitrator's availability. The actual hearings will start, hopefully, by October and conclude sometime before Nov. 1.

Most of the proposals are related to working conditions. There are some financial components that overlap. I don't want to go too deep into the financial components, but there is absolutely more money on the table.

We also are addressing the ungodly scheduling and working conditions that they've put forth for the past two years. Mission one when it comes to non-economic proposals is about management rights and their seemingly unending ability and desire to just shred our morale and ruin families.

## A salute to Maggie

A random phone call turned into a great sendoff for Officer Maggie Lichwala on Aug. 23. We didn't have a lot of time to put it together, but dozens of members came out to her home. The pipes and drums played, and Maggie came out to see the "We love you Maggie," sign in her front yard.

This goes to the whole theme of being our brothers' and sisters' keepers and that this job is bigger than any of us. Officer Adam Wazny reached out to me because, like Maggie, he is a first-generation Polish immigrant.

You may know Adam as the officer who was shot and seriously wounded in 2018. When Adam found out about Maggie suffering from terminal cancer, he just felt that she was a kindred spirit and began talking to her regularly. When they brought her home, he visited her every night, just to talk to her and keep her company.

Adam's going to spearhead the traumatic injury support group that we're starting. And when he called to say, "I want to give her a sendoff. She doesn't have much time left," I said, "Consider it done."

Everybody who was close to her said she was just kind of pessimistic about how much of a difference she made as a police officer. We were able to show her some love and appreciation for her service to the city and to her brothers and sisters.

I think it was pretty uplifting for her to see all that love and support. She even got to pet one of the horses from the mounted unit. That just literally made her day. So, it was awesome.



## F is for...

We don't talk enough about how we put the "F" in "Fraternal Order of Police." A lot of people focus on what the union does for me, individually, when I'm in trouble or my bargaining rights have been violated.

Yes, that is a gigantic component of what we do, but a big part of this organization is the fraternal part and coming together with one voice. That is bigger than just a collective bargaining agreement.

On days like our golf outing on Aug. 24, you get a chance to forget you're a cop for a moment when you're just out there just golfing, having fun, busting chops. When you can just forget all of that and it just boils down to humanity, it's just refreshing.

We are planning our next event to give members more of the F. Sometime during the first two weeks in October, we're going to try to host a five-day street carnival somewhere where it's just us. You can go on your RDO with your family and come hang out for a day. We just want to offer an opportunity for our members to decompress and get away with their families from all the nonsense.

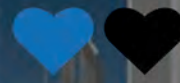
My mission is to find a location and secure a company to make that happen. I just know how beat up everybody is. As good as the golf outing was, not everybody plays golf. So, this gives another contingent of our membership the ability to get away.





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**Sept. 10****Lake County Lodge 66 Golf Outing**

Fox Lake Country Club  
7220 State Park Road, Fox Lake  
9 a.m.–5 p.m.  
\$125 per golfer  
For more information, email [ilfop66president@gmail.com](mailto:ilfop66president@gmail.com)

**Sept. 10****100 Club of Illinois All Camaro Show**

Volo Auto Museum  
27582 Volo Village Road, Volo  
9 a.m.–3 p.m.  
\$25 per Camaro, free to walk show  
For more information, email [rhoads.ilcam@gmail.com](mailto:rhoads.ilcam@gmail.com)

**Sept. 11****Chicago Police Memorial Foundation Cars and Cops Auto Show**

Hagerty Garage & Social  
2500 W. Bradley Place  
10 a.m.–4 p.m.  
For more information, visit <https://www.eventbrite.com/e/cars-cops-5th-annual-carshow-tickets-275808479587> or call 312-499-8899

**Sept. 11****100 Club of Illinois Festa Ferrari**

Blue Ridge Village Center  
701 Village Center Drive  
\$150 per Ferrari, \$75 per person  
For more information, email [larry@fcacentralstates.org](mailto:larry@fcacentralstates.org) or to purchase tickets, visit <https://www.tickettailor.com/events/ferrariclubofamericacentralstatesregion/704206>

**Sept. 14****CPD Captain Jimmy Lavoy Memorial Golf Outing**

Stony Creek Golf Course  
5850 W. 103rd St., Oak Lawn  
Noon  
\$100 per golfer  
For more information, email [cpd1980@aol.com](mailto:cpd1980@aol.com) or call 773-405-5076

**Sept. 16****Romeoville FOP Lodge 15 Annual Golf Outing**

Big Run Golf Club  
17211 W. 135th St., Lockport  
8 a.m.–5 p.m.  
\$140 per golfer  
For more information, visit <https://romeovillefop.org/golf-outing-2022> or email [contact@romeovillefop.org](mailto:contact@romeovillefop.org)

**Sept. 16****2022 CPD Enforcers Charity Golf Outing**

The Meadows Golf Club of Blue Island  
2802 W. 123rd St., Blue Island

9 a.m.

\$125 per golfer

For more information, visit <http://www.cpdenforcers.com/2022-golf-outing.html>

**Sept. 17****CPD Chicago Cruisin' for St. Jude Car Show**

X's & O's Sports Lounge & Grill  
6405 W. 127th St., Palos Heights  
Noon–6 p.m.  
\$10 per passenger, \$20 per car and driver  
For more information, visit <https://www.chicago-fop.org/news/events?view=article&id=275&catid=15>

**Sept. 17****100 Club of Illinois Win the Band with Cadillac Groove**

Brauer House  
1000 N. Rohlwing Road, #13, Lombard  
7:30 p.m.  
\$5 per ticket  
For more information, visit [www.cadillacgroove.com/raffle/](http://www.cadillacgroove.com/raffle/)

**Sept. 19****CPD Promotion Party for Captain Nicole Clark**

Tom's Tap  
6707 W. Archer Ave.  
6 p.m.–10 p.m.  
For more information, visit <https://www.chicago-fop.org/news/events?view=article&id=277&catid=15>

**Sept. 20****CPD Promotions Party**

Honoring Deputy Chief Ronald Pontecore, Commander Michelene Alexa, Sergeant Mark Gustafson and Detectives Kelvin Choe, Darryl Hardy, Steve Fichter, Jeremy Carter and Matthew Rochman  
Chief O'Neill's Pub  
3471 N. Elston Ave.  
6 p.m.–9 p.m.  
For more information, visit <https://www.chicago-fop.org/news/events?view=article&id=270&catid=15>

**Sept. 21****Calumet City Lodge 1 Annual Golf Outing**

Lincoln Oaks Golf Course  
395 E. Richton Road, Crete  
9 a.m.–5 p.m.  
\$400 per foursome  
For more information, visit <https://www.calumet-citylodge1.org/golf-outing> or email [calumetcitylodge1@gmail.com](mailto:calumetcitylodge1@gmail.com)

**Sept. 23**

**The Scandinavian American Police & Fire Association Golf Outing**  
Fountain Hills Golf Course

12601 Kedzie Ave., Alsip

1 p.m.

\$80 per player, \$320 per foursome

For more information, email [roberthansen2644@att.net](mailto:roberthansen2644@att.net) or call 773-972-0029

**Sept. 24****2nd Annual Spoon River Valley Lodge 427 Auxiliary Softball Tournament**

Jacob's Park  
100 N. Wilson St., Farmington  
9 a.m.–5 p.m.  
\$200 per returning team, \$225 per new team  
For more information, call 309-338-5924

**Sept. 25****Northside Danny Golden Benefit**

Irish American Heritage Center  
4626 N. Knox Ave.  
1 p.m.–9 p.m.  
\$50; ages 21 and under free  
For more information, email [nwsidefightlikeagolden@gmail.com](mailto:nwsidefightlikeagolden@gmail.com) or to purchase tickets, visit <https://www.betterunite.com/dannygoldennewsbenefit-northsidedannygoldenbenefit/donate>

**Sept. 27****Grand Central 25th District Golf Outing**

Indian Boundary Golf Course  
8600 W. Forest Preserve Ave.  
8 a.m.  
For more information, call 312-746-5090

**Sept. 28****Jacksonville Lodge 125 30th Annual Golf Outing**

Nichols Park, Jacksonville  
11 a.m.–5 p.m.  
For more information, visit <https://www.ilfop.org/event-fop/jacksonville-125-30th-annual-golf-outing/>

**Sept. 29****Area Four Detective Division Golf Outing**

White Pines Golf Course  
500 W. Jefferson St., Bensenville  
8 a.m.  
For more information, visit <https://www.chicago-fop.org/news/events?view=article&id=254&catid=15>

**Sept. 29****100 Club of Illinois 2022 Raising Hope Awards**

Ritz-Carlton at Water Tower Place  
160 E. Pearson St.  
6–10 p.m.  
\$500 per person  
For more information, visit <https://www.100clubil.org/event/raisinghope2022/>

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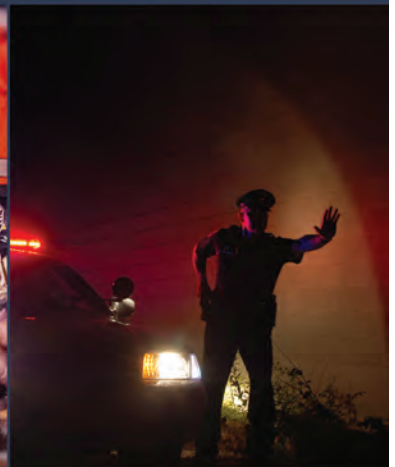
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# A last-chance agreement helps everyone involved



**MICHAEL  
METTE**

As the summer comes to an end, we are again left with too many questions about what is happening to this Department. Time and time again, the City and Department treat our men and women like crap. I have written many times about the consequences for the cruel work schedules they are implementing far too often. Our officers are overworked on every level. It wouldn't be so bad if the Department made an honest effort to make itself a happier place to work.

Our officers are in dire need of a break. The politicians and bosses inside the Department need to take ownership of the disaster they have created and stop scapegoating our members. When the Department far too frequently cancels RDOs to make up for the lack of manpower, it is using a Band-Aid when a tourniquet is necessary. The Department is trying to save face in the wake of utter lawlessness downtown. Policy after policy is aimed at restricting our abilities to enforce the laws in place, and the criminals are becoming more and more emboldened.

I have been trying to get the Department to open its eyes to the suffering our members are going through. One of the things I have been championing is a "last-chance agreement." This would end the draconian drug testing policy of one and done. That is to say, if I had a random drug test come back positive for anything other than alcohol, I would at some point be fired. This is a zero-tolerance policy that leaves officers with addictions fighting them alone. A last-chance agreement isn't something new. Our CFD brethren have one. We want the same policy.

Having the last-chance agreement helps everyone involved. It

allows those officers who have been fighting drug addiction a way out. It allows officers that one chance at redemption. It also helps the Department tackle a real problem head-on. Alcohol is our biggest problem and has been for a long time. Over the last two years, the Department has made a few decent moves to improve officer wellness issues.

Unfortunately, they have also turned away from real change. It would seem the higher-ups in the CPD and the City are playing games when it comes to true change. They brought on Alexa James from NAMI Chicago to oversee officer wellness issues. When that happened, I was excited to see what she could do with this opportunity. I was also a little skeptical as to how much the Department would listen to her ideas. After a while, it had become very clear that the City and Department were not going to implement the changes Alexa deemed necessary to address our issues. She eventually left her role here after realizing the Department was either not ready or unwilling to make changes.

Allowing CPD the same benefit as CFD in a real last-chance agreement would be a huge step in the right direction. Our officers are badly hurting, mentally and physically. And whether an officer needs treatment for alcohol or any other drug, the Department should allow them the opportunity to overcome those demons. The Department has failed at teaching officers resiliency, and therefore it is the Department's responsibility to help those in the greatest need of it. To just turn their backs on these officers is inhumane.

The last-chance agreement is a simple and logical way for the City to show it is willing to help fix what it has broken.

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# Decisions of interest



DAN  
GORMAN

My report given at the monthly general members' meetings includes examples of arbitrators' decisions issued at binding summary opinion (BSO) arbitration hearings. Every investigation has its own individual circumstances and, in most cases, there are multiple allegations and redundant alleged "rule violations" (usually piled on by the investigators).

At right are examples of relatively simple CR investigations and recent dispositions that have been awarded by the binding summary arbitrator. The following discipline briefs provide only a generalization of the allegations that were sustained in the CR investigations. Contractually, we are required to use a panel of five agreed-upon arbitrators for BSO arbitrations, and not always do we (or the accused officers) feel the arbitrator gets it right. These arbitration awards are final and binding, hence the name "binding summary opinion."

So, if you're an active officer and you find yourself getting served with a penalty/suspension related to a CR investigation, you have the right to file a grievance within 10 workdays of being served. The binding summary opinion process is available to anyone facing a penalty of up to a 30-day suspension.

General Summary of Allegation	Original Recommended Penalty	Arbitrator's Award
No ISR and no BWC	10-day suspension	1-day suspension
Verbal abuse	5-day suspension	3-day suspension
Failure to provide name and star number	1-day suspension	Reprimand
PPO was ordered to walk the station's dog. During the walk, the station's dog bit a citizen's dog. PPO notified the supervisor. BIA found that the PPO failed to do the following: -explain various compensation options -complete a City Claim Form -follow up with the citizen to inquire about their injured dog	Reprimand	Expunged. (The arbitrator recognized that the General Order regarding City Claim forms places the responsibility on a supervisor.)
No report, no BWC	3-day suspension	Upheld, 3-day suspension
No report and advising to recontact 911	1-day suspension	Upheld, 1-day suspension
Taser use	5-day suspension	Expunged
Not possessing FOID card	5-day suspension	Expunged



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# Give us the whole story



**FERNANDO  
FLORES**

It seems like summer is coming to an end rather quickly. Hopefully this will bring the number of criminal acts down to smaller numbers.

