



GENDARME



St. Louis Police Officers Association

The Official Publication of the ST. LOUIS POLICE OFFICERS ASSOCIATION, FRATERNAL ORDER OF POLICE - Lodge 68

Vol. 41 No. 9

Visit Us on the Web at www.slpoa.org • (314) 353-3200

November 2011

COMMEMORATIVE ISSUE

St. Louis Guns 'N Hoses Boxing Association presents

7 P.M.

WEDNESDAY

NOVEMBER 23, 2011

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Author Unknown

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Christmas Coloring Contest

See Details on page 14



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3710 Hampton Ave.
St. Louis, MO 63109

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"In memory of the Saint Louis Metropolitan Police Officers who have given their lives in the performance of their duty."

During The Month Of November



John Sylvester White	1877
Patrick Doran	1881
Nicholas Hunt	1897
Arthur M. Huddleston	1912
Charles F. Barmeier	1915
John Flaherty	1923
Edward Kuehner	1923
Fred W. Benz	1924
Robert E. Woody	1924
Joseph P. McGovern	1928
Joseph Theobald, Jr.	1933
Harry Canton	1939
Steven J. Strehl	1993

"Be Safe Out There !"

Fade Outs

The following officers retired

	<u>Appointed</u>	<u>Effective</u>
Steven Roy	09/08/76	09/12/11
Thomas Gerrein	07/22/92	09/12/11
Kelly McGinnis	08/29/89	09/12/11
Robert J. O'Kelly	04/17/89	09/26/11
Robert W. Farrow	06/27/88	10/05/11
Kevin P. McCandless	04/17/89	10/10/11

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Veteran's Meeting
 Nov. 9th • Dec. 14th
 11am

Police Wives Meeting
 Nov. 9th • Dec. 14th
 7pm

General Membership Meeting
 Nov. 30th • Dec. 28th - 7pm

GENDARME

GENDARME is printed monthly

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Guidelines for Letters to the Editor: All letters to the editor must be signed and verifiable by phone or personal contact. Freedom of expression is guaranteed within the bounds of good taste and the limits of available space. Upon request the author's name may be withheld from publication and confidentiality is assured. The Gendarme takes no responsibility for the content of the letters in this section.

The Gendarme newspaper is the official publication of the St. Louis Police Officers' Association and is published in St. Louis. However, opinions expressed in this publication are not necessarily those of the SLPOA or the St. Louis Police Department.

Deadline for articles for the November issue is October 20, 2011

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"The objective of the Saint Louis Police Officers Association shall be to advance the moral, social and material standing of the members of the Association by honorable and lawful means. As a labor organization the Association shall endeavor to achieve Collective Bargaining with Binding Arbitration."
 (Preamble of the Association's Constitution and By-Laws)

SLPOA'S Annual

Christmas Coloring Contest1st Prize - \$25

(5) Runner-Up Prizes - \$10 each

**ELIGIBILITY**

Open to all active and retired SLPO members' children, stepchildren, and grandchildren (6 thru 12 yrs of age)

WHAT KIND OF DRAWING ?

Original drawings about Christmas as the child views it in his or her own mind.

ART REQUIREMENTS

Drawings must be 8 ½" x 11" white paper, drawn with RED, GREEN, and BLACK - Crayons, colored pencils or markers only (no other colors, please!)

DEADLINE

Drawings must reach the Association Office no later than

Friday December 2, 2011.

ENTRY REQUIREMENTS

Each entry must specify the parent's name and district or unit to which assigned, address, and phone number plus the name and age of the child.

Please Print.

(List this information on the back of the drawing)

MAIL OR DELIVER TO:

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St. Louis Police Officers
Association**

**3710 Hampton Ave., St. Louis,
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GENDARME

**ELECTION RESULTS****2011 SLPOA Election Results**

Of the 1,173 ballots that were mailed out, 665 ballots were cast (56%).
Of those, 4 people did not cast a ballot in the Presidential Race.

The tabulation of ballots received by candidate:

President:

David Bonenberger 335
Thomas J. Walsh 326

Financial Secretary:

Michael Kegel 333
John McLaughlin 301

Sergeant-At-Arms:

Brian King 609

District 1 Representative:

Thomas Majda 35
Joseph Marcantano 19
Ginger Kavanaugh 8

District 3 Representative:

Josh Wenstrom 44

District 5 Representative:

Thomas W. Mayer 24
Lori Fuller 6

District 7 Representative:

Michael Betz 41

District 9 Representative:

Jeffrey Long 31
Tyrone Swinton 8

Division 11 Representative:

Martin Garcia 41
Martinous V. Walls II 46

Division 12 Representative:

Stephen Schroeder 47

Division 13 Representative:

Nicole Shrum 38
Dan Clauss 9



The Gendarme Committee wishes to thank those Executive Board Members who are leaving office for their hard work and service to the SLPOA members. Additionally, we wish to welcome the new E-Board Members. May you have what it takes to continue to fight the good fight, and do what is best for the entire organization.

