



Fraternal Order of Police

CHICAGO LODGE 7

Official Magazine • September 2023



**“FOR THOSE WHO
SUFFERED IN SILENCE
AND WERE LOST”**

Dedicated 2023

A Light in the Darkness

Lodge 7 unveils first-of-its-kind
memorial to officers lost to suicide



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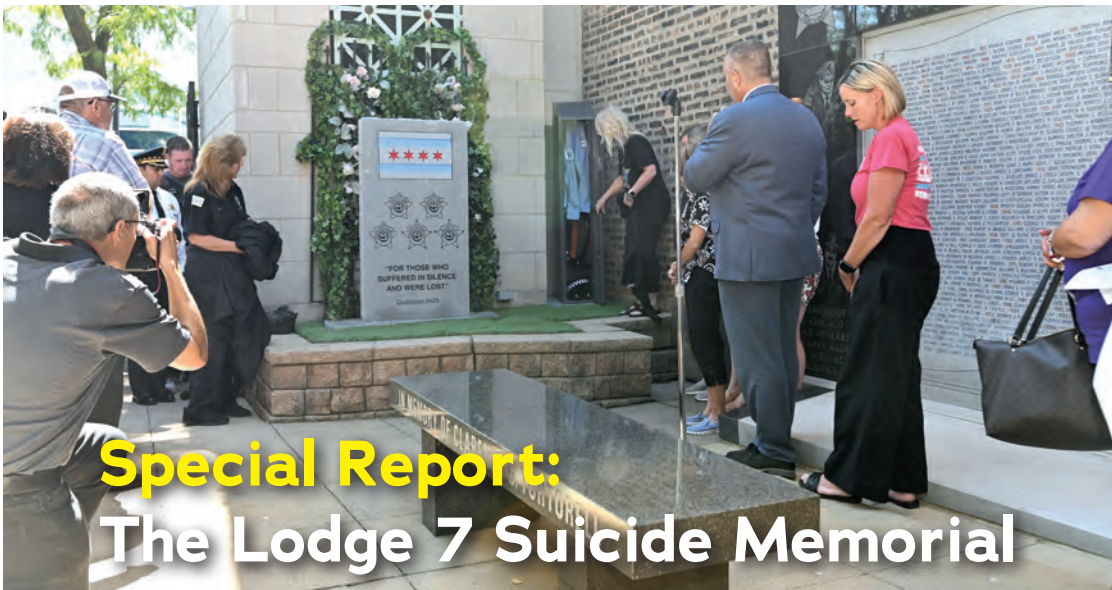
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COVER STORY



Special Report:
The Lodge 7 Suicide Memorial

COVER PHOTO BY GEORGE GILL
COVER DESIGN BY GINA CROTCHFELT

To remember and honor Chicago Police Officers who lost their battle and to make sure they will never be forgotten for their service and struggle, Chicago John Dineen Lodge 7 created an unprecedented event for those who have been lost to suicide. On Sept. 1, the first day of National Suicide Awareness Month, the Lodge unveiled and dedicated its new Suicide Memorial, believed to be the first of its kind for any law enforcement entity in the country. This eight-page special report includes:

- A behind-the-scenes look at everything that went into creating the memorial and an inside look at the unveiling and dedication **Page 34**
- What the memorial means to the families who lost officers to suicide..... **Page 36**
- Words of inspiration and messages of support from the mayor and many other dignitaries who attended the event **Page 38**
- A message from a special guest who continues to be the most dedicated advocate in the City for suicide awareness and mental health for law enforcement..... **Page 40**

ALSO IN THIS ISSUE

Can history repeat itself?

As Larry Snelling is on the precipice of becoming the next Chicago Police superintendent, some perspectives indicate he could replicate the leadership efforts that turned the Department around more than 60 years ago. As CPD currently faces some of those same challenges, sources weigh in on why Snelling is the right man for the job and what he must do to earn the support of the rank-and-file.



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CHICAGO LODGE 7

Official Magazine
President's Report



A historic day to recognize lost sisters and brothers and a new day coming for members



JOHN CATANZARA JR.

Never a lull, never a dull moment for Chicago Police Officers and Lodge 7 members. The events of the past few weeks would certainly confirm the whirlwind.

But there may never have been a more emotional and welcome event than what took place at the Lodge on Sept. 1.

With September being National Suicide Prevention Month and Sept. 10 recognized as World Suicide Prevention Day, it was more than serendipitous to unveil the Lodge 7 memorial to our officers lost to suicide. You see the image of the memorial on the cover of this issue showing the unprecedented turnout we had and the unprecedented and welcomed guests – turn the page for more about that – who joined us.

This is an idea we talked about a couple of months ago and actually whispered to a few people when we had our annual Lodge 7 memorial service in May to remember and honor officers lost in the line of duty. We saw how it would be perfect to post on the grassy knoll next to our memorial wall, and we were fortunate that the memorial arrived from Memphis the week of the unveiling.

The Department's Special Functions Section helped get the word out to families of officers who have been lost to suicide, and we were honored to see many of them there to experience this long overdue recognition of their loved ones. Having the CPD Honor Guard in attendance, pipes and drums playing, and even a flyover helped make this a day that was long overdue. Turn to page 35 of this issue to see all the images and get the full story on what happened during a first-of-its-kind day that I know of in the country, and certainly in the FOP family.

Changing lanes, a first-of-its-kind day, or at least a new day, is a pretty appropriate approach for the membership to take right now regarding the mayor naming Larry Snelling as the new superintendent. I don't want to anoint them into sainthood just yet because the rubber will meet the road when the first police shooting occurs that Larry and Brandon don't agree on. What's going to be his public take? We'll see, but I'd like to think it's going to be saying the right thing and not what he's told to say.

Larry was definitely the best choice from my point of view, as well as that of many of the people up here at Lodge 7. He is a familiar face in the Department because of his long term working at the academy as a sergeant. And he has that physical appearance to him that he just looks like an authoritative figure. And he has that deep, commanding voice and presence about him, so, on paper, he looks like he should be in charge of a police department.

I think probably one of the best indicators of a new day ahead is the fact that five minutes after it was confirmed that he was the pick, I sent him a congratulatory text. He called me back within 15 minutes. We had a phone conversation about getting together soon to work out some priorities for the men and women in this Department and trying to repair some of the damage left behind from the previous administration.

Even under Fred Waller, there's been an absolute clear effort to reach out to the FOP, address our concerns and try to work together through some issues knowing that that is the best buy-in for the members. And that we do have their pulse.

They know we are voicing the concerns and thoughts of our members for better or for worse and not just some random thoughts I have in my head. I think they get it that in order to have a better working relationship with the beat cops and detectives, it's probably good to have a working relationship with the union representing them. And I think Larry gets that, too, so it'll be interesting to see where this goes.

We will see if the rubber meets the road. We'll see how much leeway City Hall gives him to say the things he feels need to be said. And if they're not giving him the leeway, how much he's willing to push the envelope to defend officers because David Brown was not willing to do it.

President's Report continues on Page 6

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Trustee Carlos Yanez Jr. addressed members during Lodge 7's presentation to be the host for the 2027 National FOP Biennial Conference.



FOP members from across the country visited the exhibit Lodge 7 put up to host the national conference.



Lodge 7 President John Catanzara speaks to the conference after being nominated for national first vice president.

What happened in Vegas

The funny part is that the National FOP Biennial Conference in Las Vegas was a success.

The purpose for Vegas or, I guess, the genesis for our bidding to host the 2027 national conference and my running for national first vice president in Las Vegas was always the perception and reality to me, much of our executive board and our members that we were insignificant to the national board of directors, especially the executive board. And it was this level of insignificance that needed to change.

It grew to include the Illinois State Lodge and the FOP Great Lakes Coalition about this persona non grata approach to anybody who was perceived as a political threat or anything along those lines to the existing national president and executive board. There was just no use for you unless you were on the team, so to speak.

And that's what the basis was for all of Vegas. Whether it was my run for vice president or the bid to get the national conference here in Chicago, it was to highlight us and not be ignored. And in that sense, it was a grand slam.

Not only was I able to go to many of the state caucuses in Vegas and air a lot of those grievances out there, but it was also absolutely about giving a voice as a whole for members who feel excluded. It was why I was running for that position.

So, out of that has been born, I guess, a new interest level from the national executive board, which was what we were seeking from the get-go. I went to the post-conference board meeting to greet the new board of directors and the 16 new state trustees and explain to them how I hoped they were going to be a little more independent than previous boards.

I know that rubs some people the wrong way, but it's just the fact of what I've seen firsthand. Maybe it wasn't the right time to do it, but I just felt the need to say what I needed to say because

we were already at ground zero after the elections.

And I put out to all the delegates who were in attendance that we were having the event to unveil our memorial to officers lost to suicide if they wanted to attend. Then, at the end of the conference, I had a great conversation on the side with the new sergeant-at-arms, Steve James from the California State Lodge, who again, for all practical purposes, has been very close with National President Pat Yoes for years.

I wasn't sure what kind of relationship I would ever have with Steve, but he absolutely rose with the cream to the top and stood up for what was right. As I told the California delegation, that's an example of what this organization should always be about. You put your personal differences aside, if there are any, for the betterment of the members and do the right thing.

And he said he was coming to the dedication of our memorial. And then I had a conversation with Joe Gamaldi, who I ran against for first vice president, in the airport, in person, and we squared everything away. He pledged to be here for the dedication. And then National FOP Treasurer James Smallwood emailed me that he was coming. And so was National Secretary Jimmy Holderfield.

There seemed to be an olive branch of sorts from the national executive board. And again, all we wanted to do as the biggest Lodge in this family was be heard, have our members acknowledged and have the national committee appointments that previous Lodge 7 presidents have been afforded. So it's time for our stamp to be put on those national committees with some of the amazing, talented people we have here, and we'll see where it goes. I think it's headed in the right direction, and that's why I say, to me, what happened in Vegas was not even close to a failure.

PRESIDENT'S REPORT CONTINUED FROM PAGE 5

We will also be interested to see how he handles merit promotions, which have been a major problem with this Department, especially from a morale perspective. Many of our members feel it's just a joke to begin with because many of the bosses they work for are incompetent and unqualified for their position.

I think Larry's a perfect example of merit promotions done correctly. The fact that he has been able to rise through the ranks – as he has, from my understanding – with two merit promo-

tions to sergeant and lieutenant gives him another qualification for superintendent. He has a pretty solid reputation for defending officers and standing up for what's right. Hopefully, going forward, it becomes the norm and not the exception.

As long as it's a troops-first mentality, I think we'll be all right. And I know the squeaky wheels that hate the police don't want to hear that, but the reality is, it's no different than any other corporate entity in America. The happier your workforce is, the better product put forth out of the Department. And that means a safer Chicago for all of us.



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**Sept. 16****The 100 Club of Illinois Crappie Fishing Tournament**

Lake Shelbyville West Dam
6:30 a.m.-5 p.m.
\$80 per team
For more information, visit www.100clubil.org/2023-crappie-fishing-tournament

Sept. 17**American Knights M/C of Chicago Casper Lauer Police Memorial Motorcycle Run**

AKMC Clubhouse
5049 W. Lake St.
9 a.m.-noon
For more information, visit <https://www.chicagofop.org/images/events/2023/september/casper-lauer-memorial-run.jpg>

Sept. 18**Enforcers Golf Outing 2023**

Meadows Golf Club
2802 W. 123rd St., Blue Island
8 a.m.
\$150 per golfer
For more information, call 773-531-8545

Sept. 20**Calumet City FOP Lodge 1 Golf Outing**

Lincoln Oaks Golf Course
395 E. Richton Road, Crete
8 a.m.-5 p.m.
\$125 per golfer, \$500 per foursome
For more information, visit www.golfinvite.net/lodge1 or call 219-793-6687

Sept. 21**Area Four Detective Division Golf Outing 2023**

White Pines Golf Course
500 W. Jefferson St., Bensenville
8 a.m.
For more information, visit https://www.chicagofop.org/images/events/2023/september/area_four_detective_division_golf_outing_2023.jpg

Sept. 23**100 Club of Illinois Post Traumatic Purpose ILETSB Certified Course**

The Legacy Theater
1168 Buchanan St., Carthage
4-8 p.m.
For more information, visit <https://www.ilfop.org/event-fop/post-traumatic-purpose/>

Sept. 25**1st District Golf Outing**

Silver Lakes Country Club
14700 S. 82nd Ave., Orland Park

8 a.m.
For more information, call 312-745-4290

Sept. 28

Promotion Party for Sergeant Luis Rivera Jr.
ERIS Brewery and Cider House, Mezzanine Room
4240 W. Irving Park Road
6-10 p.m.
For more information, call 847-452-2560

Sept. 28-Oct. 1

Blue Line Ministries and Fellowship of Christian Peace Officers Northwoods Law Enforcement Retreat
Northwoods Conference Center
E. 21800 Wolf Lake Road, Watersmeet, MI
\$300 per person
For more information, visit <https://www.ilfop.org/event-fop/northwoods-law-enforcement-retreat/> or to register visit <https://www.bluelineminstries.org/retreat-registration-page.html>

Sept. 29

Sycamore Lodge 133 Scholarship Golf Outing
Sycamore Golf Club
940 E. State St. #9578, Sycamore
Noon-6 p.m.
\$80 per golfer, \$20 dinner only
For more information, visit <https://www.ilfop.org/event-fop/sycamore-lodge-133-scholarship-golf-outing-2/>

Sept. 30

Brotherhood for the Fallen Blue Tie Gala
Hyatt Regency O'Hare
9300 Bryn Mawr Road, Rosemont
6 p.m.-12 a.m.
\$225 per person
For more information, email rickcaballero@yahoo.com

Oct. 2

CPD Pipes and Drums Golf Outing
Silver Lake Country Club
14700 S. 82nd Ave., Orland Park
7 a.m.
\$175 per golfer, \$75 per person for dinner only
For more information, visit cpdpipeband.org or email info@chicagofirepipers.com

Oct. 9-11

FOP Grand Lodge 2023 National Diversity Summit
Fairfield Inn & Suites Charlotte Uptown
201 S. McDowell St., Charlotte, NC
7 a.m.-10 p.m.
\$250 registration fee per person
To register, visit https://images.magnetmail.net/images/clients/nfop/attach/diversity_registration_form_2023.pdf

Oct. 7

The Emerald Society of Illinois 47th Annual Dinner & Awards Night 2023 Irish Man of the Year
Gaelic Park, Tara room
6119 W. 147th St., Oak Forest
6 p.m.
For more information, visit <https://www.emeraldsocietyofillinois.org/meetingsevents/>

Oct. 16

Skokie Police Memorial Charity Golf Outing
Evanston Golf Club
4401 Dempster St., Skokie
9:30 a.m.-6 p.m.
For more information, visit <https://www.skokiepolice-golfouting.com/>

Oct. 19-20

FOP Great Lakes Area Coalition Training
Hilton Indianapolis Hotel & Suites
120 W. Market St., Indianapolis, IN
8:30 a.m.-2:30 p.m.
\$139 room rate
For more information, visit <https://files.fop.net/wp-content/uploads/2023/07/2023-great-lakes-area-coalition-training.pdf>

Oct. 31-Nov. 2

National Fraternal Order of Police Labor Services Division 2023 Collective Bargaining Seminar
Planet Hollywood, Las Vegas Resort
3667 S. Las Vegas Blvd., Las Vegas, NV
7 a.m.-5 p.m.
\$595 registration fee
For more information, visit <https://national.fop.net/2023collectivebargaining#page=1> or call 800-451-2711

Nov. 4

Chicago Police Foundation True Blue Gala
Four Seasons Hotel Chicago
120 E. Delaware Place
6 p.m.
\$500 per ticket
For more information, visit <https://www.chicagopolicefoundation.org/2023-true-blue-gala>

Nov. 10

German American Police Association Oktoberfest
Elmcrest Banquets
7370 W. Grand Ave., Elmwood Park
6:30 p.m. cocktails, 7:30 p.m. dinner
\$100 per person
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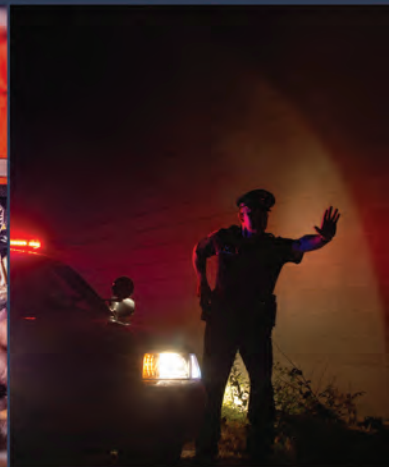
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**MICHAEL
METTE**

September is National Suicide Prevention Awareness Month. As I write this, my thoughts are with the Friedlieb family after Jeff lost his battle on this earth. I pray he has found the peace he has been longing for since having to leave this job after being shot in the line of duty in 2011.