I recently went out to a police-officer-involved shooting on the Northwest Side of Chicago. We did not get notified of said shooting until approximately 30 minutes later, and we only received one phone call. As we keep repeating, we would rather have 20 calls about an officer-involved shooting than none.

What doesn't constitute an emergency is calling the answering service at 3 or 4 a.m. and letting them know that you have been named in a lawsuit and are asking for legal representation. The after-hours answering service is only for emergencies such as PIS, car accidents involving deaths or serious injuries. The lawsuit and/or the CR number you received can wait until regular business hours.

If we call you about a CR number in which you are the accused in an IAD investigation, and we inform you that the investigator is advising that it might be a good idea for the accused officer to ask for mediation, it is probably gonna be a good idea to ask for mediation. If you do not like the offer being given by IAD, you can refuse it. As much as we may not like dealing with IAD, they are definitely the lesser of the two evils between IAD and COPA.

Once the mediation offer is made from IAD to the Lodge and we present it to you, the officer, there is a window in which to

accept or decline the offer. This window is not indefinite, and the offer can be taken off the table by IAD if a response is not given in a timely manner.

When you call the Lodge and ask for legal representation in this matter, it would be greatly appreciated if you give us the entire story — not just the Reader's Digest version. Whatever is spoken about between the accused and the rep is protected under Garrity rights, so please do not give us half the story.

It really sucks to find out later from the attorney that was assigned to represent you that the story that was given to the rep is only half the story, and that the rest of the story might involve felony charges not related to any police action. You need to tell us the entire story so that we can get you the proper representation.

We are not the enemy — we are here to help you. We are the ones who are going to be fighting with you, and we may be the only ones in your corner should it hit the fan.

Some of us have been through the wringer more than once. We've been down to call back a couple of times; some have been arrested. We have been where you are now, and we speak from experience. We do not want the same thing to happen to you. So, trust us, be honest with us and we will help you.

As always, be safe and stay healthy. Give the people you love and care about a phone call, a hug, a kiss. Let them know how much they mean to you.

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# Back each other up — on and off the street



JIM  
JAKSTAVICH

Hello again. I recently had the pleasure of speaking with two officers who were reinstated after being stripped of their police powers for just under eight years. Both officers were placed into a no-pay status in late 2021 and were finally reinstated in July 2022 after being given a 30-day suspension by the police board.

Without going into the specifics of their case, this decision should have never taken this long. The negative impact it has placed on their careers is irreversible. These officers missed promotional and overtime opportunities and experienced stress and financial strain placed on them during the period of no-pay status.

As a reminder to other officers, once you are placed into a 30-pending-separation status, you do not have health benefits when you are in a no-pay status. I don't know how many of us could survive without our steady paycheck, or God forbid, paying out of pocket for our health insurance, especially if we are the benefits provider for our families. This type of treatment of our officers by the Department cannot continue.

But I think there are some small things we can do for each other. Both officers mentioned to me that their former supervisor was Paul Bauer. I never had the pleasure of working for Paul Bauer, but I've heard so many positive things about him, both

before and after he was murdered.

They told me that Paul made a point of coming by "call back" and taking them for coffee once a month. Talking to them often and reassuring them. If there are any supervisors reading this article, this is the true meaning of a leader. The rest of us can follow the example set by Paul Bauer.

If you know anyone in call back, give them a call or grab lunch with them. Let's not forget about them and make them feel like they are on a deserted island. Many officers carry the stigma or scarlet letter once they've been reinstated and returned to their district or unit. It is not our place to judge, and we could all learn something from their situations, whether it was doing police work or self-inflicted actions while off duty.

I have filed numerous grievances for both officers looking to restore their pay, CU time, V days, P days, BFDs and seniority. Also for the promotions that they missed while stripped. Please remember that while stripped and at call back, you can still take promotional exams and utilize the tuition reimbursement program.

The FOP is also looking at specific remedies to the stripping process in phase 2 of the contract. Our president happens to be somewhat of an expert on that subject.

Stay safe, everyone, and remember that backing each other up is not just a concept while working the street.

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**ROB  
NOCEDA**

Greetings, Lodge 7. I hope you and your family are healthy. Retiree open enrollment is in September only for membership at FOP Lodge 7. If you are reading this and know a fellow CPD retiree who is not a member, tell them the facts I am presenting.

1. Retirees who left in good standing as Lodge 7 members will have to pay a \$50 reinstatement fee for 2022.

2. Retirees will also have to sign and return to Lodge 7 the pension deduction form (we can also email a copy to those who wish to rejoin Lodge 7).

*This must happen in September only. Members must complete these two requirements for reinstatement.*

## Some more facts about pension deduction

Lodge 7 never has access to your pension money. The Pension Fund cuts Lodge 7 one check for yearly membership dues each October.

All pensioners must utilize pension deduction to be a Lodge 7 member. This is for a multitude of reasons, such as Lodge 7 operational resources, efficient membership count and timely membership benefits.

## What's in it for me?

You might have a retired copper state, “What do I get out of it?” Fair question, right? Well, it is the best membership money can buy for \$50 a year.

### Members receive:

A monthly magazine, Active and Family member stickers, the FOP Book, FOP discounts, a life insurance policy. Lodge 7 also fights for retiree benefits in Springfield.

Lastly, but very importantly: fraternalism and pizza at general monthly meetings. Nothing tastes better then FOP pizza! (lol)

*If you retired this year, make sure you filled out a pension deduction form with us. Call the Lodge if you have any questions about your membership.*

Again, September is the only month a member can be reinstated to Lodge 7. Remember September for retirees who want to be a member. May God bless you and keep you safe!

*You can reach Rob at [rnoceda@chicagofop.org](mailto:rnoceda@chicagofop.org).*

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# A magazine is born: How *Chicago Lodge 7* got started



**MONICA  
ORTIZ**

In July, I celebrated my first anniversary as a Lodge 7 field representative. One of the assignments we have each month is creating an article for *Chicago Lodge 7* magazine.

There was no magazine when I first came on the job 20-plus years ago. Members received a newsletter with pages folded and stapled.

Mitchell Krugel, the magazine's publisher and editor, gives some history about how the newsletter evolved into the magazine at the end of this article.

The Chicago Police Department is one of the country's largest departments, which provides us with many topics to discuss and much information to share here.

Every month, the question that comes to mind is, "What will I write about?" With a deadline, my mind scrambles to get thoughts on the screen. There is usually an exchange with the office staff, which includes questions like "Did you finish your article?" and "What is your article topic?"

I get my ideas from phone calls about issues raised by members and topics discussed when in the field with officers. For the rest, I've written about some of my experiences with officers and information they may not have.

I've felt many emotions — laughter, tears and anger — about some topics. Who inspires me? The professional men and wom-

en of the Chicago Police Department and their stories that result from phone conversations, events attended and other opportunities, like being out with the FOP food truck.

It has been an honor to be able to contribute to the magazine, and I will continue to do my best to bring information to the members.

As Mitch relates, the newsletter became a magazine in September 2015. The Lodge had seen *Illinois Cops*, a magazine that Mitch's company had been publishing. The opportunity to showcase the work of Chicago Police Officers protecting and serving and to have a forum for the Lodge to get out its messages to members in a full-color, glossy magazine format appealed to the FOP board.

So September 2015 was the first issue of *Chicago Lodge 7*. The goal was to maintain the connection, provide the information that had been coming through the newsletter and add an engaging level of storytelling with articles about labor-related issues, profiles of members and spotlights on Lodge 7 events that members attend.

With this September 2022 issue, we begin our eighth year of working with Mitch to publish the magazine. Every issue is dedicated to being by the members, for the members, and we hope you will continue to read for the important information delivered and the showcasing of the amazing service by our members.

With great appreciation for Police Officers for their tremendous dedication and service, I have in the past provided and continue to offer:



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# Municipal elections right around the corner



**MICHAEL  
CARROLL**

As the summer winds to an end and the fall slowly rolls in, we come closer and closer to the Chicago Consolidated Municipal Elections. Scheduled for Feb. 28, 2023, these elections will determine the mayor, city treasurer, city clerk, and all 50 aldermanic seats.

But there is something that is brand-new that will be on the ballot in 2023: the Community Commission for Public Safety and Accountability.

Approved by the City Council by a vote of 36-13, the Community Commission for Public Safety and Accountability established the creation of a seven-member commission comprised of people nominated by three-member councils of Chicago's 22 police districts. Where you the voter comes in will be that three-member council in each CPD district. The 2023 ballot will have candidates for each three-member council, and you will vote for candidates in the police district in which you reside. Each candidate will have collected signatures, similar to candidates for alderman or mayor. If enough signatures were properly collected by each candidate, those people will appear on the ballot.

According to the ordinance that created this commission (<https://www.chicago.gov/content/dam/city/sites/committee-on-rules/documents/Civilian-Oversight-Final-7.18.pdf>), "The Police Accountability Task Force called for creation of a 'Community Safety Oversight Board,'" "comprised entirely of community residents," with "power to oversee CPD, the new CPIA [now the Civilian Office of Police Accountability] and all police oversight mechanisms [...]" This means that this commission will have oversight over the Chicago Police Department, its members and the rules and regulations that oversee what we do every day.

But there's a catch: no active members of the Chicago Police Department can run for a position on this newly enacted commission. It's as if Chicago Police Officers are not part of the communities in which they live. According to this ordinance, our members don't have their own community concerns, as they are prevented from playing a part in this Community Commission for Public Safety and Accountability. People with real experience in policing with real knowledge of what the job of a police officer actually is are barred from being on this commission.

The ordinance is 23 pages long and has dozens of rules and regulations on top of barring our members from running and serving on this commission. The idea, or so we are told, is that this commission will reflect every community in Chicago, allegedly created to give Chicagoans "real control" of the Chicago Police Department. Except for our members who are barred from running for this public office. Sounds antithetical to a true representative government.

Unfortunately, this is the struggle our members deal with every day. Everyone out there seems to "know" what our members should or should not be doing without any real experience in policing. It would be like asking an electrician to perform open-heart surgery or hiring a surgeon to install a new electrical box in your home: it simply makes no sense.

The best way to have real oversight over the Chicago Police Department is by giving our members, the men and women of the Chicago Police Department, a real role in how the Department is run. Not command staff or appointed gold stars, but actual cops who work the street and are a part of the communities in which they serve. Together with residents and other members of the community, real beneficial changes could be made that would

benefit both our members and the residents of Chicago.

We know that many of the authors of the ordinance barred our members from being part of the commission because they simply do not support the police and do not care to hear any input from our members. As you may have guessed, anti-police groups and organizations are lining up candidates for these three-member councils in each of Chicago's 22 police districts. Ultimately, their goal is to continue punishing our members, enabling criminals and leaving Chicago residents to fend for themselves.

Thankfully, Lodge 7 is not sitting this fight out. The Lodge 7 Political Action Committee (PAC) is actively recruiting individuals from across the city to run for these three-member councils in each of Chicago's police districts. Working alongside aldermen and community organizations that support the men and women of the Chicago Police Department, the PAC is assisting interested people with the process of getting on the ballot for the February 2023 municipal election. That includes retired Chicago Police Officers who have been away from the Department for more than three years.

If you know anyone interested in running for a position on the Community Commission for Public Safety and Accountability, please contact Field Representative and PAC Co-Chair Michael Cosentino at the Lodge or send him an email at [mcosentino@chicagofop.org](mailto:mcosentino@chicagofop.org). It's important that our members are represented on this newly formed commission and that we continue our fight on behalf of our families, our neighbors and our communities.


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# Fratern Order of Police Chicago Lodge#7

## Constitution

Proposed By-Law Changes  
(By-Law proposals is in red italics)

### ARTICLE III DUTIES OF OFFICERS

Section 6. The Recording Secretary shall:

Have custody of books, records, documents, seal of the Lodge, office paraphernalia and equipment, under the general authority of the President and Board of Directors. He or she shall take a record and transcribe minutes of all general meetings, meetings of the Board and shall submit the same for approval or rejection at the next meeting. *At each general membership meeting he or she shall insure copies of the transcripts of the previous month's general meeting and all board meetings that have been approved since last general membership meeting are available for distribution to members.* He or she shall conduct the general correspondence of the Lodge. Together with the President, he or she shall attest all warrants or vouchers for cash disbursements from any fund of the Lodge. He or she shall attest, under the seal of the Order, all duly authorized contracts of the Lodge. He or she shall be the official custodian of the Constitution and By-Laws, which shall be authenticated by the seal of the Lodge and signature of the President and Secretary. He or she shall be responsible for determining whether a member is entitled to be credited with an excused absence from a Lodge meeting and for all other matters pertaining to attendance at Lodge meetings and their effect on eligibility for Lodge office. He or she shall sign all checks duly authorized by the President and Secretary and cosigned by the President or Treasurer.

### ARTICLE VII NOMINATION AND ELECTION OF OFFICERS AND TRUSTEES OF CHICAGO LODGE 7

#### A. NOMINATION AND QUALIFICATIONS FOR OFFICERS:

Section 6. A copy of the Lodge's membership list shall be available for inspection only, and not for distribution or copying, to properly nominated candidates upon request once during the month of February preceding the election. In the event that a candidate wishes to distribute campaign literature to the Lodge's membership, the candidate shall provide the literature to the Lodge, which shall make the distribution at the candidates' expense. A deposit sufficient to cover such distribution shall be made to the Lodge Treasurer before such distribution is made.