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**Dave McNutt, Owner
Adam McNutt, President
Ted Hylla, Vice President (retired Major, St. Louis County PD)**

Stay Safe!

MESSAGE FROM THE BUSINESS MANAGER

The Song Remains the Same

There has been much ado about the very big changes that the SLPOA has gone through in the last few months. We've negotiated and ratified a landmark first collective bargaining agreement; we've professionalized the staff of the association to reflect a modern labor organization; we've worked to broker a compromise on local control that creates stronger protections for the benefits and rights that officers have earned; and we've revamped and greatly improved the look of our Association newspaper, the *Gendarme*.



Jeff Roorda
Business Manager

We also struggled through not one, but two controversial elections that resulted in some sour notes.

But, as rock super-group Led Zeppelin said, "The Song Remains the Same." Our anthem as an association has and, I suspect, always will be the same: we stand together to fight for better working conditions and to protect what we already have. That theme is enshrined in the preamble of the Association's by-laws. And, over the recent months, it has become a battle-hymn for our Association.

We've taken on big fights. We achieved one of the strongest public employee collective bargaining agreements in Missouri, at a time when public employees all across the country were losing their collective bargaining rights. The agreement featured the three cornerstones of the preamble of the by-laws: binding arbitration; residency of choice; and advancement of material standing (through the full-funding of the salary matrix next year). Plus, a whole lot more.

We also charged headlong into combat on the issue of local control in the face of a dreadful ballot initiative funded by a billionaire. Some think that the compromise that we are trying to advance meant that our Association changed its tune. But, if you pay attention to the details of the compromise, our members are the clear victors. Pensions, healthcare, leave time, survivor benefits, rank, seniority, salary, freedom from political interference, residency relief and on and on and on, are all protected in the legislation. The reason we fought for state control for so long was so those things that we hold dear would be protected by state statutes. Sure, our cops will have new bosses under the compromise, but working conditions and benefits will be protected like never before. It's not a new tune; it's just a different band.

We all know that the process of election of officers has been a real challenge. Due to one person's actions, ballots were mishandled, members who were entitled to vote didn't get the opportunity, and records of who got ballots were destroyed. That's no way to run an election and the Association did what it had to do to correct the improprieties and hold an election that was fair to all. Some feelings were hurt along the way, and the disagreements over how the election was handled spilled out into the media through no fault of our own. That's behind us now.

The incumbent members of the board have expressed their eagerness over and over again to welcome the newly elected board members to the team. I am confident that board members old and new will remember what is most important...the well-being of the men and women that they represent. Fighting for our members is what we're supposed to be about, not fighting among ourselves. That is, to quote another popular Led Zeppelin song, "What is and What Should Never Be."

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Ornaments FOR Officers

What: Ornaments for Officers is a non-profit fundraiser to benefit the BackStoppers.

Why: Ornaments for Officers is designed to allow people and organizations to donate Holiday ornaments that are in good shape to help raise money to assist families of Police, Fire and EMS Officers who have been killed or received a permanent/catastrophic injury in the line of duty.
Because they protect and serve, we honor and remember.

How: From now until Thanksgiving, individuals, organizations and businesses can donate new or used Holiday Ornaments at 10414 Manchester Road in Kirkwood or at any of the drop-off locations listed on our website. **Donations are tax deductible.** Then, from Thanksgiving until Christmas, the ornaments will be displayed on trees at various participating retailers, including Pulaski Banks – see full list on our website: www.ornamentsforofficers.com. Any donated ornament can be purchased for \$3.00 each, with the proceeds going to the BackStoppers.

When: Donations are being accepted until November 18th. Ornaments will be available for sale starting the Friday after Thanksgiving until Christmas.

Where: Ornaments for Officers' main drop-off location is at 10414 Manchester Road in Kirkwood. Other drop-off locations, including participating Police, Fire and EMS departments, and the stores that will be hosting the trees after Thanksgiving are listed on the website: www.ornamentsforofficers.com.

Goal: To raise \$20,000 this year. Besides individual donations, Ornaments for Officers will help any organization do an ornament drive. Gathering ornaments can be a fun way to help the BackStoppers and honor the men and women who have given their lives in the service of the community.

For Additional Information Contact:

Rick Ruderer, Ornaments for Officers, 314-681-0401 or ornamentsforofficers@yahoo.com

www.ornamentsforofficers.com

MESSAGE FROM THE POLICE RETIREMENT SYSTEM

By Mike Sack, Chairman
Board of Trustees
Police Retirement System of St Louis
www.stlouisprs.org (314) 241-0800

The Board of Trustees for the PRS is committed to providing as much information as possible to the members, active and retired. Recently, the following message was sent to active members:

On Monday October 10th, the Police Retirement System of St. Louis (PRS) reported an **estimated** return for the fiscal year of 10/1/10-9/30/11 of -8%.