I can still remember that night as if it was yesterday. I remember the 10-1 call, I remember scouring the 11th District for the offenders. I didn't know Jeff at the time, but I will remember that night for the rest of my life. I will remember Jeff as the carefree guy I got to know afterward. My thoughts and prayers are with you and your family.

Suicide is nothing new. It is something that affects everyone from every walk of life. I can remember a student at my high school who took his own life. That was the first time I really knew what it meant. I can remember walking in on a good friend who was in the process of writing his suicide note. I thank God for the timing of my stopping by to see him. And I thank God he was able to get the help he needed and is still here today.

Suicide is a real problem in our line of work — but it doesn't have to be. We can and should address it better. We shouldn't be afraid to talk about it or ask someone about it. The FOP has

partnered up with the Sertoma Centre and Gia Washington to help officers become more familiar with the signs and ways to talk with others about them. These training sessions are provided free of charge and held right here at the FOP Lodge Hall. Our next session will be held on Nov. 3. Please see the flyer in this magazine for ways to sign up.

Don't forget, Officer Wellness services are offered right here on the Lodge's second floor. These services are provided by Dr. Carrie Steiner and the First Responders Wellness Center. We have also begun to have group sessions each month to offer officers and their families the opportunity to come and talk with fellow officers and clinicians. Our next group session will be Sept 30 at the Mary Seat of Wisdom Clark Ministry Center, 1335 S. Clifton Ave. in Park Ridge from 9 to 11 a.m.

These group sessions are not just about work. We address a plethora of topics from work, family and ways to keep ourselves grounded in our day-to-day lives. I find myself truly enjoying these sessions with the officers. It is a judgement-free zone, and everyone is welcome. Please check our website for our September date.

We have two other firsts we are working on here at Lodge 7. The first one is our Sister Circle on Saturday, Oct. 7 at 10 a.m. here at the Hall. Thank you to the wonderful Rita Pritchett for coming up with this great way to bring our sisters in blue together.

The second is our first-ever Lodge 7 pop-up event to be held here at the Lodge on Oct. 27 from noon to 4 p.m. This event will allow our Lodge 7 members to showcase their talents and businesses.

We are looking to have anywhere from 10 to 15 members come in and be able to offer their goods and services to other members. If you would like to participate in this event, please contact me here at the Lodge.

Lodge 7 is trying to bring our members together in new and different ways. I hope we can get you to stop on by to anyone or all of our events coming up. If you do not get our emails, please send me an email at michael.mette@chicagofop.org and I will sign you up for our email blasts. Don't forget to check out the department's new wellness app! You can download it to your phone by searching for Cordico Wellness. The anonymous login credentials should have been sent to your department emails. For my retired members, please send me an email and I will send you the credentials.

Please stay safe and keep an eye out for each other! And remember, you are never alone, you are not the only one going through what you are dealing with, and always remember you are loved! My phone is always on: 773-619-8928.

If you or someone else needs help, please reach out to someone.

- EAP: 312-743-0378
- PEER SUPPORT: 312-672-9973
- COPLINE: 800-COP-LINE
- NATIONAL SUICIDE PREVENTION HOTLINE: 988 FROM CELL OR TEXT OR 800-273-8255
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More discipline examples



DAN GORMAN

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

However, below are summaries of some recent dispositions that have been awarded by the arbitrators. The following discipline briefs only provide a generalization of the allegations that were sustained in the CR investigation.

General Summary of Allegation	Original Recommended Penalty	Arbitrator's Award
Early deactivation of BWC.	5-day suspension (x 2)	1-day suspension (x 2)
Failure to exit police vehicle when responding to call for service.	10-day suspension	6-day suspension
No BWC during citizen encounter at the desk.	3-day suspensions (x 2)	Reprimand (x 2)
Verbal comments after use-of-force incident.	30-day suspension	5-day suspension
Accidental discharge/Unaware of weapon's discharge.	5-day suspension	Upheld
Argument with former spouse, and an alleged "threat."	10-day suspension	Expunged
Failure to call a supervisor (despite the police station being 35 feet away).	5-day suspension	3-day suspension

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

Quotes from an 8-page decision on a weapons discharge:

As one of the command officers noted during Command Channel Review, it is difficult to understand how the grievant would not be aware he fired his weapon.

While this arbitrator has been involved in reviewing countless officer-involved shootings where officers have lost count of how many times they fired their weapons, or significantly underestimated how many times they did so, or accidentally fired it, he has not before been presented with an instance when an officer had no idea that he in fact had fired his weapon. Perhaps it was as the Lodge argued, that the grievant became tunnel visioned and lost situational awareness in the face of the on-rushing stolen vehicle.

As part of the learning opportunity the Lodge sought, there should also be a penalty attached to remind the grievant of the seriousness of his obligation to always be in control of his weapon, regardless of the circumstances or stresses he may be experiencing.

Quotes from a 7-page arbitration decision on BWC de-activation:

COPA recommended five-day suspensions for each grievant. That recommendation is excessive and is not in accord with the steady line of body-worn camera cases in which officers have received either a written reprimand or a one-day suspension, certainly not five days off.

As noted earlier, this arbitrator found interesting COPA's rea-

sons for recommending five days off instead of a reprimand or lesser suspension. [COPA] stated, "the officers' failure to keep their BWCs activated prevented COPA from reaching a positive finding with respect to all of [the complainant's] allegations." A "positive" finding? One would hope when COPA undertakes an investigation, it seeks a conclusive outcome rather than a positive one.

Perhaps it was just a poor choice of words, and the author intended to use the word to mean clear-cut, rather than to mean confirmed or affirmative.

Note that the author of this COPA report was Stephany Hreno, director of investigators.

Quote from an 8-page arbitration decision on no BWC

Neither COPA nor the Department offered any explanation for why a three-day suspension was appropriate. As argued by the Lodge, the customary penalty in body-worn camera cases is either a reprimand or a one-day suspension, absent some finding of intentional effort to conceal one's activities by not activating the camera, which would of course warrant much more severe discipline. Here, no such improper intent or motive was proven or even suggested. The officers merely forgot to put their vests on when they went to the lobby.

Quote from a 12-page arbitration decision on verbal comments after using force

Had the grievant made the very same comments to [the offender] before they made physical contact, this analysis would have had a different outcome. If the grievant had made some "smoke" type comments as a means to secure control and command over a volatile situation, this arbitrator would have excused them as being part of the grievant's verbal toolkit used to avoid using more force to gain control. However, the grievant was not trying to assume authority or command over a situation — the situation had come to an end, and [the offender] was on the ground. He was not trying to deescalate a situation by using aggressive or curse words to get an offender to comply. He was simply spiking the ball in the end zone in the presence of dozens of citizens whose relationship with the police was already tenuous at best.

Quotes from a 10-page arbitration decision on an alleged domestic

There certainly was no proof of the misconduct that COPA alleged. There is no proof whatsoever that Mrs. ██████ stated the grievant threatened her by saying, "You are going to make me do something to you." The recording of the COPA makes absolutely clear the words "to you" were not spoken by the grievant but were somehow inexplicably added to COPA's SRI [summary report] dated Jan. 31, 2020.

Yes, you read that correctly: COPA personnel added two words which converted a general statement into a sustained threat of physical harm. When we look at the COPA report dated Jan. 31, 2020, we discovered it to be authored by Andrea Kersten, deputy chief administrator-chief investigator (who is now the COPA chief). This tactic is also known as "planting," as in "planting" evidence. Imagine the consequences if an officer or a detective utilized the same tactics as COPA personnel...CR number? Suspension? Brady/Giglio impairment? Pattern and practice lawsuits? Termination? Criminal indictment? Prison time?

Your 10-4, not your 10-99



ROB
NOCEDA

Jeff Friedlieb will be remembered. He was a patriot and a public servant. A brother Marine and Chicago Police Officer. The story of his tragedy is heartbreaking. But it is also filled with perseverance, courage and devotion to others.

Jeff will not be forgotten. We shared a very similar life. Unbeknownst to me, we were even stationed overseas in the same place when we were deployed as Marines — same time frame, in Fal-lujah.

Jeff definitely made a difference in this life. My prayers are with Jeff and his family for strength, peace and comfort during this devastating time.

This tragedy with Jeff also hit home because I have lost some dear brothers, not only in combat but to suicide as well. Four years ago, at just 38 years old, our platoon brother, Garrett Moulton, took his own life. This was crushing, and it was hard for many in our platoon to hear the news.

Garrett was a Marine's Marine — a go-getter all the way and someone who took life by the horns. He is missed dearly by his

family, friends and brother Marines. Our platoon had wonderful memories of Garrett.

Just recently, I was able to see many of those brother Marines. Garrett had made such an impact on all of us. He was a few years older than most of us. He had more life experience, and we enjoyed his two cents, always. Great personality and perspective. We got to share stories, pictures and many laughs.

His wife, Ann, even gave us Garrett's ashes. She said he would want it that way. I hold a part of him as I write this article.

So whether it's Jeff Friedlieb or Garrett Moulton or someone you might have served with, they each hold a special place in our hearts, and a part of them stays with us. Keep them and their loved ones in your memories and prayers.

There is always the good Lord, and He does provide a brother or sister nearby, if need be. We don't go through life 10-99. You've always got backup.

God be with you all. We're here at the Lodge if you need us to assist or help in any endeavor.



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A missed opportunity



JIM
JAKSTAVICH

I recently had the pleasure of attending the National FOP Biennial Conference in Las Vegas.

There were some bylaw changes proposed, grievances by suspended and expelled members and an election conducted on the last day of the conference. The votes were for the elected position of the first vice president of the national board and to determine the host city for the 2027 national conference.

The proposed locations for the 2027 conference were Salt Lake City, Utah, and our great City of Chicago. The lodges from each respective city made their proposals and presented a video to the voting delegation. In the video presented by Salt Lake City, the governor of Utah, the Salt Lake City mayor and the chief of police of Salt Lake City spoke about why their city should be the choice of the delegation. They both stressed safety and cleanliness over and over.

They emphasized that the elected officials of both state and city will welcome the delegation with open arms. They stressed that they respected our profession and that we and our families would be welcome and safe. Like I said before, the word "safety" was recycled to the point of ad nauseum,

and that's all that I took from their speeches.

The Chicago delegation then spoke briefly at the microphone. One of our elected trustees, Carlos Yanez Jr., thanked the delegation for their prayers during the 2021 national conference, which was held in Indianapolis, Indiana. This was significant to Carlos because on Aug. 7, 2021, less than a week before the conference in Indy, his partner Officer Ella French was murdered and he was critically injured, only escaping death by the grace of God and the outstanding medical staff at the University of Chicago hospital.

Carlos asked that delegates vote for Chicago to be the 2027 conference location. Carlos wanted to showcase his FOP Lodge and for the delegation to come to visit him and see the city that he loves and almost lost his life protecting. Carlos is truly a warrior and hero.

The City of Chicago had a convention bureau representative explain in detail everything from travel routes, airports, hotels, conference sites, restaurants and points of interest. She utilized graphs, charts and maps. I felt like her presentation provided a complete and comprehensive guide to any potential conventiongoer, leaving no room for any questions.

CONTINUED ON PAGE 16

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26 YEARS OF SERVING LODGE 7 MEMBERS, FAMILIES AND FRIENDS

Then the video was played for Chicago, and she narrated the points of interest, hotels, transportation, entertainment venues, museums, sporting events and upcoming events like the air and water show.

Providing as much as she did also allowed some of the delegation to determine whether they attend the conference with family or extend this trip an additional weekend and make it a mini vacation for them and their families. She mentioned that our city was safe and clean as well. The video ended with a clip from a Chicago Bulls vs. Utah Jazz game and Michael Jordan sinking the game-winning shot at the buzzer.

Our state lodge President Chris Southwood, an Illinois state trooper, addressed the delegation and asked them not to let politics play a role in their decisions. Well, unfortunately, many of our members' only knowledge of our city comes from the national news outlets, which usually report on murders or our crime rate. Again, I will remind you that the delegation is made up of police officers, active and retired, some from major cities with thousands of members and some from small departments with only double- or single-digit officers.

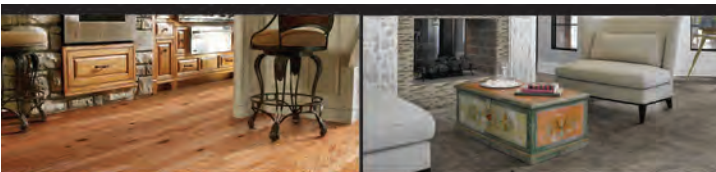
Southwood stressed that it was our opportunity as law enforcement to stick together and show the progressive and ultra-liberal politicians who have vilified the police profession in our city and state that we support those under constant fire and that officers should stand in solidarity with their brothers

and sisters from Chicago and Illinois. The convention bureau representative did a phenomenal job, but we had no support from our elected officials. Now these officers from outside our city and state know what it's been like for our members.