*A properly nominated candidate will be allowed to purchase ad space in the Lodge 7 monthly newsletter/magazine that precedes the mailing of election ballots for the purposes of distributing campaign literature to the membership. The Election Committee will have the authority to set the amount of ad space each candidate or slate of candidates is allotted and the content of the ad.*

# Fraternal Order of Police Chicago Lodge#7

## Petition of proposal for By-Law Change

Proposed By-Law Changes (By-Law proposal is in red italics)

### ARTICLE VII NOMINATION AND ELECTION OF OFFICERS AND TRUSTEES OF CHICAGO LODGE #7

The elected Officers of the Lodge shall consist of a President, 1st, 2nd and 3rd Vice Presidents, Recording Secretary, Financial Secretary, Treasurer, three (3) Sergeants-at-Arms and seventeen (17) Trustees. The term of office for elected officers of Lodge #7 shall be *four (4) years. This will be effective after the results of the next election in 2023.* The duly elected officers of the Lodge and elected/appointed unit by virtue of their office shall be delegates to the State and National Conference.

#### Current By-Law

### ARTICLE VII NOMINATION AND ELECTION OF OFFICERS AND TRUSTEES OF CHICAGO LODGE #7

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### ARTICLE IV BOARD OF DIRECTORS

Section 3. The Board of Directors shall be composed of the Lodge President, the Immediate Past President, the 1st, 2nd and 3rd Vice-Presidents, Recording Secretary, Treasurer, three (3) Sergeant-at-Arms and seventeen (17) Trustees. The term of office for each of the positions listed in this Section shall be *four (4) years. This will be effective after the results of the next election in 2023.* No member shall serve as an elected official after once achieving the rank of sergeant.

#### Current By-Law

### ARTICLE IV BOARD OF DIRECTORS

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# Honoring Retired Members

## March

Name	Rank	Unit/District	Years
David J. Howski	Officer	016	21
Stephen C. Mythen	Officer	050	21
Reginald Sims	Officer	009	22
Steven N. Spremo	Detective	620	23

## May

Name	Rank	Unit/District	Years
Simon Cotton	Detective	004	27
Mildred A. Jackson	Officer	166	16

## June

Name	Rank	Unit/District	Years
Juan M. Aguirre	Officer	277	30
Dory E. Ahearn	Officer	166	26
Derrick D. Armstrong	Detective	620	31
Raul Avila	Officer	008	22
Robert J. Balesh	Officer	019	35
Peter C. Bates	Detective	018	20
James L. Blanden	Officer	543	29
Curtis L. Blaydes	Officer	192	20
Rudolph V. Booth	Officer	353	29
Kathy J. Bradley	Officer	196	27
James N. Calace	Officer	010	30
Kathryn M. Canning	Officer	017	23
Kathleen K. Chigaros	Detective	620	27
Kevin M. Connors	Detective	610	22
John M. Craig	Officer	011	14
Giovanni Crespo	Officer	012	26
Iwona J. Dabrowska	Officer	177	25
Lee A. Daley	Officer	608	35
Louis A. Daray	Sergeant	145	18
Dennis G. Davis	Officer	001	20
James M. Delisle	Officer	005	23
Audrey J. Duerson-Carter	Officer	125	23
Robert K. Eigenbauer	Officer	051	34
Anthony E. Esquivel	Officer	020	27
Mary Jo Fahey	Officer	125	23
Tina Figueroa-Mitchell	Detective	603	32
Thomas A. Filipiak	Officer	010	26
Marialisa T. Ford	Officer	124	35
John C. Ganz	Officer	016	26
Adolfo Garcia	Officer	009	26
Kenneth D. Gardner	Officer	341	27
Alonso J. Garza	Officer	261	29
Debra A. Gills	Officer	025	29
Carl L. Givings	Officer	015	31
Patrick F. Glinski	Officer	004	31
Camilo E. Gonzalez	Officer	010	31
Rolando J. Gonzalez	Officer	019	19
Angel L. Gotay	Officer	024	30
Tony M. Green	Officer	188	27
Valeria Green	Officer	002	20
Paul T. Greenan	Officer	009	25
David P. Greenwood	Detective	606	22
Harlan Hansbrough	Officer	051	32
Sandra Hawkins	Officer	002	27

Name	Rank	Unit/District	Years
Julio F. Hernandez	Officer	701	29
Nicholas J. Hertko	Officer	213	22
Gigi N. Hinton	Officer	166	20
Marianne Horan-Dawson	Officer	014	23
Judy E. Isaac	Officer	121	25
Rita H. Jankowski	Officer	050	29
Louis L. Jones	Officer	005	24
Yvette A. Jones	Officer	002	28
Gary S. Killmer	Officer	016	31
Anthony B. La Fata	Officer	050	27
Ineasie Lacefield	Officer	005	20
Elaine A. Lampkin	Officer	012	22
Michael Landando	Detective	630	36
Raphial S. Lee	Officer	701	25
Norell C. Liboy	Officer	353	22
Dennis J. Liss	Officer	196	29
Mercedes C. Little	Officer	016	23
Kelly A. Lunk	Officer	012	27
Steven N. Maldonado	Officer	004	31
Timothy P. Martin	Officer	003	27
Justinian Mateo	Officer	050	29
Kimberly M. Mattson	Officer	140	27
Michael G. Mazurski	Evidence Tech	277	29
Robert E. McCallister	Officer	050	29
Willella McKinney	Detective	701	28
John R. Miller	Officer	050	29
Michelle Morrow	Officer	007	24
Richard Mota	Officer	012	27
La Verne Mueller	Officer	019	33
Robert Munoz	Officer	010	23
Roger E. Murphy	Detective	610	30
Linda M. Nathaus	Officer	020	20
Dawn M. Neary	Officer	231	23
Patrick J. O'Hagan	Detective	630	31
Mark A. O'Hara	Officer	004	30
Timothy Oliver	Detective	620	29
Steven E. Qualls	Officer	024	27
Craig S. Quarterman	Officer	701	29
Robin A. Ratledge	Officer	016	24
Ambrose J. Resa	Detective	620	28
Joel Ruiz	Officer	701	29
David Salazar	Detective	610	28
Aladino R. Santiago	Officer	010	18
Matthew J. Schmitz	Officer	009	24
Anthony M. Skokal	Officer	701	28
John M. Stewart	Detective	640	32
William Tang	Officer	016	26
Taveesak Tetiwat	Officer	019	23
Herman A. Thomas	Officer	701	22
Lawrence G. Thompson	Officer	004	28
Michael Tomasiello	Officer	017	28
James L. Ward	Officer	008	20
Robert T. Warzocha	Evidence Tech	004	27
Victor L. Wathen	Detective	610	26
William E. Webb	Officer	008	27
Mark W. White	Officer	024	21

# Remembering Sisters and Brothers who have passed

Name	Status	Age	Date of Death
Jesse Olson	Retired	85	July 24, 2022
Joseph Chevalier	Retired	80	July 26, 2022
Barbara Mitchell	Retired	75	Aug. 1, 2022
Donald Bullington	Retired	91	Aug. 2, 2022
Joseph J. Wagner	Retired	75	Aug. 4, 2022
Kestutis Palukaitis	Retired	67	Aug. 5, 2022
Raymond R. Isaac	Retired	92	Aug. 7, 2022
William Augle	Retired	73	Aug. 9, 2022
Roberta DePass	Retired	82	Aug. 17, 2022
John E. O'Connell Jr.	Retired	92	Aug. 20, 2022
Robert J. Peterson	Retired	79	Aug. 23, 2022

## Retiree Meetings

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

### North

First Monday of month  
at 9 a.m.  
Sunrise Grill  
1930 E. Touhy Ave., Des Plaines  
Ken Hauser, 312-485-8388

### The Northsiders' Luncheon

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

### South

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

### 8-Ball Luncheon

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

### Bomb and Arson

Second Monday of month

@ 9 a.m.

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

### 12th District Retirees and Alumni

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

### Crime Lab, ETs, Forensic Services and Mobile Unit

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

### Orland Park Law Enforcement Organization

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

### Survivors Lunch

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

### Public Housing Unit (North, South and Administration)

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

### Arizona Retirees

Third Wednesday of month  
@ 11 a.m.  
Tavern Grille  
8880 E. Via Linda, Suite 106  
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

### Northern Illinois/Southern Wisconsin Retirees

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



# Another victory for the Lodge at the Labor Board



**PAT  
FIORETTO**

On Aug. 22, an administrative law judge (ALJ) from the Illinois Labor Relations Board issued a recommended decision and order (RDO), finding, once again, the Department to be in violation of the state labor laws. Absent an appeal, the board will adopt the RDO.

As many of you who read this article know by now, the Labor Board is the state agency that administers the Illinois Public Labor Relations Act, governing the relationship between unions and public employers.

The act, in its most basic form, is a state labor law guaranteeing that employees in the public sector, such as police officers, have the right to organize and to bargain collectively with their employer.

The board investigates and remedies potential violations of the act. The act, among other things, prohibits an employer from committing an unfair labor practice (ULP), which occurs when the employer engages in such acts as “refusing to bargain in good faith with the exclusive bargaining representative” or unilaterally changing the status quo on mandatory subjects of bargaining without giving the union the opportunity to bargain. An issue is a mandatory subject of bargaining when it involves the wages, hours and terms and conditions of employment.

Once filed, a ULP charge is assigned to a board agent for investigation. If the investigation reveals the existence of an issue of law or fact, then the Labor Board’s executive director will issue a formal complaint, setting the matter for hearing before one of the board’s ALJs. During the proceedings, each party is allowed

the opportunity to present relevant evidence, argue orally and file written briefs. Afterward, the ALJ reviews the entire record and issues a written RDO.

In this case, shortly after the civil unrest in the streets of Chicago in the summer of 2020, the City unilaterally changed how police officers are stripped of their police powers, reacting to the whims of the Mayor of Chicago, as well as some community activist groups — amounting to a de facto discipline of these police officers even before an investigation has taken place (let alone any hearing). Consequently, on June 16, 2020, the Lodge initially filed a ULP charge alleging that the Department violated the act by unilaterally relieving police officers of police powers “for reasons other than the most egregious circumstances,” in violation of the parties’ collective bargaining agreement and the past practices of the parties.

In order to support its charge, the Lodge had sent multiple information requests (on June 12, June 26 and July 14, 2020) to the Department seeking documents as the exclusive bargaining representative of sworn police officers. Those document requests included copies of any and all written directives or policies that the Department had in place that outlined the procedures and standards to be used when the Department seeks to relieve (or “strip”) officers of police powers, as well as copies of any and all notification of duty restrictions issued by the Office of the Superintendent, chief of the Bureau of Internal Affairs and/or the Department, from Jan. 1, 2017, to the present.

Since the Department failed to respond in a timely manner, on Aug. 17, 2020, the Lodge filed an amended charge alleging that

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the Department's refusal to supply the requested information constituted a refusal to bargain collectively in good faith in violation of the act. It's interesting how the City and Department are quick to release documents and information to the public immediately when it suits their purpose, but reluctant when they are legally and contractually obligated to do so based upon the Lodge's request.

The Labor Board found merit in the investigation involving the Department's failure to produce the information to the Lodge in a timely manner and ALJ Anderson presided over a proceeding. Based on a stipulated record and after the submission of all the evidence and written arguments, the ALJ issued a scathing RDO. The ALJ started his analysis by noting that "once a request for relevant and necessary information is made by the exclusive representative, the employer must respond, and the response must be timely."

The ALJ went on to find that although the Department eventually produced the relevant information, the Department's response was not timely. Indeed, the record revealed "that there is a large, unexplained time gap between August of 2020 and May of 2021...Thus, almost nine months elapsed between the promised production of documents and respondent's initial production. In total, the lapse of time between the Lodge's initial request for information and the City's final supplemental production of documents was over a year and a half."

The ALJ observed that at least until November 2021, the City failed to offer any evidence that the Department provided the Lodge with any reason or excuse for the delay in producing the documents. Further, the Department tried to argue that "the Lodge's request encompassed a substantial number of documents that BIA had to search for and find on a manual basis" and

that the Department "had to audit its own records for a three-year period and manually pull the documents pertaining to unidentified individual officers." However, the ALJ readily discounted that defense and found that "while this may have been true, and while the number of documents ultimately produced is indeed substantial, there is no evidence in the record establishing that the Lodge was told that a manual auditing process would be required and would be so time-consuming as to delay substantially the production of the requested documents. On the contrary, the communications between [the attorneys] in the summer of 2020 promised a rather expeditious production."

In short, the ALJ concluded: "It appears from the record that the [Department] has now complied with the information request and has supplied the [Lodge] with such information that it has and is authorized to provide...But, as noted above, this fact does not moot the allegations in the amended charge nor does it obviate the need for a remedy." In so doing, the ALJ ordered the Department to "cease and desist" from failing to respond in a "timely manner" to the Lodge's requests for information that is relevant and necessary to the performance of its statutory duty as the exclusive bargaining representative. The ALJ also required the Department to post a notice for 60 days.

The Lodge will be able to use this RDO in cases where the Department delays responding to future information requests. Continued refusals to comply with board orders may subject the Department to further sanctions by a state court judge. Both the Labor Board and the Lodge will move for compliance, if necessary. The Lodge will continue to hold the Department responsible, as neither the City nor the Department is above the law.

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# Stay safe on the job and in your finances



**TIM  
GRACE**

The word “risk” is certainly familiar to police officers. It is inherent in the job. Every day, officers face the risk of injury or death. Even with new technologies and enhanced protection, officers are feeling like they are more at risk than ever. And who can blame them? In the current climate, it is becoming riskier and riskier to put on a badge.

So what does an officer do? At the same time you are protecting the community you serve, you protect yourself. You protect your health by carrying the proper equipment, taking proper precautions and taking action when necessary. You protect your job by following the procedures and seeking counsel when needed. You protect your partner by having his or her back.

With as much risk as you have to deal with on the job, it's easy to see why you may overlook a protection plan for your assets. But compared to what steps you take to protect yourself on a daily basis, protecting your assets with an estate plan is really one of the easier things you can do.