This information was sent out on Outlook because I believe everyone should have this information – even if it's an estimate – in order to better plan their own individual course based on DROP returns.

I apologize for any agony this may have caused, but I believe it was necessary to share this with you as soon as we learned of the potential losses those in DROP may face.

I have since learned that this **estimated** number is not as accurate as we first thought. The previous calculation, performed by RogersCasey (our consultant) failed to include a \$20,000,000 transfer from the City to cover its obligation for the 2010-2011 year or some detailed transaction data from Northern Trust (our fund custodian). Because of this, the projection failed to include as much information as is now available. At this time, our **estimated** return is about -2%. This number will again change after next Thursday when our International Equity / co-mingled accounts are updated for September.

Remember this is **not** a certified amount. The certified amount will be announced after the January 2012 PRS Board meeting; however we will know and report the amount to be certified after it is submitted to the PRS by the actuary. This should be in late December, 2011.

I hate to keep updating our estimated number, but I know that some of you have decisions to make and this calculation is important to you. The PRS Board will do everything we can to keep you informed.

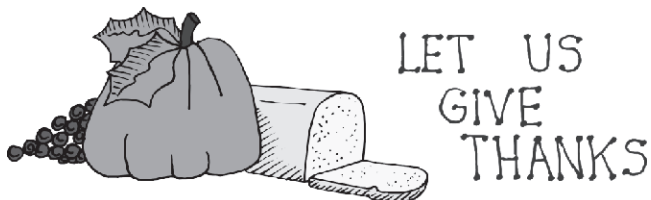
On 10/24/11 we received an update from our Consultant. We have been advised by RogersCasey that they now have all the information they need to perform an estimate on our annual rate of return. Our **estimated** return for FY 2010-2011 is about -1.95%. This includes our International Equity / co-mingled accounts which were recently updated for September.

In the past we posted the certified rate of return after the actuary, Mercer, had crunched the numbers, but after our most recent experience of seeing so many active members retire after a down turn in the market (2008-2009) I thought it best to post the estimated number so active members can make their own decision regarding their status with as much accurate information as we are able to provide at this time.

Also, it should be noted this does not include the approximate 1% to cover investment fees. Calculating that in brings our **estimate** to about -2.95%.

If you have any questions, don't hesitate to contact the Office, me through department email (mjsack@slmpd.org), or any of the other Trustees.

Respectfully,
Mike Sack
PRS Trustee/Board Chairman



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FRAUD PREVENTION TASKFORCE

By Jack Huelsmann, Coordinator



Retired SLPOA member and 36-year St Louis Metropolitan Police Department veteran Jack Huelsmann is the Coordinator of Circuit Attorney Jennifer M. Joyce's Fraud Prevention Taskforce. Jack is available to provide advice on fraud and scam-related questions. He is also available to conduct informational seminars on a wide range of fraud prevention topics to any group living in, working in, or providing services to residents of the City of St. Louis. Jack can be reached at telephone number 314- 612-1412 or via email at huelsmannj@stlouiscao.org to schedule your seminar and answer your fraud-related inquiries.

Child Identity Theft

Imagine your eighteen year old proudly buying his first car or applying for a student loan, only to be denied because of a ten-year-old bad debt. For example, your child might be told they owe \$500 to a cell phone company after walking away from a contract made in 2001. What can you do to help your kid correct a mistake that isn't their fault?

According to a recent study by ID Analytics, 140,000 children annually are the victims of identity theft. Of these cases, 60% involve credit card and wireless activity.¹ A 2011 Carnegie Mellon University study of 40,000 children revealed that "10.2% of them had loans, property, utility, and other accounts associated with their SSN's."²

Why Does Child Identity Theft Happen? Children's social security numbers are a "clean slate" with non-existent credit reports that make them prime targets for identity thieves. The thieves can escape detection for years, or at least until the child discovers the bad credit history when he or she tries to open their first line of credit.

How Does Child Identity Theft Occur? There are several possible answers. First, look at family and friends as suspects. The ID Analytics study showed "nearly 6 million parents and children in the U.S. are inappropriately sharing identity information..." and "about 500,000 children under 18 have had their identities stolen by a parent."¹ President Obama recently signed legislation dealing primarily with the identity theft of children in foster care. Studies have shown as many as 30% of foster children may be the victim of identity theft. This crime is perpetrated primarily by family members as a "way to keep the lights on, put food on the table or feed an addiction."³ Foster parents and unscrupulous welfare officials may also be culpable. The new law mandates that states obtain and review the credit of their foster children when they leave the program and help them recover from any adverse records. In another form of child identity theft, known as synthetic identity theft, thieves make up a SSN and add their own name or an alias to obtain credit or employment. It might be years later that this SSN is assigned to a newborn who will not discover this misuse for many years. Additionally, an identity thief may go a step further by obtaining a child's information and truly stealing their identity. In other words, these fraudsters actually appropriate the child's entire identity rather than simply taking his or her SSN. The Federal Trade Commission says to look at schools, businesses and government agencies as possible sources for this information.