This city lost out on tons of revenue that would have been generated by our convention attendees. This city lost out on an opportunity to showcase our great city, our great police department and our members who go out and continue to work in the face of political adversity and danger. Our mayor lost out on an opportunity to show that he wants to solidify the tax base of the downtown area by bringing in thousands of conventioners. More importantly, he also lost out on his opportunity to show support for the same men and women of the Chicago Police Department that protect him and his family, sit outside his home and drive his children to school.

I can only imagine what someone from out of state thinks about the current happenings in Chicago. Our mayor offered a solution to the spike in auto theft of Hyundai and Kia vehicles. His problem-solving idea is to sue the vehicle makers because they are too easy to steal. This will also have a secondary result of not further demonizing the youth that continue to commit these crimes — the same offenders bringing national attention to our great city, keeping normal law-abiding citizens from visiting or voting to host a national conference. In the words of Fred G. Sanford, "You big dummy!"

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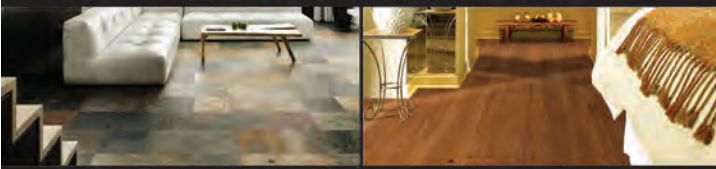
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Thomas M. Bowen	Retired	93	July 28, 2023
Leonard Rolston	Retired	74	July 31, 2023
Kenneth Payne	Retired	74	Aug. 3, 2023
Thomas White	Retired	77	Aug. 9, 2023
Ronald Parram	Retired	72	Aug. 11, 2023
Donald F. Halper	Retired	91	Aug. 12, 2023
Kenneth A. Riess	Retired	79	Aug. 12, 2023
George Salituro	Retired	86	Aug. 12, 2023
Daniel M. Taiym	Unit 009	58	Aug. 12, 2023
August Locallo	Retired	98	Aug. 18, 2023
Jeffrey Aldrich	Unit 009	53	Aug. 19, 2023

Retiree Meetings

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

North

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

The Northsiders' Luncheon

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

South

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

8-Ball Luncheon

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

Bomb and Arson

Second Monday of month
@ 9 a.m.

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

12th District Retirees and Alumni

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

Crime Lab, ETs, Forensic Services and Mobile Unit

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

Orland Park Law Enforcement Organization

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

Survivors Lunch

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

Public Housing Unit (North, South and Administration)

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

Arizona Retirees

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

Arkansas Retirees

Third Friday of month
@ noon
Elks Lodge

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

Florida Retirees

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

Michigan Retirees

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

Northern Illinois/Southern Wisconsin Retirees

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N202 Williams Road
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5. Don't make any large purchases.
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7. Don't be late with monthly payments.
8. Don't close any accounts.
9. Don't switch bank accounts.
10. Don't spend money that you have saved.



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Oops...COPA did it again



PAT
FIORETTO

Like a bad Britney Spears song, COPA did it again. Over the past several years, the Lodge has filed a series of unfair labor practice charges against the City for COPA's conduct in consistently changing terms and conditions of officers' employment unilaterally. The latest one stemmed from a letter sent to the Lodge on May 25 by COPA's general counsel, Robin Murphy, informing the Lodge: ". . . effective June 1, COPA will discontinue the practice of including complainant identities in the allegation packets sent

to CPD members in advance of their statement to COPA..." Despite repeated requests by the Lodge to cease and desist, beginning June 1 COPA now withholds such information until the actual time an officer must provide a sworn statement.

As you know, generally, disciplinary investigations commenced by the City are referred to as complaint register (CR) investigations. As part of these CR investigations, Either the Department's Bureau of Internal Affairs (BIA) or COPA (and its predecessors IPRA and OPS) conducts such investigations. The agency would interview witnesses and eventually compel an officer (who is the subject of the complaint) to provide a statement as part of a disciplinary investigation. COPA will serve the officer with notice either as a witness or as an accused and provide them with the opportunity to have counsel present.

In the past, whenever COPA and IAD gave notice to an accused officer, COPA and IAD automatically provided the officer with an

"allegation packet." This packet typically contains the following documents: a Request for Interview/Statement/Report form; a Notification of Charges/Allegations form; either an Administrative Proceedings Rights or Criminal Rights form; and a Waiver of Counsel/Request to Secure Counsel form. Such an obligation also has been memorialized in various Department directives for decades.

For years, both COPA and IAD provided the packets to officers well in advance of when the accused officer must appear to provide a statement. Typically, the period when officers receive the packet has ranged between seven and 30 days before they give their statement. In all cases (unless the complaint stemmed from an anonymous source), the complainant's identity appeared in the narrative section of the Notification of Charges/Allegations forms. COPA and IAD provide the packet to the officer involved and the appropriate commanding officers in the officer's unit of assignment.

After officers receive an allegation packet, they can contact the Lodge to request that an attorney be assigned to the matter. The assigned attorney will discuss the underlying facts of the case with the officer and review the allegation packet to begin preparing for the officer's statement to COPA adequately, well in advance of the scheduled sworn statement date. IAD has continued to follow this same procedure, which includes providing the complainant's identity in the allegation packet days before an officer's scheduled statement. However, COPA has unilaterally

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discontinued this long-standing process beginning June 1.

The City's blatant attempt to unilaterally discontinue the parties' past practice for how and when COPA notifies officers of a complainant's identity cannot be allowed. In COPA's letter to the Lodge, the City admitted that the parties had a past practice of always providing the complainant's identity in the allegation packet unless the investigation stemmed from an anonymous complaint. In doing so, COPA conceded that it violated the state labor laws once again. The City has an obligation to bargain such a material change. The Lodge filed a new charge challenging the City's latest actions as a violation of the State Labor Relations Act.

In support of the latest charge, the Lodge obtained affidavits from five Lodge attorneys who accompany officers required to provide sworn statements. These attorneys each attested that the parties' practice had been for all the appropriate administrative agencies (IAD, OPS, IPRA and COPA) always to provide the identities to officers anytime between seven and 30 days before any sworn statement took place. IAD still continues that practice to this day.

Section 6.1(E) of the Collective Bargaining Agreement explicitly states: "Immediately prior to the interrogation of an officer under investigation, he or she shall be informed in writing of the nature of the complaint and the names of all complainants." The parties mutually understood and applied this contractual language to mean that COPA would provide complainants' identities well before the officer's statement to an investigator. COPA cannot unilaterally change this well-established past practice because it says it can. As with other prior unilateral changes, the City needs to bargain this change with the Lodge.

In an attempt to support its actions, COPA's General Counsel Murphy cited Paragraph 475 of the Consent Decree, which reads: "The City and CPD will undertake best efforts to ensure that the

identities of complainants are not revealed to the involved CPD member prior to the CPD member's interrogation..." However, he conveniently left out other relevant portions of the Consent Decree which emphasize that Paragraph 475 does not supersede other language in the Consent Decree. For example, Paragraph 711 of the Consent Decree specifically mandates:

Nothing in this Consent Decree is intended to (a) alter any of the CBAs between the City and the Unions; or (b) impair or conflict with the collective bargaining rights of employees in those units under the IPLRA...

Moreover, nowhere does Paragraph 475 of the Consent Decree in any way provide for the removal of or change to Section 6.1 (E) from the parties' agreement, and the simple understanding of the words "best efforts" does not allow COPA to unilaterally violate the terms of the agreement or the parties' past practices. COPA's obligation under the Consent Decree to "undertake best efforts to ensure that the identities of complainants are not revealed" prior to the interrogation does not allow COPA to circumvent its obligations under the agreement and unilaterally change a term and condition of employment that has existed between the parties for decades.

Often, COPA conducts interviews long after an incident occurs, and officers have great difficulty remembering details about the incident, such as the complainant's name. Knowing the complainant's identity will help the officer remember the incident before they give a statement to COPA. When COPA only gives the complainant's identity to the accused officer seconds before the officer gives a statement, the officer is forced to process the information and remember the incident simultaneously while answering COPA's questions.

The Lodge will continue to fight to ensure that officers receive and maintain all the rights to which they are entitled.



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Police Board v. arbitration



TIM GRACE

It appears that there may be a huge victory for police discipline brewing. We are on the brink of having officers who have been recommended for termination being able to choose between having the case heard before an arbitrator or going to trial before the Chicago Police Board.

As has been reported in this very publication and throughout the press, a recent arbitration decision has finally given Chicago Police Officers the right to have a termination case heard before an arbitrator, thus giving us the same rights that all other Illinois public employees enjoy. This could be the biggest event for Chicago Police discipline since the U.S. Supreme Court decision in *Graham v. Connor*.

As you may recall, the *Graham* case set the standard by which we judge use-of-force cases: from the standpoint of a similarly situated police officer armed with the same circumstances and without the benefit of 20-20 hindsight. This is as big of a deal.

Under Illinois law, a public employee who is alleged to have violated a rule or regulation of his or her employer has the right to have the case heard before an arbitrator. All public

employees in Illinois have that right. An arbitrator is a neutral party, agreed to by the parties, who will hear the facts, apply the law and determine what, if any, discipline should be handed down. The only exception to this law is if the parties agree otherwise through the collective bargaining process.

Years ago, the FOP and the City of Chicago agreed that any case where IAD (or now COPA) is seeking a suspension of more than 365 days or separation, the case shall be heard before the Chicago Police Board. The majority of law enforcement unions have placed into their collective bargaining agreements the option to choose between arbitration or a police board-type entity. We have all heard of fire and police commissions in the suburbs. However, Chicago has always refused to give its officers that choice. It was codified in the Chicago Municipal Code and was always thought to be just the way it was. However, they somehow forget about labor law. We are a pro-labor state, and the laws on the books actually protect us. FOP was able to tap into those rights.

To understand how we got here, we must understand the process. The City of Chicago and FOP are governed by the terms of a Collective Bargaining Agreement (CBA) that is set for a specific period of time and renegotiated prior to or af-



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ter the termination date of said agreement. The previous CBA expired on June 30, 2017, and the FOP and the City have been and are in the final stages of agreement to a new CBA. The FOP has been actively negotiating the provisions of the new CBA for more than six years. While many of the issues of contention have been resolved, there are some that could not be agreed upon and were submitted to a Dispute Resolution Board, pursuant to the Illinois Public Labor Relations Act.


Two issues were placed on a fast track or required immediate resolution. One issue requiring immediate resolution is the right of FOP members to choose between having disciplinary cases — in which the City is seeking termination or a suspension for longer than 365 days — heard before either the Chicago Police Board or by way of an arbitrator. After years of struggle, the appointed neutral arbitrator did resolve these two issues and handed down a Supplemental Interim Opinion and Award. The neutral chair ruled that the new CBA will include language that allows for officers who have been notified that the City of Chicago is seeking their termination or a suspension for more than 365 days to choose between having their case heard before the Chicago Police Board or before an arbitrator. Amazingly, the arbitrator’s ruling included any case pending at the Chicago Police Board on Sept. 14, 2022. Hence, not only will future officers have the right to elect; officers currently pending before the Police Board can still elect to proceed by arbitration. It is almost impossible to express how big of a deal this is. The now-cozy relationship between

COPA and the Police Board is now erased. Not only will this ruling bring fairness to the process, but it also will allow for a check on COPA. Finally, FOP attorneys will be able not only to question the allegations but also to challenge COPA’s ridiculous conclusions.

So what’s the holdup? Why am I still trying cases at the Police Board and not before arbitrators? The Movement will not accept it. The tip of the spear of the anti-police movement (think, COPA, civil rights attorneys and those who can’t get past that ticket they got when they were 16) are holding on tight. Yes, City Council has to pass the new CBA, including this provision, but it is clear that labor law will agree with the decision. The arbitrator even used some very strong language in chastising the City in challenging the ruling. The arbitrator stated that “[a] challenge to this [the] decision to issue an interim award on the two issues involved in this matter would be, in this arbitrator’s opinion, a futile action . . . and ultimately, in light of the law, success in such a challenge has little chance.”

While I would never put anything past the Movement in Chicago and expect much exaggerated chest beating, this ruling should stand. It is with guarded optimism that I say, finally the playing field will be leveled, and finally we can get a fair shake in discipline. Stay tuned, as events change quickly, but so far so good.

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Portraits by Peter Bucks

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

'I help make officers who they are'

BY ESTHER GONZALES

Elijah Muhammad's career in law enforcement began with a simple dream — to help others. Feeling a deep connection to the rich culture and history of Chicago, Muhammad first began a career in law enforcement in 2015 at the Illinois Department of Corrections.

For three years, Muhammad navigated life on the inside, learning the importance of hypervigilance in his surroundings and how to use various control tactics to gain compliance. Those years laid the foundation for the next step in his career.

"I've always had an aspiration to help individuals," Muhammad expressed. "I know it may sound cliché, but that's what I wanted to do. And I thought, there's no better way than to be a public servant and serve in law enforcement."

While building close connections with his fellow correctional officers, Muhammad listened to their aspirations of serving with the Chicago Police Department. Hearing what it was like on the job inspired Muhammad, too.

In 2018, Muhammad came on the job with the Chicago Police Department to serve in the 3rd District. In only a few short years, he has served in numerous positions that have allowed him to realize his dream of helping others, including new recruits.

"When I've watched them in more of their novice stages of their career, and I've watched them flourish and conduct their duties with efficiency and understanding the job fluently, speaking to people, I feel as though I can kind of credit myself," Muhammad remarked. "It's like, this is the finished product of something like a task that I set forth to make this officer who they are and who they're going to be."

After two years on the job, Muhammad joined the tactical mission team, focusing on high crime areas and deterrence. From recovering weapons and drugs to ensuring organized street gangs did not venture off into criminal activity, Muhammad worked relentlessly during a period of civil unrest in the City.

A year later, Muhammad moved to community policing, where he served as the vacant buildings officer to ensure abandoned buildings surrounding the district did not become hubs for criminal activity or substance abuse. And he worked in partnership with

local churches and organizations in the community to engage with youth.

"It was a warmer side of policing," Muhammad described. "My focus was more community engagement and trying to change the narrative."

After a little over a year in CAPS, Muhammad became a field training officer, working with recruits to help acclimate them to the job. From his vast amount of experience in the different sides of law enforcement, there is always one piece of advice he relays to trainees.