A great place to start is to look at your current accounts to make sure the beneficiaries are all up to date — whether it be your retirement accounts, life insurance, stocks or even your simple checking account. Many institutions allow you to add

payable-on-death beneficiaries. This type of arrangement will keep those assets out of your estate, reducing possible tax liability and the need for probate proceedings in court.

A quick and painless — but extremely useful — tool is a power of attorney. You can make a POA for both healthcare and property. A healthcare POA lets you decide what type of life-sustaining care you want to receive and who can obtain your protected medical information. A property POA gives your designated agent the power to step into your shoes to handle financial matters if you are unable to do so yourself.

From there, you are on the right path. The next step is to consult with an experienced attorney to discuss options such as a simple will, trust or other vehicle. There are a lot of factors to consider, not the least of which is creditors. And as a police officer, planning your estate is not just about figuring out who gets what when you die; it's also about protecting your nest egg from the all-too-common lawsuit. Many of the standard estate planning tools will not protect your assets from these types of creditors. But you don't need an offshore account in the Cayman Islands to keep all your money safe. Many people utilize irrevocable trusts, LLCs and umbrella insurance policies to give them further protection from possible creditors.

If you are married, one of the best (and easiest) ways to protect your primary residence from the threat of lawsuits is to



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The greatest risk is always the civil rights lawsuit. Generally speaking, if you are acting as a police officer or on behalf of the City of Chicago, you will not be held personally liable for any damages assessed. However, there is something called punitive damages, which is when the jury finds that the individual officer acted recklessly or maliciously in violating a person's civil rights. It is those cases in which the officer is personally responsible for the damages. It is rare, but it does happen — and it is devastating. Having a well-thought-out estate plan can mitigate these damages.

Remember, for police officers, the risk will always be out there. Whatever your situation is, make sure to have a plan. With the right plan, you can stay safe both on the job and in your pocketbook.



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## Portraits by Peter Bucks

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

# ‘You always have to be ready’

■ BY ESTHER GONZALES

*You always have to be nervous.*

*Don't ever feel comfortable.*

*Expect the unexpected.*

Those were the first words that Detective Bridget Herlehy would tell her trainees as she described the challenges and obstacles of going undercover. Herlehy knows the experience well from serving for six years undercover in the Narcotics Division.

Assigned to make street buys, Herlehy investigated drug conspiracies. And she always told herself the same thing before encountering and surveilling potentially dangerous people.

“I reminded myself that at any time they can change the situation on you,” Herlehy explained.

“You always have to be ready because yes, you're undercover, but you are still a police officer. And my safety is above and beyond everything else.”

After having her daughter in 2016, Herlehy was asked to serve as the lead training officer for narcotics in the Bureau of Organized Crime because of her immense experience and knowledge of serving as an undercover and surveillance officer.

It turned out to be a career-changing opportunity.

“My greatest reward has been training new officers,” Herlehy related. “And I hope to always keep narcotics officers safe, because there is no more dangerous position than being an undercover officer. I trained them as best I could so that they will go out there and feel confident.”



BRIDGET HERLEHY

*Star #20829*

*Unit 640 Area 4*

Herlehy came on the job in 2002. Even though she always believed it was a noble profession, as she comes from a long line of CPD officers, she didn't always plan to pursue a career in law enforcement.

After college, she initially applied to law school. But when Herlehy saw that there was a police examination, she decided to take it. After passing the exam, Herlehy began at the academy.

“I started my career in the 11th District, which is a very high-crime, violent area of the City. And I absolutely loved it,” Herlehy related. “It was a position that I hadn't really thought about, but I thrived in it. And I've never looked back.”

Since then, Herlehy has served in many positions, including working on a TACT team, as an administrator in the superintendent's office and in narcotics.

And even though at one point, Herlehy received her master's degree in criminal social justice and completed one year of law school, she realized that just wasn't her passion anymore.

Now, as a newly minted detective in Area 4, Herlehy has come full circle and is serving in the same area where she started.

She continues to look back upon her time in narcotics and training as the most memorable moments in her career and the times that shaped her most.

“My ultimate goal is where I am now as a newly appointed detective,” Herlehy added. “But my heart will always be in narcotics, because that's where I learned my craft.”



## Focusing on politics as summer draws to a close



DAVE  
SULLIVAN

The Illinois State Legislature is not in session currently. There is some talk about the General Assembly returning to address the *Roe* decision on abortion as well as gun issues, especially since the tragedy in Highland Park, among other tragic events. No date is set yet, and it is not clear if the legislation will be able to garner enough support currently for passage. If they do not return early, they will next be in session right after the election.

Politics is the main focus this summer. The Democratic Party of Illinois voted for a new state chairperson. Congresswoman Robin Kelly dropped her bid to keep the position, and state Representative Lisa Hernandez has now been chosen to lead the Democratic party. She was the preferred candidate of Governor J.B. Pritzker. In addition, candidates have been added to several state legislative races for the November election. A few will most likely have their candidacies challenged, but we will know soon who will be challenged and who will not be.

It will be interesting to see how the GOP can raise the needed funds to effectively compete in November now that billionaire Ken Griffin has moved out of Illinois. He joins the last big Republican funder, former Governor Rauner, in a move to Florida. It seems likely that the Democrats will have more than enough financial resources for the fall campaign. The question remains: Will there be a red wave for the GOP and, if so, will it make it into the suburbs or be primarily limited to downstate? There are so many social and fiscal issues in play currently that it is difficult to assess how this cycle will turn out.

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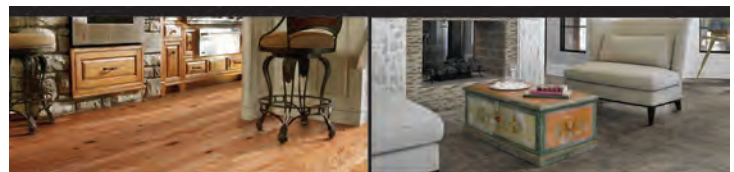
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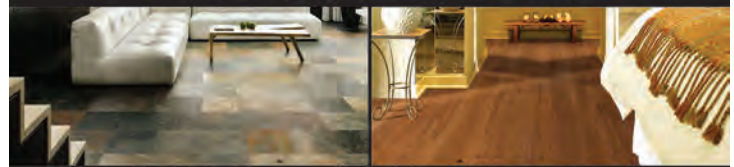
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# Ignore the loud minority



FATHER  
DAN  
BRANDT

I was recently out to lunch with a few folks from 014 when a random civilian, before leaving the restaurant, quietly paid our bill and left without our being able to thank him. The server informed us that the man even took care of the tip.

I remain heartened at the love that taxpaying, educated, law-abiding citizens have for you and your service. The silent majority who respect you and your hard work need to be amplified. Please ignore the loud minority and never lose sight of the fact that you are loved, appreciated, and you are doing God's work.

To that end, a Blue Mass will be hosted on Sunday, Sept. 25, at 12 noon at St. Francis of Assisi Parish in Orland Park. (Please note there will be no usual police Mass at Mercy Home that day.)

And on Sunday, Oct. 2, at 10:30 a.m., Holy Name Cathedral (State Street at Superior) will host a Blue Mass. As always, all are welcome.

Remember, other than Sept. 25, our regular twice-monthly police Masses are offered at Mercy Home in the West Loop. In order to allow for social distancing, we meet on the indoor soccer field at Adams and Aberdeen. Mass is held the second and fourth Sundays of each month at 11 a.m. and, for the sake of on-duty worshippers, is kept under 30 minutes.

Finally, on Saturday, Sept. 24, the Brotherhood for the Fallen will host its annual Blue Tie Gala in Rosemont. Details can be found on our website and theirs.

God bless you and keep you safe and healthy!

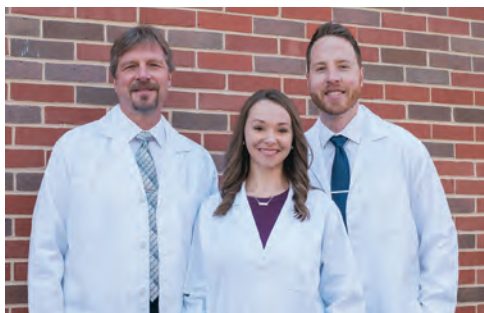
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# Remembering the EKG of life



RABBI  
MOSHE  
WOLF

A few weeks ago, I was paged to an area hospital to do a well-being check on one of our members, who was brought in for chest pains. It was a weekend evening, and the emergency room looked more like a train station than a hospital with all the people walking about. I checked in with the floor nurse, who told me that our member was in booth number 14. I walked in, exchanged some small talk, said a prayer and thank G-d, things looked good. It was just a case of system overload and a rough lunch.

As we were sitting and chatting, our member looked up at me and asked, "Why do we have ups and downs in life; why can't I just have smooth sailing?" Then he remarked, "Those ups and downs are really getting to me." At that point, I was looking around the room and saw that he was hooked up to an EKG heart monitor, which showed the needle going up and down. Just then, a paramedic named Stan, who originally brought our member to the hospital, popped his head into the room, and I asked him, "Stan, can you explain to me in simple terms what does it mean when the needle goes up and down?"

He answered, "In the simplest of terms, when the needle goes up, the heart gets an electrical charge. When it goes down, it gives up the electrical charge. And that is the cycle of the heart."

He then continued, "And if it flatlines, that means the heart stopped."

With that, he turned to go and left the room. I looked at our member and thought out loud, "Isn't that what life is all about? We all have our ups and downs, our struggles and happy moments, and our task is to try to learn from our struggles, improve on what we can and make the best of the hand that we are dealt. But if we want just 'smooth sailing,' we flatline!" Then our guy looked at me and said, "Does that mean I have to give up smoking and start working out?"

This episode brought to mind the story of the butterfly and the cocoon:

Once, a little boy was playing outdoors and found a fascinating caterpillar. He carefully picked it up and took it home to show his mother. He asked his mother if he could keep it, and she said he could if he would take good care of it.

The little boy got a large jar from his mother and put plants to eat and a stick to climb on in the jar. Every day, he watched the caterpillar and brought it new plants to eat.

One day the caterpillar climbed up the stick and started acting strangely. The boy worriedly called his mother, who came and understood that the caterpillar was creating a cocoon. The mother explained to the boy how the caterpillar was going to go through a metamorphosis and become a butterfly.

The little boy was thrilled to hear about the changes his caterpillar would go through. He watched every day, waiting for the butterfly to emerge. One day it happened: a small hole appeared in the cocoon, and the butterfly started to struggle to come out.

At first the boy was excited, but soon he became concerned. The butterfly was struggling so hard to get out. It looked like it couldn't break free. It looked desperate, fighting for life. It looked like it was making no progress.

The boy was so concerned that he decided to help. He ran to get scissors and then ran back to the struggling butterfly. He

snipped the cocoon to make the hole bigger, and the butterfly quickly emerged.

As the butterfly came out, the boy was surprised. It had a swollen body and small, shriveled wings. He continued to watch the butterfly, expecting that, at any moment, the wings would dry out, enlarge and expand to support the swollen body. He knew that in time, the body would shrink and the butterfly's wings would expand.

But neither happened.

The butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

As the boy tried to figure out what had gone wrong, his mother took him to talk to a scientist from a local college. He learned that the butterfly was supposed to struggle. In fact, the butterfly's struggle to push its way through the tiny opening of the cocoon pushes the fluid out of its body and into its wings. Without the struggle, the butterfly would never, ever fly. The boy's good intentions hurt the butterfly.

As we go through the ups and downs in our "EKG of life," let us remember that struggling is an important part of any growth experience. In fact, it is the struggle that helps us to develop and gives us our ability to fly. And remember that in life, the "downs" are just as important as the "ups." It gives us the opportunity to reflect, improve and to grow.

Before we close, a little humor from the "Moshe Files" to keep you smiling...

A guy who had forgotten the dates for a number of his friends and relatives' birthdays and anniversaries decided to compile a list on his computer and have the date highlighted on the screen when the computer was turned on.

He went to a number of computer stores to find a software program that would do the job but had no luck at the first few stores that he went to.

Finally, he went to one computer store where the clerks seemed experienced.

"Sir, can you please recommend a program that will remind me of the birthdays and anniversaries of my loved ones?" he asked.

"Have you tried a wife?" the clerk responded.

Thanks so much for all that you do — your work is holy and noble. Should you need a shoulder to lean on, or have some good humor to share, don't hesitate to call or drop us a line.

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

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# How to avoid inheritance-related taxes



**TOM  
TUOHY**

The good news is that there should be no taxes on any inheritance assets or funds. However, the bad news is that avoiding taxes takes careful planning — and most people aren't very good at planning. Consequently, not planning can be a costly mistake.

## **Estate taxes**

Estate tax planning is the easy one. Well, for most of us it is. The current estate exemption is \$12.06 million. Additionally, it is a combined \$24.12 million for a married couple. The tax rate for anything over that amount is 40 percent. I don't know about you, but I feel safe from that tax.

Keep in mind, however, that the current estate tax law "sunset" in 2025, and the exemption falls to an inflation-adjusted \$6.2 million. To complicate things further, Illinois has a \$4 million exemption, with taxes beginning over that amount.

If you have invested or inherited well, specialized trusts can help minimize or eliminate any tax exposure that is over the exemption amount.

## **Inherited IRAs and taxes**

This is where things get a little trickier. Unfortunately, on Jan. 1, 2020, the Secure Act went into effect. Before the Secure Act, you could have planned on passing on an IRA or any deferred compensation, "tax-qualified" account to your beneficiaries, and they could defer your unpaid income tax until they reached 70½ years old. It was an excellent opportunity for heirs to build their retirement funds.

Today, the Secure Act follows a 10-year rule, subject to a few exceptions. This means the beneficiary must withdraw all funds and pay all deferred taxes by the end of the 10th year, the year following the owner's death.

I am sure you are familiar with required minimum withdrawals (RMDs). We must begin drawing on our retirement funds at age 72, although a bill is pending in the Senate to raise the age to 75. The Secure Act penalizes you at 50 percent if you do not meet your RMD.

## **Capital gains and gift taxes**

Now we are in a field of land mines for potential tax liability. Many people add someone to a real estate deed for an "easy" transfer of title at death. Let's say your parents added you to their title. While the title will pass to you at their death, it will come with a high cost.

First, there is an annual \$16,000 gift tax exclusion. Any amount exceeding this in one calendar year is taxed at 40 percent. However, this amount is applied to your lifetime estate tax exemption. And to complicate it even further, you must file IRS Form 709 declaring the gift amount you have given.

Capital gains are the actual cost if you add someone to the title. They essentially inherit your basis — the purchase price of your real estate. A capital gains tax of 15 percent is computed on any amount over your basis, depending on the value of the gift.

The good news is that a carefully drafted and funded living trust can reduce and, in most cases, eliminate any potential tax to your beneficiaries.

I am providing this information only for estate planning pur-

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

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poses. You should seek the advice of a CPA and financial adviser before you act on any of the above information.

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

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- A living trust estate plan includes healthcare and financial power of attorney documents. It also consists of a last will and testament.
- A will is necessary for guardianship of minor children. It also transfers assets in your name out of probate.
- A living trust contains a no-contest provision and beneficiary asset protection clauses.

*Tom Tuohy is the founder of 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 CPD chief of major investigations. You can reach Tom at 312-559-8400 or visit his office in Oakbrook Terrace.*



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# Chicago Lodge 7 Officer Awards

## Award of Valor

Police Officer Jack Kwa, Star #7726

Police Officer Josh White, Star #17506

Police Officer Michael Kocerka,  
Star #8275

Police Officer Adam Tapling, Star #9489

Police Officer Tobias Huston, Star #10647

Police Officer Bernard A. Lee, Star #15752

Police Officer Vicki Apostatolo,  
Star #19615

Police Officer David Vargas, Star #17304

Nominated by Police Officer  
Tomas Rosales, Star #14583

On March 25, 2021, the officers responded to a person shot/shots fired call at the Home Depot store located at 4555 S. Western Blvd. The offender had been approached by security for Home Depot after he was observed taking items from the store and not paying for them.

The offender then shot the security guard in the head and fled the scene into a residential area across the boulevard. The responding officers pursued the offender as he fled through residential yards and into the alley.

Officer Kocerka entered the alley, where he was fired upon by the offender and struck by the gunfire. Officer Lee came to his partner's aid and dragged him into a nearby backyard. Officer Kocerka sustained two gunshot wounds to his upper back.

The offender entered the backyard located at 2540 W. 46th Place and holed up, waiting to ambush the responding officers. The responding officers shouted verbal directions at the offender, telling him to "drop his weapon and surrender."

The offender responded by shooting at Officers Tapling and Huston. The officers radioed to responding units so they would not get pinned down in a backyard or gangway while they returned fire. Officer Kwa flanked the offender in the adjoining yard and stood on a lawn chair to peer over the privacy fence in an effort to locate him.

Officer Kwa observed the offender continuing to fire upon responding officers and ignore the verbal direction, at which time Officer Kwa fired and struck the offender multiple times. The offender was placed into custody, and responding officers utilized their LEMART training to render aid to him.

EMS finally arrived on scene, but the offender had expired from his wounds despite the officers' valiant efforts to save him. The offender was found to be in possession of an automatic handgun, extra ammunition and a machete. All officers involved displayed exceptional bravery and heroism during a deadly gun battle.

**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 Aug. 10, 2020, Officers Castillo and Temelkov responded to a call of a suspicious vehicle with occupants at the location of 644 W. Diversey Ave. Upon arrival, the officers located the vehicle and conducted a field interview of the driver.

The officers were able to observe in plain view numerous Gucci purses and Dior clothing — with the tags and theft



detection devices still attached — inside the vehicle. When asked where he obtained the items, the driver stated, “from the Gucci store.”

The offender was unable to provide a receipt for the items and was taken into custody for theft of lost or mislaid property. Once inside the district station, the officers conducted a further investigation and discovered that the Gucci store located at 900 N. Michigan Ave. was looted on Aug. 9, 2020, and reported under RD# JD-327203. The officers recovered and inventoried the merchandise, which totaled \$63,378.

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

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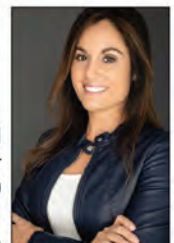


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# Chicago Lodge 7 Officer Awards



On Dec. 22, 2021, while on directed patrol, Officer McCoy observed smoke coming from a residence located at 6730 S. Normal Blvd. Officer McCoy watched as the fire erupted and began to engulf the residence. He immediately notified CFD and assisted cars to the scene.

Officer McCoy was made aware that there were residents



inside the home and made the brave decision to enter the fiery residence without regard for his own safety. He searched the first floor, located four residents and escorted them to safety. Officer McCoy further learned that the second floor was occupied by a tenant who was wheelchair-bound.

He again entered a smoke- and fire-filled apartment and carried the second-floor victim to safety. Officer McCoy's selfless actions and quick thinking saved five Englewood residents from a fiery demise.

**It is with great appreciation that Chicago Lodge 7 presents Officer McCoy with the Lifesaving Award.**

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

# Chicago Lodge 7 Officer Awards



On April 10, 2022, Officer Cortez responded to a traffic crash at the location of 559 E. Pershing Road and immediately assessed the situation. He observed that an involved vehicle was smoking and quickly becoming engulfed in flames.

Officer Cortez pulled back the mangled driver's side door and located the driver, who was still trapped inside. The offi-

cer managed to free the driver from the vehicle and drag him to safety before he was burned.

Due to Officer Cortez's heroic and quick actions, a citizen was saved from a potentially horrific death.

**It is with great appreciation that Chicago Lodge 7 presents Officer Cortez with the Life Saving Award.**

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An underwater photograph of a shipwreck, likely the RMS Titanic, serves as the background for the article. The image shows the dark, rusted metal of the ship's hull and structural beams, with some debris visible on the sandy ocean floor. The water is a deep blue, and the lighting is dim, creating a somber and historical atmosphere.

# Depth *Defying*

**Yes, the City and Department have dragged you down to the bottom of the Lake. But here are the plans from Lodge 7 to help members stay afloat.**

■ BY MITCHELL KRUGEL

Just as Lodge 7 President John Catanzara declared how the mayor, the superintendent, the first deputy and the other lackeys at the top have dragged the Department down to the depths of Lake Michigan, resurfacing has been initiated. Oh, it might be another six months or more before Chicago Police Officers can fully expect to climb the metaphorical 925 feet back to humane working conditions, quality of family life and overall mental and physical prosperity.

But the Lodge wants its members to know that amid this titanic shipwreck of a Department, there are some jewels hidden inside that safe. The deepwater horizon can be conquered if the Aug. 30 news is a preliminary indication.

After the Inspector General finally discovered what the Lodge has been broadcasting on social media and telling the biased news media, the City, the mayor and the superintendent, the iceberg warnings have finally been heeded. While it might seem like too little too late to many officers, the announcement of a new policy that you cannot have more than one RDO canceled on a weekly basis, will be guaranteed two consecutive days off per police period and must also be allotted a minimum of nine hours between work shifts is a sign of what's on that horizon.

"It was not a gift, it was a realization that they've been abusing that policy up and down for two years now and they had to do something, because the blowback was finally getting too loud," Catanzara declared in a video he posted for members on social media the day of the Department's announcement. "That's what this union's about. That's what fighting is about, and I'm proud to help lead this organization and the City workforce in fighting these policies and this mayor."

A little context to the statement the Lodge 7 president made during his YouTube video on Aug. 19 about feeling like members had been dragged to the bottom of the lake. Just prior to that, Lodge 7 had been enduring stalled negotiations and stall tactics from the City on phase two of the collective bargaining agreement.

At its deepest point, Lake Michigan goes down approximately 925 feet. That's the length of more than three football fields or 69 of the Willis Tower's 108 stories. And that sinking feeling led to the president's comments, which included:

"In seven months, we can have a new mayor, hopefully.

CONTINUED ON PAGE 40



We should. A lot of these policies can change overnight. We certainly know the superintendent is going to change overnight, which means Eric Carter will be gone. We can turn the page and start looking forward to a better police department with better morale and better leadership. So let's just stay focused on the six-month window. Hopefully change comes before then, but if not, the next target is the elections next February."

### Keep going

So how do you get from here to there, from this lake effect to the surface, from now to February, and gain some semblance of quality of working conditions and life? Lodge 7 is focusing its life-preserving on two fronts: making getting mental healthcare not just an option, but the norm; and continuing its political action forward movement, which has already made an impact, including the new RDOs policy.

But to muster the sustenance to endure, let's turn to the one member who has considerable expertise in what it takes to resurface. Since he was shot five times on Aug. 7, 2021, Carlos Yanez Jr. has developed a perspective that can help every member.

Part of his recovery has included group therapy sessions during which those in the group take turns sharing readings. Something stuck with Carlos recently.

"One particular person stated that when you're going through hell, keep going," he related. "Everybody has difficulties. Everybody's trauma is their own. But what I tell officers to keep going is stay focused on something positive,

continue to set goals and push through all the negativity. And eventually, you'll come out on top."

Another perspective from Carlos might seem like swimming upstream, but these times certainly induce no-holds-barred thinking. When you have been *thisclose* to death, when you wake up every day being grateful because one slip can cause one of those five bullets still inside you to sever an artery, you tend to see things in ways that nobody else can.

He has a thought about dealing with the way officers are being attacked. Not by the public, but by the Civilian Office of Police Accountability (COPA).

"I hear so much that COPA is giving so many days [of suspension without pay] to officers," Carlos commented. "If they can take their time away – and that's time away from their family – they should give time to officers for going above and beyond. For example, if you take a gun off the street, you get a couple of days off. You should give them something in return for something positive they do, and there would be so much more positive than negative stuff."

As far as keeping from drowning during the next six months, Carlos floats some last words of encouragement. It's a message he conveys every time he sees officers on the street and stops to thank them.

"I feel like all the negativity and all the hardships are pushing officers together more and more these days," he added. "And if anything good is going to come out of it, it's going to be that it pushes all us officers together."

### Just ask

If every member feels the need to come up for air, then the Lodge is filling the oxygen tanks. This would be in the form



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of mental health and wellness resources, which the FOP has made a great commitment to growing into its infrastructure.

The second floor of FOP headquarters on West Washington Boulevard is now fully operational as a place to get confidential counseling, therapy and regular mental health check-ups. This might be the most formidable option for members to address the obstacles of life compromising their mental health.

Clinical services are available by confidential appointment with the First Responders Wellness Center, which is seeing members at the Lodge. First Vice President Mike Mette has taken on the challenge of leading this effort as the Lodge's field rep dedicated to mental healthcare with an acute understanding of what coppers on the street need.

"We want to make it normal. We want members to realize that everybody needs somebody to talk to," Mette explained. "We don't want people to look at it as, 'Oh my God, somebody's having problems.' We all have problems. So we want people to come to the realization that if they do have issues, it's normal to ask for help."

The anchor dragging this down, however, appears to be the stigma the Department is perpetuating. The idea of the Professional Counseling Division's Employee Assistance Program (EAP) staffing each district with a clinician is welcome and would be of significant support.

But there still needs to be more work done to make officers feel like they won't be outcast for seeking help. Or make them feel seeing a clinician in the district is like going to mandatory training.

A flotation device could be a plan that gives every officer

one day a quarter to devote to address any mental health issues. It's your day to talk to a clinician. No questions asked.

"And then nobody's looking at you like, 'Mike's got an issue,'" Mette continued. "Nah, it's Mike's time to talk to somebody. And then I can work on those issues without anybody having any qualms about it. It makes you feel good to vent to somebody who doesn't judge you, doesn't make any decisions, doesn't look at you any different. Again, just making it normal."

Of course, the sinking feeling decimating mental health is officers being overworked. Nothing is more important than assuring officers they will have their RDOs. Both of them.

Mette recalled the days when he worked a six-two schedule. During the fifth and sixth days of that run, he said CR numbers were ridiculous compared to the first four days.

"You were pretty much angry all the time. And then you would run into somebody who's giving you problems, so you have that short fuse where you do something or say something stupid," Mette described. "The sad part is the Department knows it. And they're not doing enough to change it."

So the Lodge is trying. Bringing in the First Responders Wellness Center to provide somebody – not just anybody, but trained professionals who are currently serving or have served – is a substantive measure.

Mette is also working on starting support groups to address issues on the job that are the biggest threat to mental health. One of the first ones, he hopes, will be a group for officers in no-pay status.

For the next six months and beyond, there is no reason for

CONTINUED ON PAGE 42

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members not to grab hold of this lifeline.

“The message I’d like to put out is that if you have a problem, we’re here,” Mette reiterated. “We have a good relationship with the Department to get officers the help they need without the risk of losing their jobs, without the risk of discipline. As long as they come and ask for help.”

### The right direction

Help is already on the way to rescue members from the way City and even state politics have dragged them under. In August, the Lodge 7 Political Action Committee held its first meeting to muster candidates to run in the election for City Council.

Lodge 7 Political Director Mike Cosentino reported that nearly a dozen members showed up to express interest in running for office. The Lodge had attorneys, a printer and social media consultants at the meeting to help detail the entire process of running, including the financial aspect.

That is in addition to continuing to talk with incumbent aldermen the FOP supports, or will support, who have shown their backing of the police.