"Take the time to make sure you gather as much necessary information as possible," Muhammad shared. "You don't have to rush into things that don't require immediate action."

As an FTO, Muhammad related, he often puts himself in the shoes of the recruits to understand their mindset. He seeks to be as transparent as possible and display the type of effective communication and de-escalation skills needed for the job.

"A lot of times, the people who we serve want to vent," Muhammad related. "Something is going on in their life at this moment in which they feel like they need police to intervene and give them some form of guidance and direction. So I just tell the new recruits to be humble and speak with poise and grace."

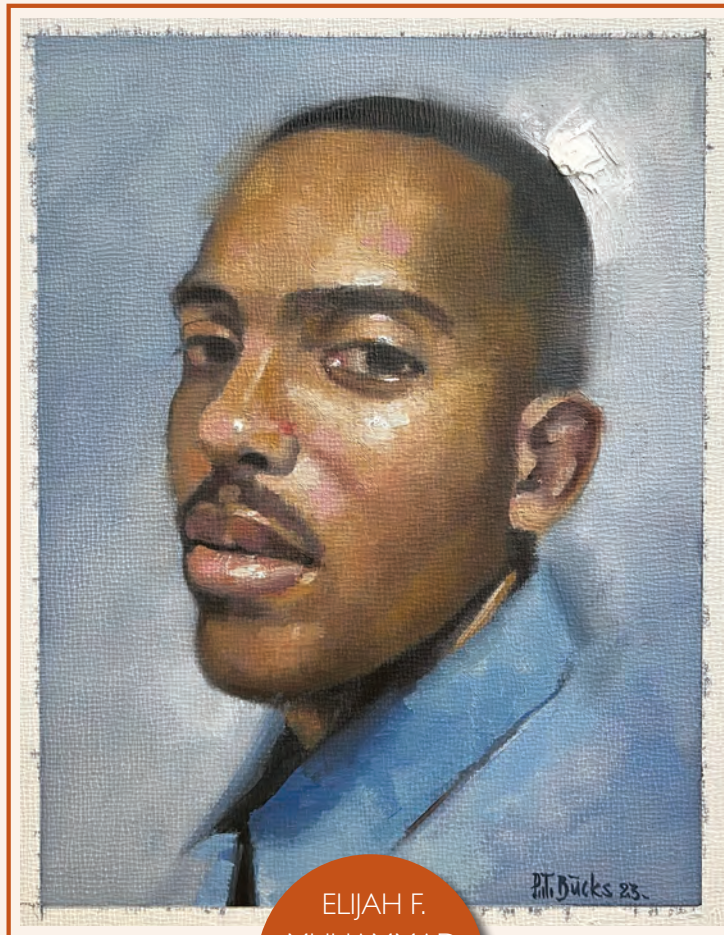
As Muhammad continues to train, he finds inspiration in knowing he is helping educate the new generation of law enforcement officers. He added

that when he sees the progress these Chicago Police Officers are making in their communities and the impact he has made in their lives, it compels him to continue serving.

"To watch them be more comfortable and engaging, that's definitely a driving force that keeps me going when it comes to the officers that I train," Muhammad explained.

When it comes to helping others, Muhammad certainly has attained his goal, not only with his brothers and sisters in law enforcement, but also with the youth in the community he serves.

"When it comes to the children, I see them advance in school and talk about wanting to be the police," Muhammad added. "And to know that I may have influenced another child to be an officer, it definitely keeps me going. And it's the reason I do what I do."



ELIJAH F. MUHAMMAD

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3rd District

Many Illinois seats up for grabs



DAVE SULLIVAN

Veto session begins next month. Unlike past veto sessions, under the current administration, several vetoes were issued late last week. The first is SB76, removing the moratorium on nuclear energy. The second is an amendatory veto to HB2878, which is an omnibus procurement bill regarding higher education procurement and the P3 Transportation Act. Both will be a showdown between the environmental and labor communities. Other vetoes include: HB2507, regarding a property tax exemption for nursing homes in Cook County; HB3643, regarding a master contract for the state involving religious dietary options in school districts; and SB1515, with a sponsor agreed veto.

This upcoming election cycle will have a presidential election at the top of the ticket, all Illinois House districts, a third of Illinois Senate districts, as well as judicial races and congressional seats on the ballot in 2024. None of our statewide officials are up for election in 2024. The presidential election will again play a major role in the 2024 Illinois election cycle, with the petition passing process starting in just three weeks and ending in early December. Early voting begins Feb. 4, 2024, with the primary election being held on March 19, 2024, and the general election Nov. 7, 2024. Past presidential voter turnout in 2020 was 6,098,729. In 2016, it was 5,666,118, with an estimated 2024 turnout of 6,221,000.

Many Illinois seats will be up for grabs this election cycle. In the Illinois House, Republicans have several seats that could be in play next year. Appointed Representative John Egofske may not run in 2024. Egofske, who also serves as mayor of Lemont, was selected to fill out the term of former House Republican leader Jim Durkin. Durkin retired soon after the 2022 election. The district would seem to be in play for Democrats, as the district is closely split between Cook and DuPage counties. In another Republican House seat, Representative Mike Marron decided not to run in 2024. Marron's district includes Danville and the area around Champaign. The district is a solid swing district. Representative McLaughlin, Representative Sanalitra and other suburban House seats could be in play as well. The Republicans will target downstate Representative Katie Stuart (D), defend incumbent Kevin Schmidt (R) against past Representative Latoya Greenwood (D) and work to gain traction in suburban seats. North suburban Democrat Representative Jonathon Carroll has announced that he will not seek reelection. Two Central Illinois GOP senators have now announced they will not seek reelection next year — Tom Bennett and Win Stoller are both looking forward to their retirements.

In the Senate, Chicago Senator Patricia Van Pelt has retired, and Representative Lakesia Collins (D) has been appointed to that Senate seat. Senator Mike Hastings (D) looks to have an opponent in the general election, as former gubernatorial candidate Max Solomon announced a run for the district. When Chicago State Senator Pacione-Zayas, a Democrat, left to work with Mayor Johnson's administration, Natalie Toro was appointed. There will most likely be a primary election race for that seat.

In Congress, Danny Davis' 7th District has drawn several opponents, including current City of Chicago Treasurer Melissa

Conyears-Irvin. 10th District Representative Brad Schneider has an announced Republican challenger, as do first-term 17th District Representative Eric Sorensen and 13th District Representative Nikki Budzinski. 11th District Representative Bill Foster drew primary opposition, as did 12th District incumbent Mike Bost, with former gubernatorial candidate Darren Bailey testing Bost's right flank.

On the legislative front, the governor has acted on all of the bills sent to him after the 2023 spring legislative session.

On the economic front, COGFA's July report shows that Illinois job numbers and tax collections are up, and the risk of a recession is reduced.

In other news, newly elected Secretary of State Alexi Giannoulias announced that all SOS facilities will operate Monday-Friday from 8 a.m. to 5:30 p.m., and only 16 facilities will offer Saturday hours from 8 a.m. to 12:30 p.m. Additionally, drivers will need appointments for license services at 44 high-traffic locations.

After the ComEd trial wrapped up earlier this year, the long-anticipated federal trial of Tim Mapes, former chief of staff to Speaker Madigan, ended last week with his conviction. Mapes was charged with perjury related to testimony given before a federal grand jury. The Illinois Supreme Court upheld the state assault weapons ban 4-3.

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Enjoying the Night Out

CPD chaplains make the most of participating in National Night Out



FATHER DAN BRANDT

On Aug. 1, lots of smiles and laughs were had at the 16th District's celebration of National Night Out. More pictures can be found on our website's photo album page. Here, CPD Chaplain Hysni Selenica and I take a mug shot together at the Quilts for Cops booth. As you can tell, he's totally guilty!



If you're not familiar with Quilts for Cops (QFC), I encourage you to check out their link from our website's home page. Members of QFC volunteer their time (and lots of it!) to sew custom quilts for officers injured in the line of duty. On our website's photo album page, you'll see many heartwarming pictures of quilt presentations to ailing officers. This is an amazing organization deserving of our heartfelt gratitude.

We'd like to take this opportunity to remind our members that the CPD Chaplains Unit is comprised of six members: the two pictured in the mug shot above, along with Chaplains Kimberly Lewis-Davis, Joe Jackson, Bob Montelongo and Rabbi Moshe Wolf. Our sworn chaplains possess, collectively, almost 100 years of CPD experience. You can find our bios and contact info on our website.

We also have a few dozen volunteer St. Jude League chaplains who assist us with wake services in the name of CPD. Some are active and retired CPD, others are members of the clergy. When they show up at wake services to lead prayer, they carry credentials and a visible St. Jude League ID.

If you're ever approached by someone else who identifies as a CPD chaplain or St. Jude League chaplain (both of which have happened, sadly), please let us or Legal Affairs know. Such an individual might be the next one taking a mug shot!

On Sunday, Aug. 13, I had the pleasure of offering an invocation at the 2023 Edison Park Fest. As the picture at the top of the right column shows, I was joined onstage by Amanda Harres, Edison Park Chamber of Commerce executive director, and her assistant, Jackie Farley, along with members of the 16th District. Thousands pass through this annual neighborhood fest, and a good time is had by all!

In case you are reading this before then, on Tuesday, Sept. 12, from 12:30 to 4 p.m., the Chaplains Section will host a screening of the movie "Sabbath," an interfaith documentary by award-winning filmmaker Martin Doblmeier. It will take place at Park Community Church, 1001 N. Crosby St. The movie focuses something from which we would all benefit: making rest and relaxation a priority in our lives.

This special screening is for active and retired CPD members, along with a guest. There will also be healthy discussion



after the documentary. Space is limited. For more information, please contact Chaplain Kimberly Lewis-Davis at 312-771-6638 or kimberly.lewisdavis@chicagopolice.org. Please RSVP by Sept. 5.

Upcoming Blue Masses are as follows:

- Sunday, Sept. 17, 11 a.m. at St. Terrence Church in Alsip
- Sunday, Oct. 15, 10:30 a.m. at Holy Name Cathedral
- Sunday, Nov. 5, 10:30 a.m. at Queen of Martyrs Parish in Evergreen Park

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

Please note that the usual second Sunday Mass in October (Oct. 8) will not be celebrated due to the Chicago Marathon, which inhibits our access to Mercy Home.

A law enforcement retreat will be held from Sept. 28 to Oct. 1 in the Northwoods of Michigan's Upper Peninsula. Hosted by Blue Line Ministries and the Fellowship of Christian Peace Officers, the retreat will offer opportunities for relaxation, mental/spiritual encouragement and some fun activities like muskie fishing, hiking, ATV riding and shooting. The four-day, three-night retreat, including meals, costs just \$300 per person. More information is available on our website or at bluelineminstries.org.

Finally, on Sept. 30, the Brotherhood for the Fallen's annual Blue Tie Gala takes place at the Hyatt Regency in Rosemont. Get your tickets before they sell out (available on our website or the Brotherhood's). This year I have the pleasure of co-hosting the event with my good friend Suzanne LeMignot from CBS Channel 2.

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

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



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Look who's calling



RABBI
MOSHE WOLF

Isn't it amazing how G-d works in our lives? On a Saturday night several weeks ago, a fellow reverend, a friend of mine, was working late at his temple. He decided to call his wife before he left for home and let her know he was on his way. It was about 10 p.m., but his wife didn't answer the phone.

The reverend let it ring many times. He thought it was odd that she didn't answer but decided to wrap up a few things and try again in a few minutes. When he tried again, she answered right away. He asked her why she hadn't answered the phone earlier, and she said that it hadn't rung at their house. They brushed it off as a fluke and went on their merry ways.

The following Monday, the pastor received a call at the temple office, which was the phone that he'd used that Saturday night. The man that he spoke with on the other end of the line wanted to know why he had received a call from this number on Saturday night.

The reverend couldn't figure out what the man was talking about. Then the man said, "The phone rang and rang, but I didn't answer the phone — I just let it ring." The reverend remembered the mishap and apologized for disturbing him, explaining that he'd intended to call his wife.

The man said, "That's okay, but please let me tell you my story. You see, I was planning to commit suicide on Saturday night, but before I did, I prayed, 'G-d, if you're out there, and you don't want me to do this, give me a sign now, give me a sign that you care.' At that point, my phone started to ring. I looked at the caller ID, and it said, 'Almighty G-d.' I was afraid to answer!"

The reason why it showed on the man's caller ID that the call came from "Almighty G-d" is because the temple that the reverend attends is called "Almighty G-d Tabernacle."

Moral of the story: Remember, our prayers are always answered. Sometimes we see the name on our caller ID, and other times we just have to have faith that G-d will never forsake us, and G-d loves us regardless how we feel about ourselves. Amen to that!

Please note, for the curious: The spelling of the name of G-d. I do not spell out the name of G-d out of respect. Spelling out The Name and then throwing it in the trash, to some is considered a desecration of The Name, so I put in the dash. This is a personal religious custom I follow, and please don't be offended. Thanks for understanding.

Now, a little humor from the "Moshe Files" to keep you smiling: "Thinking out of the box."

You are driving down the road in your Corvette on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus:

1. An old lady who looks as if she is about to die.
2. An old friend who once saved your life.
3. The perfect partner you have been dreaming about.

Which one would you choose to offer a ride to, knowing that there could only be one passenger in your car?

This is a moral/ethical dilemma that was once actually used as part of a job application. You could pick up the old lady, because she is going to die, and thus you should save her first. Or you could take the old friend because he once saved

your life, and this would be the perfect chance to pay him back. However, you may never be able to find your perfect mate again. What would you do? Stop reading for a few moments and think, perhaps "out of the box." The answer will make you smile.

The candidate who was hired (out of 200 applicants) had no trouble coming up with his answer. He simply answered: "I would give the car keys to my old friend and let him take the lady to the hospital. I would stay behind and wait for the bus with the partner of my dreams."

Sometimes, we gain more if we are able to give up our stubborn thought limitations. Never forget to think outside the box.

Just for the record, if you got the answer, stop me the next time we meet and remind me that I owe you an extra piece of candy.

Before we close, to all the members of my flock of the Jewish faith, as we are about to celebrate the Jewish New Year, best wishes to you, your families and your loved ones for a Shana Tova, a happy and blessed new year filled with joy, happiness and most of all, good health. May the coming year be one of your best ones yet!

Remember: If you need something, ask G-d; if you don't, thank G-d.

On behalf of all your chaplains, may G-d bless you, keep you safe, and always keep you in His loving care. Should you need an ear to listen, a shoulder to lean on, or perhaps have some good humor to share (I take my humor seriously), please do not hesitate to give us a call.