And these are only signs of the times in what Cosentino believes is a changing political landscape. One of the most formidable was the series of ordinances the council proposed in July as part of the safety package, which was done with FOP input.

“That’s actually a first. Nobody’s ever reached out to us. They wanted to know what they could do to help,” Cosentino confirmed. “The range of support we had for that

legislation is proof positive we’re moving forward in the right direction.”

Cosentino added that similar legislation is brewing in the state legislature. And judging by who is supporting and voting for such legislation – elected officials who have previously not been supporters of law enforcement – the tide is turning.

“People who have not supported us in the past are now lining up to support us,” he added. “I think it’s because we are very active in the political realm and a lot of those politicians have reached out and asked for help.”

Belief and evidence by elected officials and their constituents that the defund the police movement is not working is also driving increased political presence for the Lodge. Cosentino submitted that the FOP now has the ear of legislators in the City Council and in Springfield.

Certainly, one more ear is needed. The biggest challenge will be finding a candidate for mayor who will listen to the Lodge and all the public safety unions. One who can raise enough campaign support to win.

Following the general election in November, the Lodge will focus on the municipal elections in February, starting with the mayoral election. The strategy might entail combining with other unions to get behind a candidate.

When that happens, it could be smooth sailing ahead for Lodge 7 members. Until then, follow the path of staying united, taking advantage of the ever-increasing mental health and wellness support and the growing backing of elected officials to keep your head above water.

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# Members Roll



## Golf outing provides a level of relaxation and enjoyment that shows how fraternalism is the order for Chicago FOP

■ BY MITCHELL KRUGEL

■ PHOTOS BY JEN SHANAHAN AND BOB BAIKIE

A Lodge 7 member in the mounted unit sat high in the saddle on Aug. 24 when the horses came to Cog Hill Golf and Country Club for the opening ceremonies of the annual FOP Golf Outing In Memoriam of Detective Thomas J. Skelly. And for one flash of a photo op, he posed with a cigar in his mouth.

What better way to set the tone for a day that went above and beyond honoring Skelly, who started this event more than 40 years ago? Officer Kenyatta Gaines came with her comforting vocals to sing “The Star-Spangled Banner.” A CPD helicopter – PH1 – did a flyover. Members of the CPD Pipes and Drums played. The cigars made the rounds and a Bloody Mary bar even flowed.

All before 9 a.m. By the time the last of a Water Tower’s worth of post-round raffle items went out, the 2022 FOP Golf Outing had allowed members to feel all the power of the big “F.” No, not that one. “F” as in “fraternalism,” which really is



Members of the mounted unit came out for the outing and even enjoyed a cigar.

the priority of the Lodge 7 administration. Events, actions and days like this to bring the members together and elevate them above any of the “S” they have to deal with day in and day out.

“I started my speech at the outing saying how we need to have events like this, where it’s more fraternal, and forget about the job,” Lodge 7 President John

Catanzara stated. “It’s just forgetting about everything but good times. And that was a day of good times.”

More than 280 active members, retired members, sponsors, family and a growing group of those who are supporting the police more than ever played in the outing. This is the third outing the ad-

CONTINUED ON PAGE 47



# The Players Gallery

Saluting all the Chicago Lodge 7 active and retired members and family and friends who participated in the Chicago FOP Golf Outing at Cog Hill Golf and Country Club in Lemont on Aug. 24.

Photos by Jen Shanahan and Bob Baikie





ministration under Catanzara has run, and the goal has been to make it bigger and better each year.

Mission accomplished, apparently, judging by what Lodge 7 trustees Monica Ortiz and Steve Olsen, who co-chaired the event, heard from members.

"Members kept telling us, 'You really outdid yourself,'" Ortiz shared. "I think the atmosphere brought the camaraderie from the beginning. The atmosphere gave the vibe of being relaxed and letting the members know, 'You are always on our minds.'"

Of course, the Skelly family – including his son, nephews and grandkids who were or are on the job – participated to help give Thomas the salute he deserves for starting this event. His intention was to have a day just like Lodge 7 wants – making sure members are top of mind.

But other causes for members to rally around also were part of the 2022 outing. Officer Fernanda Ballesteros, who is recovering from a gunshot to the head on June 1, came out to say hello and thank members for all the support she is receiving.

Ballesteros took photos with some of the foursomes playing in the event, including Ortiz's group. Her presence seemed to remind members how fortunate they are to enjoy a day like this.

"I was so honored to have her there," Ortiz commented. "I'm looking at this beautiful young lady and where the wound is on her head. And it was a little reality check. I realized if she had been in a different position or she had moved just a little bit when the shot came, she would not be with us."

The other honored guest to make the day was Carlos Yanez Jr. Catanzara invited Carlos to hang out and have lunch. But the Lodge 7 president actually had a greater endeavor in store.

"I told him, 'Dude, come drive around. Just get in a golf cart, drive around and say hello to everybody. It will be therapeutic,'" Catanzara revealed.

So Carlos drove. He pushed the golf cart to its 10-mile-per-hour speed limit. And he found the injection of feel-good from seeing faces he knew, some he didn't and enjoying the "F" out of the whole experience.

"It's amazing that there are so many functions like these. People aren't aware that they do these gatherings for a lot of reasons," Carlos confided. "But the real reason is that they are helping so many individuals. Not too many people are

CONTINUED ON PAGE 48



Members of the CPD Pipes and Drums played during the outing's opening ceremonies.



The presence of cardboard cutouts of the mayor throughout the course added a touch of humor to the day.





One of the raffle prizes included a mini bullet-proof vest that can be used as a cooler for a bottle of wine.

#### MEMBERS CONTINUED FROM PAGE 47

aware of all the things they provide."

The outing also featured a few props to add some levity and perhaps another element of uniting members. In bunkers, in fairways and on tees, members ran into cardboard cutouts of the mayor wearing a kilt as if from a St. Patrick's Day parade. (Maybe that was more of an "F-U.")

And Catanzara had some special golf balls crafted for the outing. They sported the mayor's face. He actually sold them for \$20 for a sleeve of three or \$100 for a box of 15 and turned it into a fundraiser for Ballesteros and Officers Erik Moreno and Jaime Avila, who are both recovering



Reps from Rocky Patel Premium Cigars brought some cigars for members to enjoy.

from being shot in the line of duty the past few months.

The Lodge tried to come up with some additional touches to accentuate the focus on the members. One such accoutrement was inviting reps from Rocky Patel Premium Cigars to set up a little smoke shop for those who partake.

Additionally, the raffle prizes seemed to be enough to fill up Macy's on State Street. In a significant show of support, the Cubs donated ticket packages that came with swag bags.

The most avid golfers loved the Bushnell Wingman GPS golf speakers that were part of the raffle. Everybody seemed to go crazy over the mini police

bulletproof vest coolers for bottles of wine. And the more than 50 items also included flat-screen TVs, lawn mowers and the standard vintage array of party refreshments.

All in all, all of it enabled those who participated to leave with the smiles that the outing intended.

"We are trying to let our members know, 'We got you. We're together. We're all one,'" Ortiz submitted. "It could be with our food truck pulling up to a district making tacos, or at a golf outing. And hopefully like we did at the outing, we can continue to knock it out of the ballpark for them."

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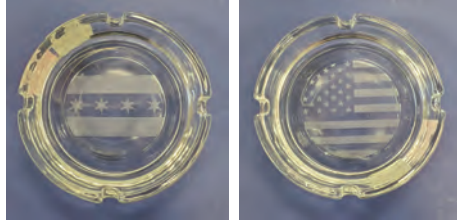
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# Just Relax

## The Responders Wellness Center is now in residence at Lodge 7 to offer members what they need to manage their mental health and wellness

■ BY MITCHELL KRUGEL

Relax. Man, if every Lodge 7 member could just find a few minutes each day, each tour even, to relax, how much better would that make life?

With the hypervigilance that is part of the copper DNA, that makes you feel like you need to sit with your back to the wall at a restaurant, that makes you check all around the outside of the house before going in when you come home, at an all-time high, relaxation has become an evaporating commodity. And further decimated with every canceled RDO.

The next best general order to come from the Department would make it mandatory for Chicago Police Officers to relax. But that's not happening, and even if it did, how would you find the time or the place? Or the aptitude?

At Lodge 7.

Perhaps word has spread by now that Lodge 7 has partnered with the First Responders Wellness Center to offer its police officer-centric mental health and wellness support and therapy in newly constructed offices on the second floor of FOP headquarters. Members can stop by for a minute – actually 30 minutes – to get help handling the gruesomely grinding demand of the job in complete confidentiality.

And the relaxation foundation available within this oasis is unlike any Chicago Police Officers have access to. Among its many innovative approaches, coping strategies and treatments, the First Responders Wellness Center provides virtual exposure therapy that includes a virtual relaxation device.

Members can actually put on VR goggles and feel like they are at the beach or maybe walking through a forest. At the same time, they measure your heart rate and breathing to help you understand how relaxed you are in such a setting and what it feels like to actually be relaxed.

“To actually stimulate the relaxation response,” explains Dr. Carrie Steiner, the retired Chicago Police Officer who started the First Responders Wellness Center.

Dr. Steiner departed CPD after 13 years that included working as a crisis intervention team leader, peer support member and academy Instructor. She has built First Responders Wellness with a team of clinicians who are all current or former first responders. They have an acute understanding of how

crucial relaxation and other forms of therapy can be.

“The response is the parasympathetic nervous system, and what you want to do is experience some relaxation to have that feeling of having no cares in the world,” Dr. Steiner continues. “It’s not easy to do because most of us feel like, ‘Oh, I relax by watching TV or something.’ But nobody is getting that type of response watching television.”

Members can make an appointment for therapy or counseling, and nobody will be the wiser if they come to the Lodge. They could be there to shop at the FOP Gift Shop or get some advice from a field rep, rather than seeking mental health treatment.



“Think of shooting your gun and knowing how to take down somebody with use of force. Just like that training, officers need to learn how to manage their stress. Because they’re exposed to so much trauma, it’s really a necessity.”

**Dr. Carrie Steiner**

And if officers don’t want to talk about their stressors at an appointment, they can just take advantage of the neurofeedback to help them understand the relaxation they need to feel on their RDOs. Steiner and her team can also measure your heart rate and breathing to better understand where they’re at when you reach the relaxed state.

They have made a science of understanding just what happens in the police culture to cause the hypervigilance to take over your life. When you are exposed to trauma, your limbic system is activated. That’s your fight, flight or freeze response.

CONTINUED ON 52



The limbic system drains a lot of energy, but it keeps you alive.

Now, imagine what happens to your limbic system when you have no time to decompress and relax.

"We're talking about the brain here, so you can't be using that all the time without having time to reset the system," Dr. Steiner articulated. "When your limbic system is in overdrive like that, you are more at risk of turning to alcohol and drugs. And high-sugar foods, gambling, pornography and anything that is going to stimulate happy feelings because being in the fight, flight or freeze is not a good place to be."

Beyond the science, the proof is in the calling for the First Responders Wellness Center. Because they are all first responders, they get calls from many departments throughout Chicagoland to provide counseling and therapy sessions.

A recent call came from the Highland Park Police Department to debrief with officers following that horrific Fourth of July parade mass shooting. So the modalities are well developed to help the Chicago Police Officers who have experienced more trauma than any department in the country the past few years.

There's another element that the First Responders Wellness Center can offer at the Lodge that members might worry they won't get seeing another clinician.

"We have a sense of security with our confidentiality," Dr. Steiner emphasizes. "We have two offices at the FOP, so what we're doing is scheduling one appointment at like 8 a.m. and another at 8:30 a.m. so nobody will be running into each other."

Under the direction of First Vice President Mike Mette, Lodge 7 is developing a clinical services program to supple-

ment what members can find in within, or outside, the Department. But the difference here is that the services can be more proactive than reactive because of the safe, secure, confidential, relaxing environment to make it part of your regimen – monthly, bi-weekly or weekly.

Make it daily, even, if you have just dealt with that traumatic event that has your hypervigilance racing at more than 100 miles per hour.

"Because it's about officer safety," Dr. Steiner reasons. "Think of shooting your gun and knowing how to take down somebody with use of force. Just like that training, officers need to learn how to manage their stress. Because they're exposed to so much trauma, it's really a necessity."

And it's the way to keep Chicago Police Officers from pursuing other short-lived mechanisms as coping strategies that can really get them into trouble. Of course, that is alcohol and opioids. But also eating high-fat or high-sugar foods, gambling, pornography, extra-marital affairs, spending – addictions that make you feel good but are not healthy and don't take the place of learning that relaxation response.

So anytime your limbic system is in overdrive, find a time to get Lodge 7 and see your sisters and brothers and the First Responders Wellness Center. You will know because the bite of the trauma won't let go. You will know because something like the dog barking will create an abnormal startle response.

"Anytime it's new, you're going to start slow and build up, but I think it's easier because it's accessible," Dr. Steiner notes. "I see so many Chicago Police Officers who tell me they wouldn't be here if I wasn't a Chicago Police Officer. We talk a lot about honoring people's cultures, and I think something the First Responders Wellness Center really prides itself on is understanding that police culture."



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"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**  
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# Members Only Section

Celebrating Lodge 7 members and the way they serve every day

## You've Got a Friend

### 10th District officers help calm a little boy's fear of law enforcement

When 3-year-old Case saw two Chicago Police Officers walk through the doors of a restaurant where he was eating with his grandmother, his face suddenly froze.

"I'm scared," he told his grandmother. "Police are mean."

But his grandmother didn't know where this fear came from and was concerned that if he ever needed help, he might not be willing to dial 911.

So, when she told 10th District Officer Haley Mirabelli about her worries, she was glad to see that Mirabelli knew just how to help.