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



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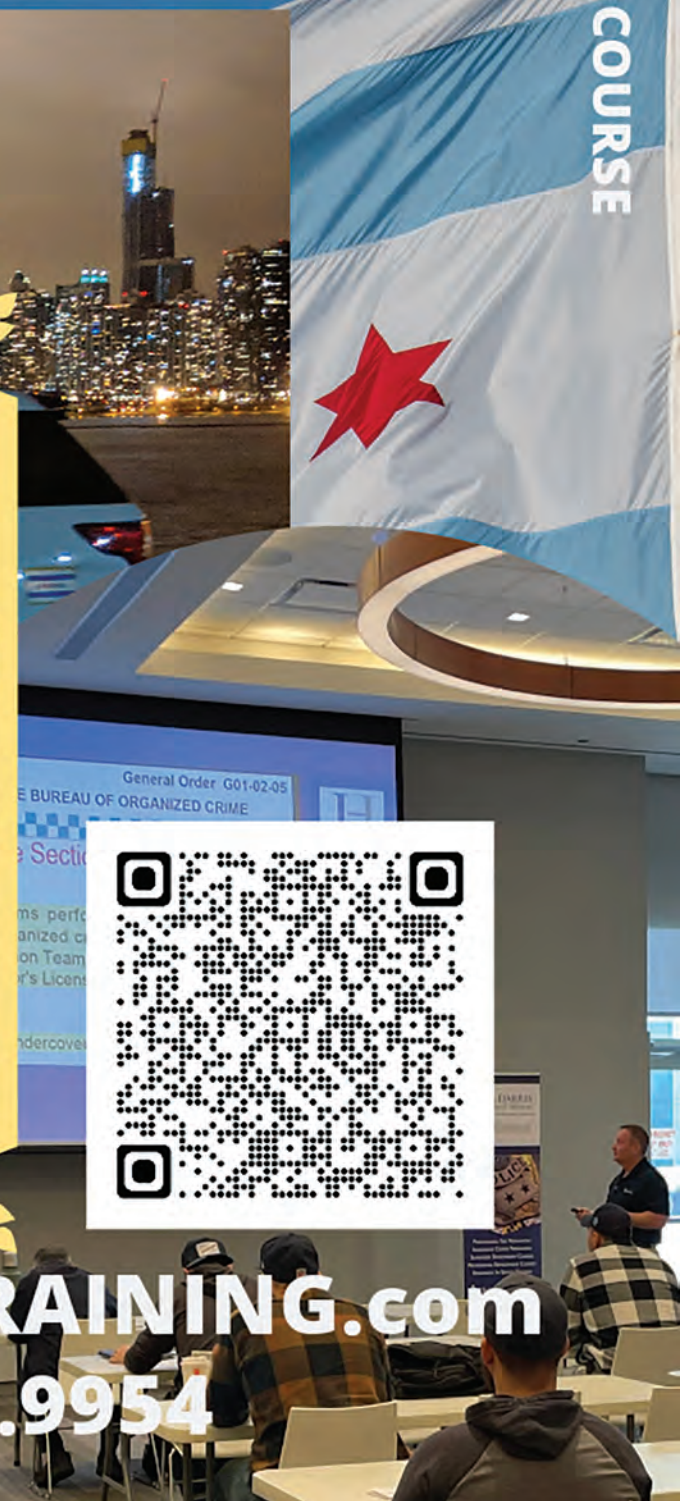
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Your fall planning checklist



What's not to like about the fall? From my perspective, it is a good time for people to get organized, take care of important tasks they have set aside and get them done before the holidays.

Nearly 70 percent of Americans still need an estate plan. However, everyone knows they need an estate plan. Still, procrastinating is a primary reason why probate is overcrowded, expensive and takes years to complete, leaving a mess that causes endless grief.

When I meet with some of the remaining 30 percent to get their essential plan done, finding a new client who doesn't have a gap in protection is rare.

Here is a checklist to help you close gaps, ensure that you and your family are secure and fully protected and help you start your estate plan.

Beneficiary designations

It is common to take out a policy and never again review beneficiaries. For example, I have had clients whose former spouses are the primary beneficiaries! The most common mistake is listing only some of your children as beneficiaries.

Were children born after your insurance policies or tax-deferred accounts were opened? (If your children are under age 18, name your living trust as beneficiary, or those funds will be tied up in probate until they reach 18.)

- ✓ Have any beneficiaries died?
- ✓ Has your marriage ended, or are you separated from your spouse?
- ✓ Is there a change in circumstances with a beneficiary due to

relationships, marriage, addiction or civil liabilities? Name your living trust to protect their inheritance.

- ✓ Do any beneficiaries have a legal disability? Name your living trust to avoid government reimbursement from your estate.

Living trust or another estate plan

A properly drafted estate plan should be good for the rest of your life; however, it should be updated when circumstances change.

- ✓ What has changed in your family?
- ✓ If something happens to you, does your plan reflect your current wishes?
- ✓ Are any changes needed regarding when your assets are transferred to your beneficiaries?
- ✓ Is your trustee or executor still appropriate?
- ✓ Are all your assets titled in the name of your living trust?

Power of attorney documents

A financial power of attorney authorizes a trusted agent to sign your name on financial transactions. A health care power of attorney appoints an agent to make all healthcare and end-of-life decisions on your behalf.

- ✓ Are your agents outdated because of age, disability or residence?
- ✓ Is your child now old enough to be your agent?
- ✓ Update your health care power of attorney to include authority for your agent to access healthcare workers remotely and to visit you via Zoom or Facetime.

Insurance liability coverage

- ✓ Verify that your auto coverage is adequate. You should secure a minimum \$1 million umbrella policy if the net value of your

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

Living Trust Estate Plans Include:

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Last Will & Testament
Health Care Power of Attorney

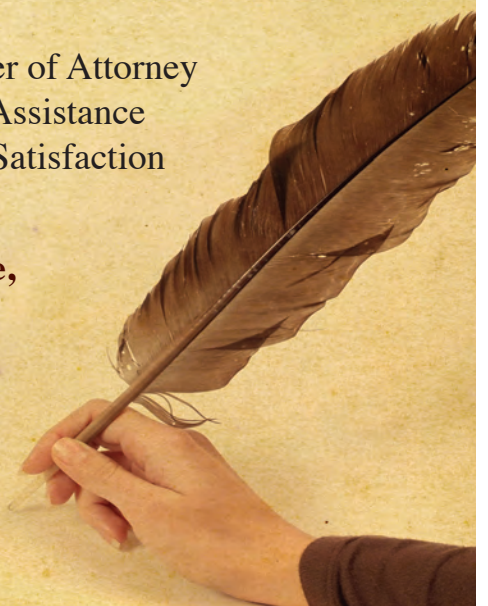


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- ✓ Be sure your homeowner's policy adequately covers the current replacement value of your home and all current contents.
- ✓ Verify that your homeowner's policy reflects the correct title of your real estate deed, i.e., your living trust name.

Your living trust police discount

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

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

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

Tom Tuohy founded Tuohy Law Offices and the FOP Benefits Plan. He has been a police lawyer for more than three decades. His father was a CPD detective, and his grandfather was the CPD chief of major investigations. You can reach Tom at 312-559-8400, tom@tuohylawoffices.com or visit his office in Oakbrook Terrace.



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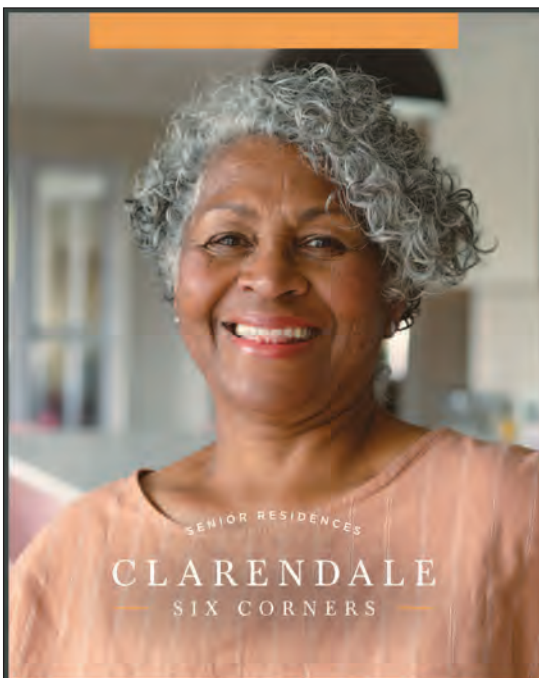
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Chicago Lodge 7 Awards



At the August general members meeting, Chicago John Dineen Lodge 7 presented an Appreciation Award to 115 Bourbon Street.

The restaurant and banquet facility, located in Merionette Park, has helped many members host fundraisers and events to honor retiring members and celebrate other occasions.

Lodge 7 President John Catanzara presented the award to Christina Pender and the team from 115 Bourbon Street. The award read:

“A sincere, heartfelt recognition for your contributions and donations to help support the men and women of the Chicago Police Department and the Fraternal Order of Police Lodge 7.”

Lodge 7 Financial Secretary Jim Jakstavich, who heads the FOP awards committee, noted that the Lodge wanted to acknowledge the outreach and support of 115 Bourbon Street.

“This has come in the form from officers stopping in for lunch, hosting benefits, retirements, promotional parties, reunions and unfortunately funeral luncheons,” Jakstavich added. “Our members feel welcome and safe knowing that they are supported by friendly business like yours. This is our opportunity to say, ‘thank you’ for all that you do for the men and women of the Chicago Police Department.”



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A special section on the Lodge 7 Suicide Memorial dedication

Stories by Mitchell Krugel and Esther Gonzales

Photos by George Gill



Dedication

The unveiling of Lodge 7's new memorial to officers lost to suicide marks a monumental occasion for family members, CPD members and the entire Department

■ BY MITCHELL KRUGEL

For those who suffered in silence and were lost, Chicago Police Officers filled the FOP Hall back to the entrance and overflowed into the bar area. Exempts stood at attention in formation on one side. Recruits filled rows of seats at the back.

So they will never be forgotten for their service and struggle Chicago Police Officers know all too well, Mayor Johnson's advance team came to the hall 90 minutes before anybody else arrived. And then the mayor made remarks about his personal struggles before promising to take action because "the untreated trauma continues to manifest."

To remember and honor the officers who lost their battle, family members of many of them came to the FOP on Sept. 1, serendipitously the first day of National Suicide Awareness Month. Like the shirts that family members of Officer John Cruz, who was lost in March 2023, wore, just to be here for this occasion was truly heartwarming.

And then, Ann Clancy, mother of Officer Patsy Swank, who was lost in August 2022, and Margaret Dougherty, wife of Sergeant Ed Dougherty, who was lost in March 2022, pulled back the black drapes to unveil Chicago John Dineen Lodge 7's new memorial to officers who succumbed to suicide. In the courtyard in front of the hall, the memorial stood next to the Lodge's existing wall with the names of officers lost in the line of duty as presumably the first-ever tribute of its kind in any law enforcement venue, including the National Law Enforcement Officers

Memorial in Washington, D.C.

"One of the things that I can tell you is this is something that has been greatly missing from our Department for far too long," stated Superintendent-to-be Larry Snelling, one of the many dignitaries to speak at this event to dedicate the new memorial. "I'd like to thank [the FOP] for doing this because I don't know of anybody else doing this around the country. But it is damn time that we recognize our members who have committed suicide. It's damn time that we bring attention to this so that we can help our brothers and sisters on this job if they're thinking about it."

Sentiments and perspectives about police officer suicide came from all corners on this day. But in presenting the invocation, CPD Chaplain Rabbi Moshe Wolf offered a homily that set the tone for how to raise the awareness the event intended.

Rabbi Moshe sent a bit of a shock wave with the message he delivered during his short sermon. In his endearing storytelling fashion, he stated how everybody was here today to honor brothers and sisters who have lost their battle to cancer.

"Let me explain," Rabbi Moshe continued. "I've been at the scene, unfortunately, many a time, and people always ask me, 'How can I tell my family members that my loved one just committed suicide?' And my response is always, 'They didn't commit suicide, they died of cancer of the heart.' Cancer of the heart is something that we can relate to."

At the annual Lodge 7 memorial for officers lost in the line of duty in May, Lodge 7 President John Catanzara intimated



CPD Superintendent-to-be Larry Snelling offers comfort to Julia Troglia, who lost her husband, Jeff, to suicide in 2021.

his idea to add a companion to the wall to honor officers lost to suicide. He wanted something like he had seen at Arlington National Cemetery, which he had visited during National Police Week in D.C.

Noting that more than a dozen CPD officers have been lost to cancer of the heart during the past five years — a rate nearly 60 percent higher than that of other police departments across the country — Catanzara secured approval from the Lodge 7 Board of Directors to have the memorial made with stars recognizing every rank. And then, a couple of weeks ago, Catanzara had a 3 a.m. lightbulb go on about adding the locker with the uniform hanging, the shoes in it and the hat at the bottom, like you might see at any district.

“I want it to be something that family members actually want to go out of their way to come and sit here and just reflect,” explained Catanzara, who shared, when he spoke at the ceremony, that he had his own battle contemplating suicide earlier in his career. “We wanted to honor the family members that are left behind and any officers who are struggling, to show them that talking about it might just save one life.”

The CPD Honor Guard escorted family members, friends and officers into the courtyard for the unveiling. As the ceremony moved closer to unveiling the memorial, the honor guard called out commands of “Officers, uncover” to remove hats and “Present arms” to offer that oh-so-appropriate salute to those lost.

And then, with CPD vocalist extraordinaire Kenyatta Gaines providing a musical tribute to her fellow officers and their families, singing Mariah Carey’s “One Sweet Day,” and CPD piper Luke McKee bagpiping “Amazing Grace,” the dedication took on the feel of a line-of-duty-death funeral. Honor Guard member Rich Robles sending up “Taps” on the bugle only added to that feeling.

“I’ve always said he did die in the line of duty because he gave his life to the City,” commented Julia Troglia, who lost her husband, Jeff, in March 2021. “I think it’s great that they are finally doing this for these officers.”

Troglia joined many family members in expressing how touched she was by the locker being part of the memorial. It seems to be exactly what was intended when she noted that it reminds her that Jeff is still working there.

Mary Healy and her daughter, Erin Healy Ross, also had been waiting for this moment. Mary’s husband, retired Officer John “Red” Healy, lost his battle and took his own life earlier this year. That was 10 years after Erin’s brother, Ryan, who was on for just



four years, lost his own battle.

Erin had been trying to get a memorial to officers lost to suicide added to Gold Star Park but has had trouble navigating the Chicago Park District.

“John just did it, and I love that,” Erin remarked.

Seeing the memorial and experiencing the dedication, Mary merely added, “It moved me to tears.”

Wiping away some tears, Margaret Dougherty seemed to sum up what having this memorial means.

“It just brings a little love to the heart,” she disclosed. “I would never have expected it to this magnitude. I thought it was the most heartwarming and heartfelt thing, just to recognize that what police officers have on their plate takes a huge toll.”

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All in the Family

Unveiling of Lodge 7 Suicide Memorial enables family members of lost loved ones to wear and care



Family members of Chicago Police Officers lost to suicide gather in the courtyard outside the FOP Hall for the unveiling of the memorial.

■ BY MITCHELL KRUGEL

The Cruz sisters accompanied their mother, Carmen, into the Lodge 7 Suicide Memorial dedication, majestically dressed for the occasion. They each wore T-shirts with a picture of Chicago Police Officer John Cruz standing next to a beat car under an umbrella, extending his index finger and wearing a million-watt smile.

“When we got the notification about the event, we had the shirts done,” explained John’s sister Carmen, who noted that the purple shirts with teal lettering were made to match the colors in the Department flag.

The shirts featured the message, “In Memory of my Brother, John Cruz.” No doubt, the Cruz family members, like many of those who came to the dedication, wore their hearts on their sleeves and their pride for their lost loved ones everywhere else. John was lost on this past April 15, and his sisters and mother found something at the event they have not had much of since that day.

“It actually gave us some peace,” Carmen added. “My brother loved his job. He wore that uniform with a lot of pride into it, and we see it all the time because we always get compliments from people and other officers who knew him.”

Chicago Police Officers lost to suicide each have similar pride and similar amazing stories. The Lodge 7 Suicide Memorial dedication enabled many of their family members to share some of them.

And relate what this dedication meant to them. And what they hope it will mean to other officers and the Department.

Clad in a pink shirt with a Chicago Po-



Family members of Officer John Cruz wear the shirts they had made for the event to honor their loved one.

lice star, Julia Troglia truly represented how much this memorial meant to families who lost a loved one to suicide. Her husband, Jeff, was the guy on his watch who kept everything half-full.

“He was always texting people, being like, ‘You got this. You can do this,’” she recalled. “One of his favorite quotes was, ‘It’s a great day to have a good day.’”

Then came the summer of 2020. The riots hit Jeff pretty hard.

“He actually came home and said to me, ‘Do you know what it’s like to be the most hated person in this city?’” Julia shared.

On March 5, 2021, Julia lost her husband of 15 years. The dedication ceremony seemed to give her an opportunity to voice a perspective she hopes can help every Chicago Police Officer. From the recruits who attended the event all the way up to the exempts who were also there.

“Jeff lost a battle to some dark demons, I guess, that he didn’t know about and I didn’t know about,” Julia confided. “So I think it just goes back to knowing that every single person in this Department is a human being first before anything else. And I think that gets forgotten about.”

Luke and Marty Bechina waited a long

time for this occasion, along with their mother, Lori, a Chicago Police Officer. Sergeant Steve Bechina was lost to suicide in September 2018, a few months shy of making 25 years.

They also came dressed for the occasion, with their father's star on the front and the message "Keep Grindin'" on the back. As they appreciated seeing the memorial unveiled, they experienced much of what Lodge 7 anticipated family members would feel from this tribute.

"It's cool. I feel like it's a long time coming," Marty commented. "It's only going to help with all the sorrow, and it's good to see the remembrance. That's the biggest thing."

Luke, who is following in his parents' footsteps, has been on for five years. The dedication spurred the legacy all Chicago Police Officers should have.

"It's important for other people that know my dad to see what he did and look and keep remembering him for us," Steve added.

Few police families have been hit harder by suicide than Mary Healy and her daughter, Erin Healy Ross. Erin's brother Ryan was in his fourth year on the Department 10 years ago when he took his own life.

John "Red" Healy, Ryan and Erin's dad, was also on the job when Ryan was lost. Afterward, he actually participated in making a training video that was used with the recruits up until just a couple years ago. The message of the video was, "Don't be afraid to reach out for help."

When she lost Red three months ago, Mary wanted to leave her own message for all Chicago Police Officers after the dedication.

"Seek help," she declared. "Don't think you have to do it alone."

The event reminded Mary how Red made everybody feel safe every day. Erin noted how the event captured so much of what her father and brother loved about being on with the Department.

"He loved being a police officer, so it's always so comforting to be in a group of police officers, for us," Erin said in tribute to her father. "So even though we don't know all the other families here, just to be in their presence is really powerful."

That all said, the dedication really presented a beautiful way to remember and honor the lost loved ones and reinforce the message that the families want to make sure all Chicago Police Officers continue to heed. Margaret Dougherty, whose



Ann Clancy, right, who lost her daughter, Patsy Swank, in 2022, feels the emotion of the ceremony to dedicate the memorial.

husband, Sergeant Ed Dougherty, was lost in 2022, was overwhelmed by the memorial, and the locker that accompanies it.

She had a black shirt with a big Chicago Police star on the front and Ed's badge number on a blue line through the middle of the star. It only helped her feel the healing power of the event and more.

"Ed loved the job, and this is the job giving back a little bit of love and appreciation," she said. "And it brings a little love to the heart."



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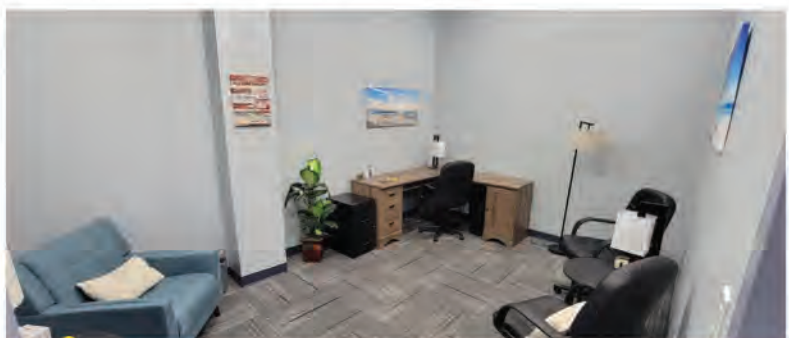


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Words of Encouragement

Dignitaries offer heartfelt messages of providing more support for Chicago Police Officers

Even during the past few years of unprecedented action taking place at Lodge 7, nothing like this had really ever happened.

For starters, the mayor came to speak during the ceremony on Sept. 1 to dedicate the new Lodge 7 memorial to officers lost to suicide. And he opened up to a full FOP Hall with his personal story of dealing with mental health struggles in his family.

The mayor set a tone that led the bevy of dignitaries who attended to lend their words of introspection, encouragement and admiration. Here are some sound bites from those addresses that made this dedication even more unprecedented.

Mayor Brandon Johnson

What does it mean to have a servant's heart?

We're thinking about law enforcement, and what we have asked law enforcement to do needs to have a servant's heart. So law enforcement, every single day, they continue to chip away at your heart. And unfortunately, because we are asking so much, the untreated trauma continues to manifest. And it becomes unbearable.

As someone who was raised by a pastor, who understands the value of serving, know that as mayor of the city of Chicago, I am committed to taking care of the hearts that serve the city of Chicago. We will do everything in our power to work with you, to make sure that the servants' hearts of our police department are being treated.

Mental health support is making sure that law enforcement does not have to show up to scenes where you have to be therapists, counselors or marriage counselors. In order to build a better, stronger, safer Chicago, it's incumbent on all of us to make sure that you all have the support that you need.

Illinois Attorney General Kwame Raoul

As attorney general, one of the things that we do advocate for is access to wellness for our officers. And it's important for us to recognize that, as we experience the rise in officer suicide, we cannot let a single life down.

The light is shining on the need to provide access to care that we have already talked about. And also to invest in the commissions that relieve the pressure that has increased on those who put on a uniform every day. As chief law enforcement officer and the state's chief legal officer, it's my responsibility to advocate for those resources that will reduce the cancer of the heart.

Interim Superintendent Fred Waller

All of us know someone who's struggling with their mental health. We talk to them almost every day, but we don't always recognize them, and that's the hurtful thing. So just try to be mindful, try and understand what they are going through. Let's try to be more mindful of each other. Let's show we care about each other and show people to come and ask for help if they are hurting.

Superintendent-to-be Larry Snelling

When I came on in January 1992, asking for help was stigmatized. So no one wanted to ask for help because it was considered a weakness. I can tell you this right now, it's not a weakness.

Weakness comes when we don't reach out for their help.



Mayor Brandon Johnson



Superintendent-to-be Larry Snelling



National FOP First Vice President Joe Gamaldi

Weakness comes when you see someone in need and you're not reaching out to help.

Lots of times, we criticize our brothers and sisters on this job. We need to do a better job of not doing that. We need to start uplifting each other, reaching out and helping each other. Step up for each other. You got an issue with someone, have a conversation with them, because you never know what someone is going through. Criticism just adds to their anguish.



Illinois Attorney General Kwame Raoul

And what I'm seeing right here today is the first step. All of our exempt members here. That message has to resonate from the top down. We keep saying, "We're family." Let's act like a family. Let's be a family. We're all here for each other, and that's all we need to move forward.

And I tell you right now, that's how I'm going to move forward.

National FOP First Vice President Joe Gamaldi

We used to sit around and tell stories about people we knew who lost their lives in the line of duty. Now, we sit around and talk about the lost brother and sister to suicide.

A ceremony like this is a step in the right direction. So acknowledge those sacrifices. And to the families that are in the room right now, thank you for sharing your loved one with us. Thank you for showing the strength to come here today,



Interim Superintendent Fred Waller

because I don't know that I have this same strength that you have.

And just know that we will never forget the sacrifices of you and your family members. That's a commitment for every single person who puts on a uniform in this country – that we will not forget the sacrifices of you and your family members.

And the superintendent was right when he said we have to continue to raise awareness. This is a great first step.

Illinois State FOP Lodge President Chris Southwood

This is something that needs to be done all over the state. It needs to be done all over the country. And I hope this sets an example on how it must be started. And John was the right person to do it here. He's not afraid to take on anything that he believes in. So, thank you all for being here, and thank you, John.

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An Extra-Special Guest

Lodge 7 asks Rob Swiderski to remind officers how to go the extra mile in raising awareness for suicide prevention

■ BY ESTHER GONZALES

Preparing to unveil the memorial dedicated to Chicago Police Officers lost to suicide, Chicago Lodge 7 President John Catanzara welcomed Rob Swiderski to the event.

Catanzara shared that Swiderski, who is well known for the annual Operation Serve and Protect Walk he has made the past two years to visit every CPD district over the course of approximately 48 hours, has become one of the greatest mental health advocates for Chicago Police Officers.

“Robert’s mission in life is officer wellness and suicide prevention,” Catanzara related. “This is just a common guy who goes out of his way to raise awareness.”

Stepping up to the podium, Swiderski shared his personal story of mental health struggles and the reason for the passion that drives him to relentlessly remind officers they are not alone in their struggles with mental health.

Swiderski comes from a long line of Chicago Police Officers, including his father, uncles and a cousin. Although he is not on the job, he remarked that he sympathizes with the continual struggles and mental health challenges.

“I’m really humbled to be here today to share what I know about the tragedy of suicide,” Swiderski commented. “Many years ago, I went through a very dark time in my life, coming moments away from taking my own life.”

Continuing his story, Swiderski highlighted why he has made it his life’s mission to raise awareness of the invisible illness plaguing officers.

“Operation Serve and Protect is not just defense. It is a calling to show all of you, the ambassadors of this City, that we care for you and appreciate the work that you do every day in our greatest time of need,” he stated.

In closing, Swiderski dedicated the third annual Operation Serve and Pro-



Rob Swiderski shares his story of mental health struggles at the ceremony to dedicate Lodge 7’s new memorial to officers lost to suicide.

tection Walk, which will take place Sept. 20-22, to the nine Chicago Police Officers who have been lost to suicide since March 2022.

“They will not be forgotten, because one moment in time does not define their lives,” Swiderski added. “We ought to be there for one another every single day, reminding one another you are loved, you are cared for, and you are not alone.”

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Memorial message is to get help, and help is right here



DR. CARRIE STEINER

During the magnificent ceremony to dedicate to the new Lodge 7 Suicide Memorial, we heard many people speak about how important it is for members to reach out for help when they feel their mental health is being compromised. That it is not a sign of weakness. That they should also reach out when they feel other officers have been compromised.

Reaching out doesn't mean that they're weak. It means that they're strong, because it's tough to actually admit, "I need some help."

I want to remind all officers that you're always calling for help. You're always calling for backup. And in fact, the worse it gets out there, the more backup you get. So we have to stop thinking that we have to do it all by ourselves. We don't ever do that when we're working, right? So we have to get out of this mindset that we have to be tough all the time.

We have that backup, that help, available at Lodge 7. You can come to the second floor of FOP, where we have set up offices where you can meet with trained police clinicians. You can do a telehealth. You can go to EAP. Wherever you want, just get help instead of suffering in silence. That's not OK.

We saw the family members who came to the dedication. It was a huge turnout. That means you have people who love you. So you can't think that they don't want you here. They suffer when you're not here. Even if you're suffering and you're struggling, they would rather have you here than gone. Don't think that suicide is an option.

I've never had somebody come and say getting help and seeing a therapist has made it worse. They've always said, "Wow, why didn't I do this sooner? Why was I suffering?"

It's a very quiet space upstairs on the second floor. It's very relaxing. You could be in the building for many different reasons, including just going to the FOP store.

We still have a long way to go with managing our mental health. I think that the

academy is starting to talk about it more. I do feel that the younger generation is more open to it. So I feel that the culture is changing a bit.

However, we have to get the policies in place that show we know that it is not healthy for somebody to work more than six days in a row without having a day off or working that many 12-hour days in a row. We can do a lot to promote mental health support, but if you're not getting sleep, if you're not getting food, all of that support is not going to matter as much.

We have to do this, especially if we want officers to make good decisions out there, be able to have frustration tolerance, be able to have a good night's sleep. If that's not afforded to officers, you're going to see them leave or not do so well. Or worse.

Dr. Carrie Steiner, the owner of First Responder Wellness Center, is a licensed clinical psychologist and police and public service psychologist. She served 13 years as a Chicago Police Officer and was a crisis intervention team leader, peer support member and Chicago Police Academy instructor.

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Helping Our Heroes



Making History

Snelling best-equipped candidate to make necessary changes in the Department since way back then

■ BY MITCHELL KRUGEL

Forecasting the prowess of Larry Snelling as Chicago Police Superintendent compels paging through Department history all the way back to 1960. Like its current state, the Department needed to recover from shambles more than 60 years ago, though back then it resulted from a major police scandal.

So Mayor Richard J. Daley brought in O.W. Wilson, the dean of criminology at the University of California, to head a commission charged with finding a new Department honcho. In the end, Daley decided to appoint Wilson to the job and changed the title from commissioner to superintendent.