On Aug. 22, Mirabelli invited Case to the district to hang out with her, Officer George Gill and Officer Erica Hernandez. At first, Case was hesitant to say hi to them and hid behind his mother.

But after a while, he began to warm up to the officers. He accepted the many stickers and toys they gave him, tried on a police helmet and colored pictures with the officers.

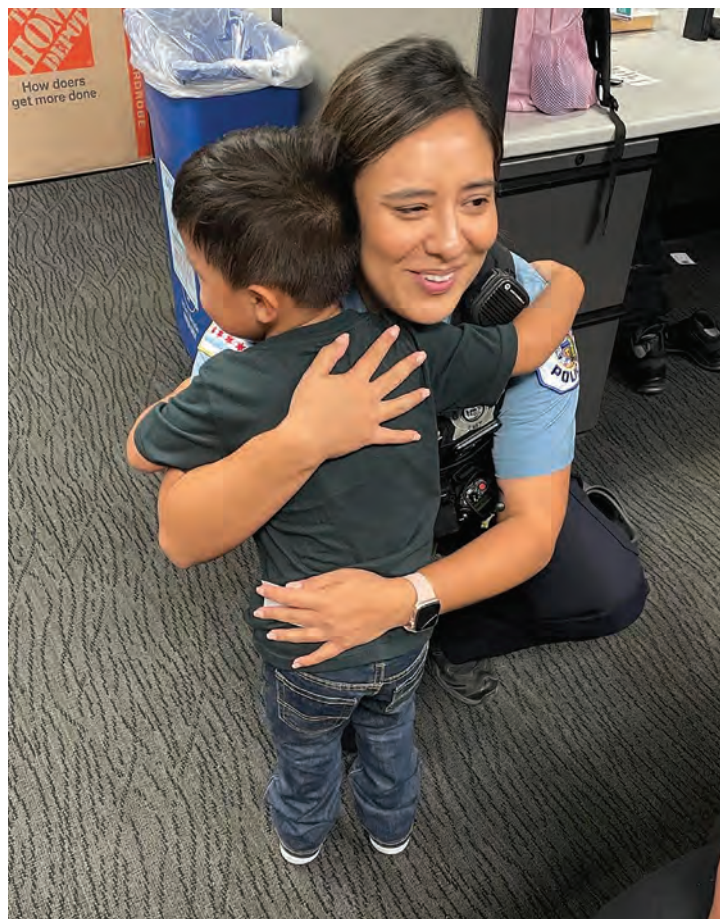
Even though it took almost an hour for the officers to gain Case's trust, Mirabelli realized this is how building trust in the community starts. And she said this is what community policing is all about.

"I think it's sad that there are fears that develop in children, but I think it's good at the same time to show them that there's trust and that we're fun, playful and happy," Mirabelli explained. "We got on his level and told him that the police are your friends and the police are there for you if you're ever in trouble."

By the end of his visit, Case had learned how to dial 911 in an emergency and to wave "hi" when he sees an officer.

Case's mother and grandmother expressed their gratitude to the officers, and Case embraced his new friends. He left wearing his new junior police officer badge with a smile.

"How he left was the best," Mirabelli added. "He shook Officer Gill's hand and said, 'Thank you.' It was really sweet. He definitely left different than when he came in."



10th District Officer Erica Hernandez embraced a little boy who had a fear of law enforcement.



10th District Officer Haley Mirabelli, left, invited 3-year-old Case to visit with her and Officer George Gill.



10th District Officer George Gill helps Case warm up to the officers.



Case with 10th District Officer Erica Hernandez shows his new junior police officer badge.



# Members welcome home Danny Golden

Hundreds of family members, friends and CPD officers gathered outside the doors of the Shirley Ryan Ability Lab on Aug. 20. Melodies from the bagpipes rang out around them as Danny Golden wheeled out through the doors.

Applause and cheers erupted for him as children, fellow officers and family members embraced Golden.

A mounted unit and a line of cruisers escorted Golden from the rehab facility. And as he was welcomed home, residents lined the streets waving American flags and holding signs reading, "We support DG" and "Welcome home Golden."



A crowd gathered outside of the Shirley Ryan Ability Lab to applaud Danny Golden for completing rehab after he was shot in the line of duty.



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Members of the community held signs for Danny Golden as he was escorted home.



# Batman Returns

Officers from the 5th District bring Roseland youth to the comic expo for the second year in a row

As a big kid at heart and a comic book enthusiast, 5th District Officer Paris Thompson thought there would be no better way to build connections and form lasting bonds with the youth in the community than by inviting them to spend the day with nine officers at the Chicago Comic and Entertainment Expo at McCormick Place on Aug. 10.

Thompson watched as the kids' eyes lit up the moment they stepped into the room, which was filled with video games, comic books and people in costumes.

And he could already see the positive effect that this experience had on these 30 children from the Good News Daycare in Roseland.

"The looks on their faces, the excitement, the running around in place with so much energy, you could see the impact immediately," Thompson said. "I wanted to introduce children in these type of neighborhoods that I grew up in to something different. And the world of comics, to me, is something that they can get into. For children, especially during these times in our communities, to see police officers actually engaged in this type of event and cosplay, it opens them up to see us in a different light."

This was actually the second year that Thompson had helped coordinate this event for the youth. And since last year, the number of children participating has doubled.

And Thompson still remembers the amazement some of the children expressed when they saw him dressed up as the Red Hood from the Arkham Knight video game.

"Last year, some of the feedback that I got was, 'Man, we never thought we would see it. A police officer dressed up in a cos-



Officers from the 5th District invited children from Good News Daycare in Roseland to attend the Chicago Comic and Entertainment expo for the second year in a row. Many even cosplayed as anime or other comic book characters.

tume," Thompson reflected. "And then this year I dressed up as the Riddler from the new Batman movie."

As the kids ran around with the officers, they played video games together and bought souvenirs from the giftshops. And since then, the owner of the Good News Daycare expressed that the kids have been busy writing thank-you letters to the officers.

And Thompson's passion for mentoring youth does not stop here.

"My vision for this is for it to go department-wide," Thompson added. "And hopefully get a representative from every police district to mentor at least two kids from areas all around the city."



## Officers in 002 salute Ebony Jimenez in honor of Sam

It's been almost four years since Samuel Jimenez was lost in the line of duty, but his sisters and brothers in the 2nd District and all of CPD will never let him — or Sam's family — be forgotten.

His daughter, Ebony, started high school in August. And on her first day, officers were there outside the school to escort her. As Ebony walked up the steps with her mother, Crystal, members stood and saluted as they passed by. They also presented Crystal with a bouquet of flowers.

Sam had been on the force less than two years when he was killed while responding to a domestic incident outside Mercy Hospital in November 2018.



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# CPD remembers fallen officer Eric Lee

On Aug. 18, family members, friends and CPD officers gathered at the Gold Star Families Memorial for a memorial roll call service to honor 7th District Officer Eric Lee, who was killed in the line of duty in 2001.

Lee was a U.S. Marine Corps veteran who served with CPD for nine years. And he dedicated his life to serving his community to create a safer home for them.

Officers stood at attention and saluted their fallen brother. They also presented Lee's family members with a bouquet of white roses and blue flowers.



## Sweep! Finest, Knights each score win over CFD

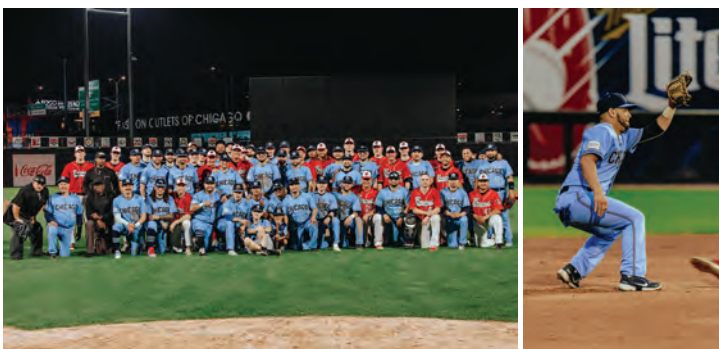
The summer baseball tradition of police-fire showdowns on the diamond ended with the Chicago Police Finest and Chicago Police Knights each knocking off their firefighter counterparts.

In July at Impact Field in Rosemont, the Knights pulled out a 7-6 victory in a scrappy battle with the CFD Bravest.

A big crowd filled the stands to support not only the teams for the Fourth Annual First Responders Charity Baseball Classic, but also the Chicago Police Memorial Foundation and the CFD Gold Badge Society. As August wound down, the Knights continued to battle for their playoff position in the Midwest Suburban Baseball League.

The Finest took care of business as well a few weeks later at Guaranteed Rate Field, notching a 12-5 win in the 22nd installment of this rivalry contest that also benefitted CPMF and the CFD's charity. Offense was at a minimum early in the game, as it remained scoreless after three innings. The Finest exploded for four in the fourth inning and built on that lead in the next four innings.

A postgame fireworks show added a fun flourish to the night, befitting the Finest's offensive fireworks in earning another victory over the Bravest.



The Chicago Police Knights triumphed in the Fourth Annual First Responders Charity Baseball Classic.



The Chicago Police Finest defeated the CFD Bravest in the 22nd year of this rivalry game.



# Quick arrest of suspects earns honors from CPMF

■ BY DAN CAMPANA

Earning the Chicago Police Memorial Foundation's Officers of the Month Award for August didn't take all that long for Officers Joseph Pentimone, Carlos Mota, Jesus Longoria, Michael Donnelly and Richard Rodriguez. The five each played a role in locating and capturing three suspects who stole a woman's car in late June and briefly fled police.

It started in the 2300 block of North Clark Street when the woman parked her Audi Q5 to visit a store. What she didn't realize was that three people followed her into the business after seeing her place the car's key in a rear pocket. One of the subjects approached the woman, who felt someone reach into her pocket. She turned to confront the suspect, and a struggle followed. It ended with the woman being shoved to the ground and the three suspects running from the store with the key.

The woman chased the suspects and yanked on the car door in a last-ditch attempt to stop the trio from taking off in the Audi. A subsequent 911 call led to a flash message going out across the radio with a description of the car and the suspects.

Picking up on that information, the quintet of officers began a grid search for the Audi in and around the vicinity of where it had been taken. That search almost immediately located the car traveling south on Lake Shore Drive as officers were heading northbound. A quick U-turn by the officers prompted the suspects to head west on Chicago Avenue at Lake Shore, where the



Audi struck another vehicle in stalled traffic.

The suspects attempted to flee in different directions, but the award-winning officers and other responding officers arrested all three — who were each identified by the woman as the trio that stole her keys and the car. The suspects each now face charges of robbery and possession of a stolen vehicle.

"Thanks to our awardees' quick actions, three dangerous felons were apprehended shortly after committing a robbery and vehicle theft," said CPMF Executive Director Phil Cline during the monthly awards ceremony.



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**Congrats to Retired Officers Chris Barajas (8th District) and Mark Sitasz (9th District).  
We thank you for the opportunity to host your retirement parties at European Chalet.**



# 15th District officer receives community hero award

When BUILD, a nonprofit organization dedicated to violence prevention and youth development on Chicago's West Side, caught wind of the work that 15th District Youth Liaison Officer William Martinez was doing, they wanted to be a part of it.

For the past four years, Martinez has worked with hundreds of youth around the Austin community to help them become advocates for themselves and others.

He has established and worked with numerous mentorship programs, such as the Youth District Advisory Committee in 015, which occasionally meets with the City to address concerns. He also organizes Hip-Hop Tuesdays, an after-school program that provides a safe and nurturing space to study, and an annual youth camping trip, which aims to protect children during the crime-ridden holidays.

And that has made such an impact that BUILD presented him with the 2022 Coco Calixto Community Hero Award.

"These youth want to be part of chang-



15th District Youth Liaison Officer William Martinez was recognized for his outstanding work in the community by BUILD, a nonprofit organization.

ing the narrative," Martinez said. "If an organization needed helpers to go clean up a block, my youth are willing to go and do it. I present everything, and they're



Many young people in Austin have participated in Officer William Martinez's annual camping trips, always wanting to help build their community."

On Aug. 7, BUILD CEO Adam Alonso recognized Martinez's work in the community. The award is in honor of Calixto — a member of BUILD who was known for going above and beyond to help the community — and given to someone who embodies that same passion.

"I don't care for the individual accolades. I just see myself in these kids," Martinez said. "They have this fear implanted in them of the police, so I'm breaking down those walls. And building them up."

## Prost!

The German American Police Association will host

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# Cops and the Community

Building relationships takes two sides willing to support one another. Chicago Police Officers do their best every day to show community members how much they do care. And

citizens reciprocate that in a variety of ways. As summer started to slip away in August, officers and residents captured the moment to be there for one another.

## 22nd District



In 022, officers visited the weekly food pantry at Progressive Beulah Pentecostal Church in mid-August and returned to their squad to find that someone had left a bouquet of flowers on the windshield as a show of appreciation.

## 1st District



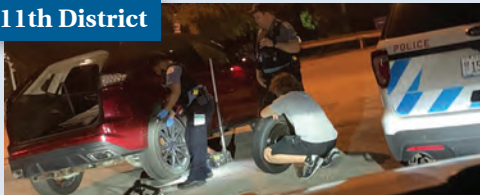
Taking advantage of an invite from Jobs Plus, 1st District community policing officers visited with residents and found some adoring fans who posed for a photo with their favorite officer.

## 9th District



Members of New Life Covenant Southwest offered a prayer of support and other blessings on 9th District officers during the Hopefest event.

## 11th District



In 011, officers epitomized the idea of doing whatever it takes by helping a motorist with a late-night tire change on the side of the road.

## Davis Square Park



The Chicago Police Soccer Club, with a little help from Chicago Fire, worked with the next generation of soccer players during an August clinic at Davis Square Park in the Back of the Yards neighborhood.