Wilson moved the superintendent's office from City Hall to police headquarters. Reforms he instituted at the outset included resisting efforts at civilian review of police, a strict merit system for promotions within the Department, higher police salaries to attract professionally qualified officers, and an aggressive nationwide recruiting drive for hiring new officers.

As a result, morale among officers and the public image of the police rose to a level akin to what they had experienced in days gone by. Wilson even introduced that esteemed checkered hatband and the Department's official motto: "We Serve and Protect."

Another fan of Department history forecast his own take on the potential connection between Wilson and Snelling.

"It seems there's a consensus that O.W. Wilson turned around this Department rather quickly and profoundly in his

term," Chicago John Dineen Lodge 7 President John Catanzara reported. "Can Larry do the same?"

As Snelling awaited confirmation from the City Council after being announced as the mayor's nominee for CPD Superintendent on Aug. 14, he immediately forged some groundwork for the much-hoped-for transformation Lodge 7 members so much need. That began moments after the nomination was announced.

Catanzara texted his congrats on behalf of members. Approximately 15 minutes later, Snelling called.

"It was unsolicited, it was somewhat unexpected, and it was very good," Catanzara added. "I knew we would have a conversation, but I didn't expect him to call me back that quickly and bring up the topic."

Snelling it like it is

The topic, of course, is working with the Lodge to address low morale, unreliable merit promotions, recruiting officers, improving working conditions, extending mental health and wellness and the laundry list of additional needs and ideas to turn around the Department. Ever since the beginning of May, when members of the Community Commission for Public Safety & Accountability came to the Lodge to ask for members' thoughts about what they wanted in a new superintendent, they seemed to have Snelling in mind for the job.

His relationships, his roots and the integrity he has established in nearly three decades on the job might have been re-

CONTINUED ON PAGE 44

verberating through the membership at that meeting. Perhaps especially when 007 Unit Rep Brandon Rambert waited in the long line of those wanting to comment to the commission and stepped up to the microphone to assert that, "One of the main things I want to see is a superintendent who's going to give officers more due process."

So there is working capital here for both the rank and file and Snelling,

"I know when the selection committee was here, more than a couple members mentioned Snelling by name," Catanzara commented. "I'm certainly willing to work with anybody on behalf of our membership to come to some common-sense solutions to the problems that the City faces with the police department."

Snelling certainly appears to understand the value of the relationship with the FOP. At his introductory press conference, he asserted, "For our officers to love someone else, we have to love them."

And members should know that the City Council, or at least many aldermen and alderwomen, understand how important it will be for Snelling to have that open, honest and constructive relationship with the union. Alderwoman Silvana Tabares, whose husband is a Chicago Police Officer, has been considering this relationship since the announcement of Snelling as the mayor's nominee.

The council was not in session throughout August. But Tabares, who is a member of the Police and Fire Committee, which will meet with Snelling to begin the vetting, has the importance of him working with the union top of the mind.

"My hope is that Superintendent Snelling will see the FOP

as an ally," she commented. "Having a collaborative relationship will only benefit the rank and file. The police want to be the police, and we should not only let them, but encourage it."

Modern history

Mayor Johnson may have showed his understanding of turning the Department around when selecting somebody from inside to be his nominee. When he introduced Snelling at the news conference as a son of Englewood – he started as a beat cop and was a lieutenant in 007 before rising to commander there – Johnson noted his ability to be a change agent while keeping the trust of the rank and file.

"He can boost morale and implement constitutionally driven reforms that will ultimately create a safer Chicago," Johnson stated at the introduction. "It puts him in a class all by himself."

Many officers have seen how much of a class act Snelling can be because he spent much of his three decades on the job doing training at the academy. As he ascended to be the Department's counterterrorism chief, he has become an expert in use of force who redesigned the use-of-force policy.

Think of how helpful that can be in supporting officers whose police-involved shootings come to hearings in front of COPA. And think of how his rapid rise from sergeant in 2019 to superintendent in 2023 can help address the flaws with merit promotions.

Chicago Police Officer Peter Chico, who was elected 10th Ward alderman in April, shared how coppers he talked to had been keeping tabs on the selection to see if it served their self-interest. He confirmed how most were generally happy with the pick.

And when the mayor asked Chico to stand on the podium



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with Snelling for the introduction, Chico confirmed an additional perspective on the selection.

"It validated his pick to the police community, so to speak," Chico said. "I mean, after the mayor, I don't know too many more important people in the City than the superintendent."

Catanzara, like others who have seen so many superintendents come and go, expressed concerns about whether Snelling will have to become too much of a politician to fully effect a turnaround. Tabares observed that Snelling can do well with the role of being in the public eye by always expressing that he backs up the rank and file.

"That's what we need in leadership," Tabares continued. "He has impressive qualifications for leading the Department, but the public deserves to hear about his plans and goals and all of those discussions that have been behind closed doors. We really need an independent crime fighter to lead the Chicago Police Department."

Blast from the past

Snelling may not have to accomplish what Wilson did in skipping the Department's coming about. During his seven-plus years at the helm, Wilson became renowned for, among other things, modernizing the Department, creating a new and innovative communications center, implementing a fairer promotion process and approving short-sleeved summer uniform shirts. Wilson also recruited and promoted more African American officers and sergeants.

At his introductory press conference, Snelling commented that his modernization priorities will include boosting officer training and wellness, adding mental health resources and giving additional notice when canceling days off. He noted

CONTINUED ON PAGE 46



"My hope is that Superintendent Snelling will see the FOP as an ally."

Alderman Silvana Tabares

"I think officers are excited because they see, for lack of a better term, one of us getting that role."

Alderman Peter Chico

"I'm certainly willing to work with anybody on behalf of our membership to come to some common-sense solutions to the problems that the City faces with the police department."

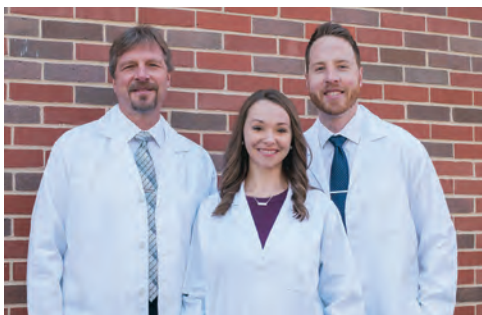
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that he'll work toward reforms under the federal consent decree but will not force training to meet compliance.

"In order to change this Department and produce the best possible officers we can put out there, our training has to be robust. But it also has to work for our officers," Snelling emphasized.

Catanzara anticipates Snelling's political action will come when being out in the community, as is the demand of the superintendent's job. He believes, however, that Snelling will put his thumbprint on the job, starting with shoring up merit promotions.

Chico projects that Snelling will focus first on reestablishing trust for officers with the superintendent's office. And that he will do so because he knows the sacrifices that they make on a day-to-day basis and especially during the summer months. Chico also conveyed how Snelling's ability to connect with the rank and file during his run at the academy will be a great asset.

"I think officers are excited because they see, for lack of a better term, one of us getting that role," Chico detailed. "It's just like I can't forget those years on midnights when you're humping in 20-below weather or 110-degree weather. You don't forget about that, and I don't think he will forget about that."

Natural history

Nearly 20,000 people have some ideas about how the new superintendent should run the Department. That's just Lodge 7 members. Imagine how the advisers will come out of the woodwork, not to mention from the Community Commission for Public Safety & Accountability, COPA and City Hall.

Tabares disclosed that she is interested in seeing what plans Snelling will have to address the epidemic of gang violence in the City, especially using his experience in leading the Department's bureau of counterterrorism. As well as addressing the members of City Council who are anti-police and believe a social worker is the answer for responding to domestics at 3 a.m. that turn violent.

"If Chief Snelling is our next superintendent, it's going to be his job to navigate those individuals and still deliver," she specified. "We don't want a liaison for the mayor. Leadership means leading from the front, not from a restaurant or anywhere else."

To Chico, that means Snelling not letting the job change him.

"Do what he's been doing, and that's being honest with the community and the City Council," Chico declared. "We're going to call on him time and time again, but just his honesty and his sincerity will be appreciated in the council. You kind of get the feeling that the mayor is going to let him kind of do what he needs to do."

Catanzara's advice about how Snelling can turn the Department around is to simply avoid doing what the previous superintendent did and what the previous mayor made him do.

"It's much better to stop beating up the cops or throwing them under the bus and acknowledge the great work, the hard work they are doing," he stressed. "Try to collaboratively work together to not only make their jobs and working environment better, but in turn, to make the city of Chicago safer."



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Go Fore It

Despite the heat, annual FOP golf outing is once again the day members look forward to

Amid the cold towels draped around necks and perspiration seeping through the Lodge 7 and other stylish shirts, members, retired members, family and friends all seemed to be wearing another object that marked the prominence of this year's golf outing. Even with the heat index pushing 115 degrees, pictures of the event on Aug. 23 at Cog Hill Golf and Country Club in Lemont showed everybody sporting smiles.

The annual FOP golf outing, played in memoriam of Detective Thomas J. Skelly, who coordinated the outing for many years, did not wither even an iota from the enjoyment of years past. OK, maybe a little bit, but the atmosphere measured up to years past to once again make this one of the best events of the year for Lodge 7.

"It's good to have that day to get away, so I'm sure that's why a lot of people enjoyed themselves," noted Lodge 7 President John Catanzara, who was among the 288 players taking on Cog Hill's challenging No. 1 and No. 3 courses.

"This day started with a nice breeze, but by noon it was feeling like a blow-dryer out there," quipped Mike Garza, who co-chaired the outing. "Thanks to our many sponsors, we had nice little cooler bags to hand out."

The cooler bags turned out to be as helpful a part of the golf bag as any golf club. As a result, there were as many members giving thumbs up when the parade of golf carts

left for the 9 a.m. shotgun start as there were from players coming in to enjoy the post-round dinner of pulled pork and other delicacies.

"We are thankful to all the people who came out to support us and play despite the heat," Garza added. "We know we're there to support the union and all the efforts, and despite the heat and everything else, the atmosphere did not suffer. The enjoyment did not suffer."

Like outings of years past, the festivities began with a CPD helicopter flyover and members of the Chicago Police Pipes and Drums playing. And once again, by the time the last of a Water Tower's worth of post-round raffle items went out, the 2023 FOP Golf Outing had allowed members to feel all the power of the big "F." Not that one. "F" as in "fraternalism."

Garza also wanted to praise some people who went above and beyond at this year's outing. That included Lodge 7 Third Vice President Monica Ortiz, the co-chair for the outing, who once again won the longest drive competition.

He also wanted to thank the Lodge volunteers who attended to the holes where the longest drive and closest-to-the-pin competitions were held. And the FOP staff who handled checking in all the players and making sure their experiences didn't wilt in the heat.

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Playing Through

Some of the scenes and sights showing Lodge 7 members, retired members, family and friends weathering the 2023 FOP Golf Outing in memoriam of Detective Thomas J. Skelly

Photos by George Gill





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Members Only Section

Celebrating Lodge 7 members and the way they serve every day

Back-to-School Spirit

Lodge 7 members celebrate back to school with students across the city

Dozens of Chicago Police Officers and members of the CPD Mounted Unit lined both sides of the sidewalk leading to Brother Rice High School on Aug. 17. They stood at attention and saluted Julian Jimenez, the son of fallen Officer Samuel Jimenez, who was lost in the line of duty in 2018.

Members and commanders of the 2nd District, where Jimenez worked, escorted Julian into Brother Rice for his first day of high school.

“We continue to remember our fallen heroes and their families,” the CPD posted on Twitter. “We were honored to be present for the first day of school for Julian Jimenez. We wish him well on his high school journey.”

A few days later, on Aug. 23, Chicago Police Officers lined the

sidewalk at Saint Barnabas School to celebrate the first day of school for Angelina Jimenez and Sofia Marmolejo, daughter of fallen Officer Eduardo Marmolejo, who was also lost in the line of duty in 2018.

Members embraced the girls with a smile as they escorted them to the doors. And later they escorted Angelina’s older sister, Ebony, to school and gifted her with a bouquet of flowers.

This is just a small picture of how members go above and beyond for their own, never forgetting the fallen or their families. And how members seem to embrace their school spirit to ensure that children of their fallen — as well as children across the City — know they are not alone as they begin this new school year.



Chicago Police Officers escort Julian Jimenez, who is the son of fallen Officer Samuel Jimenez, to his first day of school at Brother Rice High School.



Chicago Police Officers line up to escort Angelina Jimenez, daughter of fallen Officer Samuel Jimenez, and Sofia Marmolejo, daughter of fallen Officer Eduardo Marmolejo, to the first day of school at Saint Barnabas.



2nd District

In honor of the back-to-school season, members of the 2nd District attended the 94th annual Bud Billiken Parade to celebrate education through music, food and dance with residents of their local community.

Members of the 6th District displayed their support for children in the community by hosting a school supply giveaway with items like notebooks, backpacks and activity books titled “Police Officers Care.”



6th District



8th District

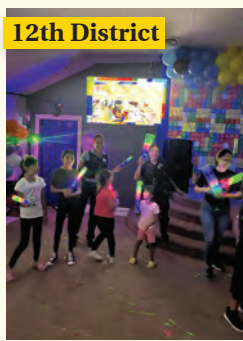
Members of the 8th District visited back-to-school events at the Hernandez and Pasteur schools and offered giveaways, like water bottles, for the students.



9th District

To help make the first day of school extra special for students at Thomas A. Hendricks Elementary School, members of the 9th District distributed personal size pizzas.

Members of the 12th District youth liaison team celebrated the new school year with children in Pilsen at Bethel Temple Assembly of God church’s Back to School Bash. Members offered items like water bottles, pencils and pens to help students prepare for the first day of school and danced with glow sticks.



12th District



11th District

The Association House of Chicago’s Back to School Fair seemed like a blast for children and members of the 11th District. Members distributed hundreds of school supplies to students, including 548 backpacks, and helped connect parents with community organizations. Plus, they joined in on the fun and made giant bubbles for the children.



15th District

Two Chicago Police Officers from the 15th District attended Nash Elementary’s first day of school, greeted parents and faculty and delivered personal size pizzas for students.

A great night out for Chicago Police Officers

National Night Out is an annual event when officers in districts throughout the Department connect with community members on a deeper level, something that is welcomed now more than ever. On Aug. 2, Chicago Police Officers enjoyed that much-needed bonding time with residents.

One of the districts that was proud to show off its community policing was 010. Lodge 7 members in the 10th described National Night Out as their favorite night of the year because they get to have some laughs on the job.



10th District



25th District

The 25th District kicked off the month in style with its National Night Out celebrations. It was all smiles due to the perfect weather and good times over at the 25th.