## 115 YEARS AND COUNTING!

My late husband, John G. Adinamis was always so proud to support our men and women in blue. I am honored to continue his legacy.

*Vanessa Adinamis*

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# Chicago Police Officers come out on top again

CPD officers showed how they continue to ascend to great heights to support the Law Enforcement Torch Run for Special Olympics Illinois.

On Aug. 19, members in districts throughout the City par-

ticipated in Cop on Top. They climbed up on the rooftops of Dunkin' Donuts stores to raise money for Special Olympics.

Here is the view from the top and other places where members took part:



4th District



6th District

Members in 004 headed to the Dunkin' Donuts store on South Commercial Avenue for their Cop on Top. They even offered up T-shirts and mugs in hopes of raising extra funds for the Special Olympics.

Members of the community came out in numbers to help the cause and watch their Cops on Top. One little girl even donated some of her money from the tooth fairy to support the Special Olympics.



9th District



If you've ever seen the movie "Madagascar," you've heard the iconic line, "Smile and wave, boys, just smile and wave." This officer in the Sixth District definitely got that message loud and clear on the rooftop.



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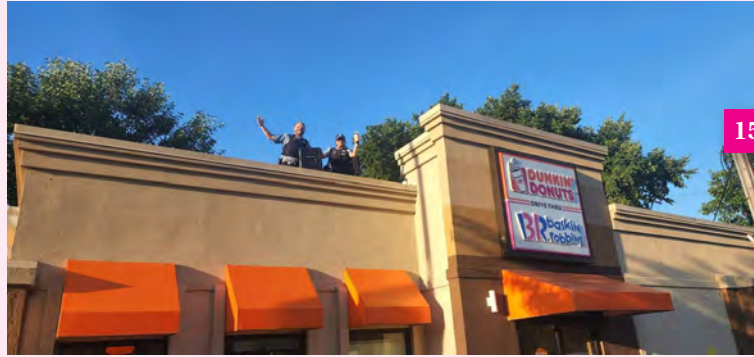


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### 15th District

The officers in the 15th District took this challenge to new heights (quite literally). These officers had some fun at the Dunkin' on Laramie and Chicago Avenue.



### 16th District



A four-legged friend or two came to support members of the 16th District at Cop on Top. It looks like that French bulldog couldn't wait to get a snooze in.



### 25th District

It was all hands on deck at the Dunkin' on West Diversey in the 25th District. The Department made a real dent in this year's collection, raising more than \$2,500 for the Special Olympics.



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# All in for National Night Out

Music flowed through the city on Aug. 2 for National Night Out 2022 as officers from each district gathered with residents, families and children to build relationships and form connections. The evening consisted of games, bounce houses, raffle prizes, food and street vendors and squad car tours.

Many officers, like those on the bomb squad, presented

unique opportunities for children to get a glimpse of the work they do, and members of the mounted unit even brought along their horses for this special time.

Here is a snapshot of how members from several districts participated in National Night Out.



2nd District

Several 2nd District CAPS officers smiled as they manned a table that held goodies and giveaway prizes, like coloring books and toy badges.



10th District

Children stood in line to see the 10th District Mounted Unit up close and to pet the horses.



8th District

Youth and residents carried a sign to kick off the event. And officers of the 8th District explained to youth how they hold their shields when on the job.



14th District

Officers in the 14th District gave tours of their squad cars, and some children even took turns sitting on one of their MTVs.



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## 19th District



Officers in the 19th District helped hand out prizes like this new bicycle, won by a little girl.



## 20th District

Members of the 20th District Bomb Squad gave children a tour of items like this remote control vehicle and displayed their helmets and other protective gear on a table.



Guardian Angels Mass  
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# CPD officers cheer on a new school year

CPD officers spent time helping children and youth across Chicago welcome a new school year. At the end of August, officers hosted multiple events and giveaways to help make the beginning of the school year a memorable one.

From backpack giveaways to literature festivals and even pizza deliveries, here are a few snapshots of what different districts have done to help students go back to school:



**2nd District**

On Aug. 24, 2nd District officers hosted a Pizza and Pencils Back to School event at Woodson Elementary School. Officers handed out pizzas, donated by Home Run Inn, to students to welcome them back to school.



**11th District**

On Aug. 13, officers of the 11th District joined together with the Citywide Community Safety Team to host a Back to School Bookbag Giveaway for children in the community. Each bag was filled with school supplies to help ring in the new school year.



**4th District**

Officers of the 4th District visited students at the Bradwell School of Excellence on Aug. 25 and kicked off the school year with pizzas donated by Home Run Inn.



**19th District**



**10th District**

Children of all ages from the local community received free backpacks from 10th District officers on Aug. 18 at the Back to School Bag Giveaway, held at Douglas Park



**8th District**

On Aug. 6, officers of the 8th District held a Back to School Field Day event. Not only did they spend the day playing games with students, but also gave each child a new Amazon backpack.



**20th District**

On Aug. 18, officers of the 20th District gathered with students of McCutcheon School and celebrated the beginning of the school year at a back-to-school event. Students were able to participate in raffles for prizes such as brand new bicycles, donated by Target

Chicago-born-and-raised L.A. Lakers player Talen Horton-Tucker hosted a back to school event for students in the community where he grew up. 19th District officers joined the event and helped hand out school supplies to the children.

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# **RICHARD LIS MEMORIAL SCHOLARSHIP**

This is the application form for the annual scholarship drawing of Chicago Lodge #7. The scholarship awards are in the amount of \$1,000.00 each and are given in honor of our late State Lodge President, Richard Lis. There will be twenty names drawn at the November 16, 2022 General Meeting, and we will also draw five additional names, in case some of the winners are not in college or elect not to continue their education. All applications are to be filled out and mailed to: FOP, Chicago Lodge #7, by police mail or U.S. Post to 1412 West Washington Boulevard, Chicago, IL 60607-1821, Attention: Scholarship Committee.

## **The following rules apply to applicants requesting scholarships:**

- Scholarship grants are available to the sons and daughters (including stepchildren) of members of FOP Lodge #7, who will be attending a college or trade school for the first semester of the school year.
- There will be 20 scholarship grants given for \$1,000.00 each on a one-time basis. Payment will be made at our general meeting in January after proof of attendance is received by the Scholarship Committee.
- Scholarships will be available to high school graduates and any student who is presently attending a college or recognized trade school.
- The college attended must be recognized by the North Central Accrediting Association or the trade school must be recognized by the Illinois Department of Registration.
- **Only one** application per eligible child will be accepted.
- The scholarship grants will be awarded on the basis of a **drawing** of the submitted applications at the **November 16, 2022. General Meeting.**
- Applications may be submitted up to the time of the drawing at the November 16, 2022 General Meeting.

## **RICHARD LIS MEMORIAL SCHOLARSHIP FUND APPLICATION**

Applicant's First Name: \_\_\_\_\_ Applicant's Last Name: \_\_\_\_\_

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

Member's Phone: \_\_\_\_\_ Member's Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Relationship to Applicant: \_\_\_\_\_ College or Trade School: \_\_\_\_\_

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



# Seek help and stop the stigma



**DR. RON  
RUFO**

After graduation from the police academy, an inexperienced recruit may soon begin to develop and embrace a warrior-like mentality. This type of mindset could be compared to almost any adult participating in a competitive sport: Win at any cost. Never side with the enemy.

Because of this, helping others often becomes secondary, because in short order, they will go from a “helper” to a “hunter.” They will soon look for individuals and offenders to arrest. Young officers, if they want to move up the ranks and be noticed by their supervisors, often become aggressive. They try to make more drug and gun arrests. Many supervisors like young, assertive and uncompromising officers on their team. It does not take long for a hard-and-fast officer to be asked to go to a tactical team (plainclothes detail) or special unit or to receive a meritorious promotion.

One thing is for sure: Not all recruits will be able to handle the stress of the job as their careers progress. This new approach is completely the opposite of why they made law enforcement their career. Their entire persona will change, and stress accompanied by cynicism will become their constant companion.

As psychologist and former police officer Jack A. Digliani, Ph.D, Ed.D., noted, “Law enforcement officers work in an occupational world of assumption of possible threat, whereas most others work and live in a world of assumption of safety. This distinction is one of the fundamental enforcement mentality,

which means adding speculation, cynicism, and distrust. Some of the downfalls of this attitude include: differences between law enforcement and most other occupations. Officers must assume possible threat in nearly all policing interactions to avoid being harmed or killed due to complacency.”

Chris Scallon, a retired sergeant with the Norfolk (Virginia) Police Department, said, “When I first started, old-timers said they could not do the job we are doing today. I retired last year, and I saw new policies that I thought that I could never do that job the way police are doing it today. Now I realize I am the old guy. I think it is the nature of the job. It changes, and we are only police officers for a brief moment, and in that moment, the job changes dramatically.”

I remember writing a search warrant in narcotics using a typewriter and carbon paper. If I showed carbon paper to a young cop today, they would ask, “What is that for?” I even remember taking Polaroids of crime scenes. Change is inevitable. It goes in waves, and policing is a combination of things: good bosses with bad management, bad bosses with good management, and occasionally there will be one person who will shake up the system and turn everything around. I coauthored an article titled “There Is No Crying in Police Work,” in which we looked at gender and race as factors in how we measure the degree of anxiety and post-traumatic stress disorder (PTSD) we are exposed to.

I was born in London but am from a Colombian family, and I grew up in a machismo culture. The machismo attitude in that culture is to just suck it up. I was a medic, fireman and a sailor in the U.S. Navy. I went from culture to culture to culture that did not allow anyone to share their feelings. When everyone is sitting around at the firehouse, no one says, “Hey guys, that last call really bothered me emotionally.” His fireman comrades would look at him and think, “What is his problem?” I never had a conversation about a deployment, even though the conditions were horrific, or about how I felt emotionally.

Please take care of your emotional well-being. It is OK to seek help. Stop the stigma and keep an eye out for your fellow first responder.

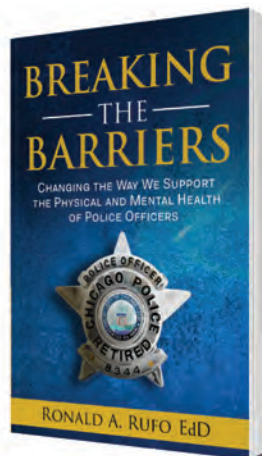
Thank you for taking the time to read this article. I will be speaking at the free FOP Officer Health and Wellness Seminar on Sept. 22 at Triton College, 2000 5th Ave., Building R (Theatre), River Grove, Illinois 60171 from 8 a.m. to 5 p.m.

*Dr. Ron Rufo is a highly decorated Chicago Police Officer with over 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. Dr. Ron Rufo's book Breaking the Barriers: Changing the Way We Support the Physical and Mental Health of Police Officers is available through Amazon, at ronrufo.com or through the FOP bookstore.*

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# PARENTS WEEKEND RETREAT

OCTOBER 21 - 24, 2022



## Who is invited to attend the retreat?

SBS Parents Weekend Retreat is planned for surviving parents and step-parents of law enforcement officers who died by suicide. Whether you are a couple or a single parent you are encouraged to come. Other relatives and friends are not eligible to attend.

## How will the retreat benefit me?

Losing a child can be the most devastating thing for a parent to experience, especially in a sudden, traumatic, and often violent death. After the loss of their child, surviving parents must handle their own grief along with trying to support other family members.

At the SBS Parents Retreat, you will spend the weekend receiving support from and bonding with other survivors who genuinely know how you feel.

The SBS Parents Retreat provides a safe place to connect with each other and the staff. The Wellness Support staff, which includes licensed mental health professionals and peer support, will provide a session of facilitated conversation giving you the opportunity to discuss sensitive issues. They will also provide mini-workshops with topics such as grief and relationships. These workshops will be interactive and educational to assist in the new challenges you may be facing in multiple areas of your life.

You will also get the chance to participate in fun activities that may challenge your limits and relax in group activities that encourage a continued support system beyond the retreat. By attending Parents Retreat, you will leave with an increased sense of self-awareness and personal growth.

## What is the cost of the retreat?

The only cost for survivors to attend is travel (cost of driving or flight). All meals, lodging and activities are covered by SBS.

## How do I get to the retreat?

If you are flying: You should plan to arrive at Will Rogers World Airport (OKC) between 9:00 a.m. and 2:00 p.m. on Friday, October 21. You will be met by an SBS representative and transported by bus to St. Crispin's Retreat Facility, a 70 mile ride from the airport. You will be transported back to the Will Rogers World Airport by 11:30 a.m. on Monday, October 24. Be sure your flight is AFTER 1:30pm to allow time for check-in and security checks.

If you are driving: You will need to arrive at St Crispin between 3:00-5:00 p.m. on Friday, October 21 and stay through breakfast on Monday, October 24. Meals and activities are planned; no late arrivals or early departures please.

## Where is the retreat located?

We will be staying at St. Crispin's Conference Center in Wewoka, OK. This is located 70 miles outside of Oklahoma City.

## Registration Deadline

Monday, September 12, 2022







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3rd generation-Seymour Mandel (Right)  
4th generation- Cheri and Lloyd Mandel

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Today, Mitzvah Memorial Funerals continues the tradition of providing the utmost compassionate, personal service with funeral directors Cheri, Lloyd and Seymour Mandel, and Bill Goodman. We are dedicated to comforting families as if they were our own, making the funeral arrangement as easy and transparent as possible,\* and providing unique service items such as full color funeral programs and hand warmers in the winter. And we now offer a choice of hearses, including the Prinzing (pictured above) at no additional cost (when available).

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\*We show our caskets and vaults with prices on our website. No other Chicago Jewish funeral homes do this!





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