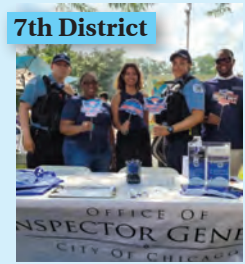
4th District

The 4th District brought the summer vibes for its National Night Out and made it feel like a classic barbecue. Some officers got on the grill to cook up some hot dogs, while local kids cooled off from the heat with a snow cone or two. And of course, you can't forget to feed the goats in attendance!



6th District

In the 6th District, it was all about the kids. Officers made sure local children got some cool face painting designs and even played a few rounds of tic-tac-toe. It's safe to say that National Night Out 2023 was a success — not just because of the bouncy houses or snow cones, but because these officers had the chance to show a different side of themselves to the people they protect every day.



7th District

Good times were also had over in the 7th District. The community got active for National Night Out with a life-size version of chess and some pickup games of basketball.



3rd District

The 3rd District's National Night Out event had an impressive turnout. A good number of community members were in attendance for a bouncy house, shopping and good eats.



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A home run for the 8th District

■ BY ESTHER GONZALES

Chicago Police Officer Douglas Anderson watched enthusiastically as a young boy with special needs stood at home plate at a local park on Aug. 5. He swung his bat, hitting the softball perfectly. Anderson felt the rush of the moment as the ball soared through the air. Home run!

Running around the bases, the boy's face lit up in a wide smile. It was a moment Anderson said he will always remember.

"It was awesome," Anderson said. "He got to be out there on the field with everybody else and play along, just like you know he wants to do. And he hit a home run. I think it made his day."

This memorable moment for Anderson seemed to exemplify what the Battle of the Neighborhoods Softball Tournament was all about — bringing the community together through the love of the game.

Anderson was joined by a dozen other CPD officers to make up an 8th District team and three other teams from Scottsdale Park, Garfield Ridge and Back of the Yards. Dozens of supporters, fam-



ily members and friends from the community sat in the stands, cheering the players on. And food trucks were stationed around the park for the day.

Even though at one point it began raining, it was a fun day, and the tournament was a great way to display the community policing side of law enforcement.

"It's an opportunity for the community to see us in a different light versus just interacting with police officers when something negative comes up," Anderson said. "With community-building events like this, we get to be around them and just laugh and have a good time."

For the second year in a row, the CPD 8th District team won the tournament with a final game against Scottsdale Park.

And Anderson is already looking forward to next year, when he hopes to invite more teams to compete — not just for the title, but for building those long-lasting relationships.

"I think it's a good idea to show the community members that we're not just officers," Anderson added. "We like to get out and have fun as well and show these other communities that we're approachable. We are looking to have fun, too, in a friendly game of softball."



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CPD remembers Ella French two years after her passing

Aug. 7, 2021, is a day that Chicago Police Officers will forever remember.

It's the day Officer Ella Grace French was lost in the line of duty. French was killed during what started as a traffic stop and turned into a full pursuit of a suspect on foot.

It's only been two years since French was killed, but for many Chicago Police Officers, it probably feels like it was only yesterday.

This year, on the anniversary of her death, CPD honored the late 29-year-old officer throughout the day.

The remembrance started early in the morning with the

Training and Support Group holding a flag ceremony. French's mother, Elizabeth, and her two partners, Officers Carlos Yanez Jr. and Josh Blas, were in attendance.

Then, more of Ella's loved ones and colleagues attended a memorial roll call later that day, where her mother was seen embracing CPD officers. In honor of French, CPD's mounted unit was in attendance, and the horses wore special harnesses with "French" embroidered on them.

Whether it's two or 20 years later, CPD will always shed some tears on Aug. 7. But after the tears are done, they will continue to remember how extraordinary Officer Ella French was.



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Lodge 7 members make sure summer events happen safely



There's nothing like "Summertime Chi." From going to Oak Street Beach to the multiple festivals and farmer markets, there are plenty of ways for residents to enjoy the long, warm days of the season.

But a lot of that summer fun wouldn't be possible without the brave men and women of the Chicago Police Department.

In August, these officers were busy starting the first weekend of the month at Lollapalooza at Grant Park. More than 400,000 people came out for the three-day festival to see artists like Kendrick Lamar, Diplo and Thirty Seconds to Mars. Officers provided a safe space for the festivalgoers to enjoy some of their favorite acts.

Members were also out in full force at the Chicago Air and Water Show the weekend of Aug. 19-20. It's the largest free event of its kind and can be seen from along Lake Michigan. Officers worked both days to make sure the aerial fun could be had safely.



CPD Knights come up with big hit for cancer patients in Boston

While the Little League World Series was going on, the CPD Knights had their own World Series to attend in Boston.

In mid-August, the team went to the 2023 Beantown Police and Fire World Series, where they competed against San Francisco Police, Boston Fire, LAPD and the L.A. Sheriff's Department.

Their last game was a heated battle against the New York Finest Baseball Team. Unfortunately, that proved to be too much for the Knights to bear.

Although the Knights didn't win, they came home from the tournament with smiles on their faces (and probably a lot of sand on their uniforms). All of the proceeds from the event went to the Boston Fire Cancer Foundation.



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



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Teamwork recognized with CPMF award

BY DAN CAMPANA

Officers work hard every day to arrest the bad guys, but it wouldn't be surprising to learn that certain incidents motivate officers to go the extra mile for a crime victim.

The July 15 carjacking of a 61-year-old woman as she put her groceries in her car could certainly be one of the moments. Teamwork drove 9th District Officers Andres Rodriguez, Alejandro Santos and Christian Martinez and Unit 211 Officers Luis Torres and Antonio Nunez Jr. to capture the offender.

The woman was in the Aldi parking lot in the 9th District when a male juvenile offender used a gun to take her vehicle. Torres and Nunez heard the description of the woman's vehicle and saw it as they drove around in the vicinity of the carjacking. They were able to observe the offender and get a part of the vehicle's license plate.

Meanwhile, Rodriguez, Santos, Martinez and Sergeant Daniel Poniatowski began their investigation of the incident itself by, among other things, talking to



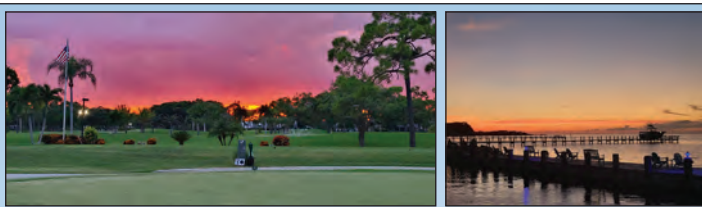
the woman, who was upset to the point that she couldn't immediately recall her plate number. She was, however, able to provide a description of the suspect.

That's when everything truly began to come together: Officers were able to figure out the full license plate and determined the vehicle's direction of travel after the offender took it. Other units assisted, which led to the discovery of the vehicle, unoccupied. A search ensued, which turned up the offender in the

lobby of a nearby building. He was later identified by Torres and Nunez as the driver of the stolen vehicle.

Prosecutors later charged the juvenile with vehicular hijacking.

"Thanks to the officers' attention, determination and outstanding teamwork, this offender was charged appropriately, and the grateful victim has her car back," said CPMF Executive Director Phil Cline during the August awards ceremony.



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CPMF honors dynamic duo of officers who captured armed robbery suspects

■ BY DAN CAMPANA

With so much attention given to carjackings, robberies and other random acts of violence in the City, the Chicago Police Memorial Foundation honored two officers for their work to prevent further instances involving innocent citizens.

As part of an August ceremony, Officers Brendan Foster and Thomas Spanos received CPMF's Officer of the Month Award for their quick actions. The officers caught a pair of armed robbery suspects shortly after they held up a man at a gas station in the 11th District just after 10 p.m. on July 7.

Officials said Foster and Spanos observed a vehicle matching one involved in the holdup at a nearby gas station. As the officer tried to stop the car, the driver attempted to get away but crashed. Two people started to flee, but Spano quickly apprehended one suspect after a foot pursuit. The second also failed to stop when ordered to do so — even going so far as to jump into the window of a moving vehicle in traffic. Foster was able to prevent that vehicle from driving off with the second suspect, who was subsequently arrested.

With both offenders in custody, Foster and Spanos went back to the gas station to investigate the robbery. While there, they learned that the suspects, brandishing a firearm with an extended clip, approached a man and demanded that he hand over all of his belongings. As the man took off his watch, the offenders fired two shots and told the man to run.



“Imagine the fear this victim experienced,” CPMF Executive Director Phil Cline said at the ceremony. “If not for these alert and brave officers, this unscrupulous duo may have made good on their escape, and others would likely have been victimized by them.”

Prosecutors later charged the offenders with multiple counts, including armed robbery, vehicular hijacking and unlawful vehicular invasion.

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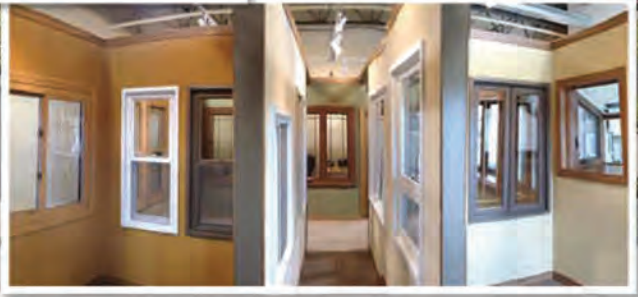
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Sergeant's exam September update



ASK DR. BERNSTEIN
DR. JEFF BERNSTEIN

If I understand it correctly, if I don't pass Part 1 of the written qualifying test, I cannot take Part 2?

That's correct. You must have a high enough score on the written qualifying test to be able to take the Part 2 assessment test.

Will the 2024 sergeant's part 2 exam be the same as the 2022 detective's part 2 exam?

No, this test maker is not the same one that did the detective's exam and has several different formats for part 2. The level of difficulty for a supervisor exam is much higher! We will review these in

class on Oct. 3.

What is most important to know for Part 1 and Part 2 of the sergeant's exam?

For the written qualifying test (part 1), you need to know select directives very well. For the assessment test (part 2), you need to know what to write to score the most points. You also must practice regularly with the assessment exercises. A good study group should give you that. Whoever does really well on

the part 2 assessment portion will be the next supervisor.

Are there some things I can read now to do some advance study?

Yes, the GOs, SOs and ILCs are always in part 1 of the exam. I have put together a projected reading list for part 1 of the sergeant's exam.

Is there anything else you can recommend to me that will help me increase my score?

Stay committed to your studies, follow a well-thought-out study plan, and join a good study group. Attending classes will be helpful, but no more than two study groups maximum. If you're in more than two, you will be overwhelmed.

Finally, remember this: Promotional exams are not given very often. If you are really serious about being promoted, you need to take it seriously. Stop complaining, be positive and study hard!

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

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RICHARD LIS MEMORIAL SCHOLARSHIP

This is the application form for the annual scholarship drawing of Chicago Lodge #7. The scholarship awards are in the amount of \$1,000.00 each and are given in honor of our late State Lodge President, Richard Lis. There will be twenty names drawn at the

November 15, 2023 General Meeting, and we will also draw five additional names, in case some of the winners are not in college or elect not to continue their education. All applications are to be filled out and mailed to: FOP, Chicago Lodge #7, by police mail or U.S. Post to 1412 West Washington Boulevard, Chicago, IL 60607-1821, Attention: Scholarship Committee.

The following rules apply to applicants requesting scholarships:

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

RICHARD LIS MEMORIAL SCHOLARSHIP FUND APPLICATION

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

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

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

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

Protecting Those Who Protect Us

Examining the impact of concussions in law enforcement



TIM RYLANDER
PT, EDD, MPT,
OCS, CSMT,
CBIS, PES

Police officers face numerous challenges as they work to keep communities safe. One danger that often goes unnoticed in this profession is the risk of concussion. We'll delve into the impact of concussions in law enforcement and explore the importance of early detection, proper treatment and prevention strategies.

What is a concussion?

A concussion is a type of traumatic brain injury that occurs when the brain is jolted or shaken. It can result from a blow to the head, a fall, or any other incident that causes the brain to move forcefully within the skull. The effects of a

concussion can vary from mild to severe, but even a seemingly minor concussion can have long-lasting consequences. When an individual experiences a concussion, the brain is exposed to some sort of acceleration force; it can cause a biochemical disturbance, trauma to brain cells and creates a metabolic cascade within the brain itself. These effects can disrupt normal brain function and lead to a wide range of symptoms including headaches, dizziness, memory loss, fatigue and difficulty concentrating.

Prevalence of concussions

While concussions are commonly associated with contact sports, such as football or hockey, they are also a significant concern in law enforcement. The nature of the job puts officers at risk of head injuries, especially during physical disputes, foot chases or high-speed pursuits. Unfortunately, many officers may not report or even recognize the signs of a concussion, leading to a significant underestimation of their prevalence in this profession.

Recognizing the signs and symptoms

Recognizing the signs and symptoms of concussions is crucial to receiving the proper care. It's important to note that symptoms may not appear immediately and can sometimes take hours or even days to manifest.

Common symptoms associated with concussion include:

- headache
- dizziness
- fatigue
- mental foggy
- light sensitivity
- difficulty concentrating
- visual disturbance
- sensitivity to sound

Diagnosing and treating concussions in law enforcement can be challenging due to various fac-

tors. Many officers may not recognize the symptoms or may dismiss them as mere fatigue or stress and downplay injuries. Officers often work long hours, manage irregular schedules and experience a high level of stress. These factors can contribute to delayed recovery and prolonged symptoms in officers who have sustained a concussion.

Importance of early detection and proper treatment

Early detection and proper treatment are paramount in mitigating long-term effects of concussions. When a concussion is identified promptly, steps can be taken to manage the injury and prevent further harm. Collaborating with healthcare professionals can help ensure that officers have access to the latest research, best practices and rehabilitation protocols.



Physical therapy can help

Physical therapy is an important part of concussion rehabilitation, as it can reduce symptoms such as headache, dizziness, nausea and sensitivity to light and sound. It can improve balance and coordination and increase strength and flexibility. Physical therapy can also help improve cognitive function including concentration, memory and reaction time.

Taking action

By understanding the impact of concussions to the brain, recognizing the signs and symptoms and implementing strategies for prevention, detection and treatment, we can better protect those who protect us. We can help you prioritize the health and well-being of officers and provide the necessary resources and support to address this issue effectively.

If you or someone you know has experienced a concussion, don't hesitate to seek help. Contact one of our concussion experts at IMPACT Physical Therapy & Sports Recovery to receive the care and support you need.

Questions? Email Tim at trylander@impactphysicaltherapy.com.





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¹ <https://www.cdc.gov/nchs/health-topics/hospitalization.htm>

² Economic Well-Being of U.S. Households in 2022, May 2023

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