What Can You Do to Prevent Child Identity Theft? The answer to this question is not readily apparent. The Federal Trade Commission and other agencies use the phrase "Deter, Detect and Defend" when discussing identity theft.

Deterrence, a parent should question third parties about why their child's data is needed and how it will be safeguarded. It is also sound advice to never carry social security cards with you. Watch what personal information your child puts on social networking sites. Caution them about the possibility and repercussions of having their identity stolen.

Detection, I suggest you read Bob Sullivan's article, cited below, which contains a wealth of useful information on this topic. Sullivan reports that "in general, the Federal Trade Commission, the Identity Theft Resource Center and the three credit reporting bureaus advise against frequently checking your kid's credit unless there's some reason to believe they've been victimized by identity theft."⁴ Checking your child's credit report could "lead to the premature creation of a credit report, which could make it easier for an ID thief to exploit the child's identity."⁴ The FTC and Identity Resource Center both recommend obtaining a child's credit report on their 16th birthday. It is likely no file exists, but if it does and has errors, there is time to repair the damage before the child applies for actual credit in their name. For a child under 16, it is recommended a parent try to get a credit report only occasionally (every three to four years). Sullivan says "Trans Union has the most parent-friendly process, with the only online application specifically for child inquiries."⁴ He also reports that if signs of foul play exist, such as getting credit offers in the mail or if there is trouble opening a bank account, then parents should immediately contact all three credit reporting bureaus and request a report. A credit freeze may be an option to consider.

Defending a child victimized by identity theft should be clear-cut since it would be obvious an eight-year-old would not have a line of credit or enter into contracts. However, the process may still be complicated and time consuming depending on the individual circumstances.

Sources

1. www.idanalytics.com/news-and-events/news-releases/2011/7-12-2011.php
2. www.cylab.cmu.edu/files/pdfs/reports/2011/child-identity-theft.pdf
3. David Kleeper. "New Law Protects Foster Kids from Identity Theft." news.yahoo.com/law-protects-foster-kids-identity-theft-163241775.html. 10/10/11.
4. Bob Sullivan. "Stop ID Thieves From Stealing Your Kid's Credit." today.msnbc.msn.com/id/42997608/ns/today-parenting/t/stop-id-thieves-stealing-your-kids-credit/#.Tp2EM3J1r6Q.

They Will Be Missed

Robert C. Truetken 1934-2011



It is with great sadness that we announce the passing of Lieutenant Robert Truetken (Ret.), DSN 3318. Lt. Truetken (Ret.) served in the Mobile Reserve Unit, among others, and was last assigned to District Four where he resigned in September, 1974. Lt. Truetken (Ret.) served as the Chief of the Florissant Police Department from 1974-1979, was a founding board member of the Major Case Squad of Greater St Louis, and made many other contributions including serving in the United States Army during the Korean Conflict.

Funeral Services were held on Wednesday October 25, 2011. Lt. Truetken (Ret.) was buried Sacred Heart Cemetery.

For further information about life and career Lt. Truetken's (Ret.) go to: <http://www.legacy.com/obituaries/stltoday/obituary.aspx?n=robert-c-truetken&pid=154248972&fhid=6354>



**PO
Anthony
Ewing
DSN 5829**

It is with deep sadness that we announce the home-going of PO Anthony Ewing, DSN 5829. "Tony" as many of us knew him as was a son, father, brother, friend and an advocate for many more whom never even knew his name. In a word, Tony was noble and is already dearly missed. PO Ewing was a 12 year veteran of the St. Louis Metropolitan Police Department and last assigned to the Traffic Safety Division.

**PO
Robert Gentry
1928-2011**



It is with deep sorrow that we announce the passing of PO Robert Gentry (Ret.). PO Gentry proudly served the Department for 15 years in patrol, leaving in 1973. The family held a private funeral with cremation and burial at Jefferson Barracks National Cemetery.

NELS C. MOSS, JR. ATTORNEY AT LAW

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FAX 314-206-4749
PGR 314-903-8760

e-mail: nelsmossjr@sbcglobal.net

Good Bye...

The SLPOA wants to take a moment to recognize Jerry Marstall, who has decided to retire after 47 years of service to the St Louis Metropolitan Police Department.

Jerry began his career as a Police Officer in 1964, and spent the last 16 years as a civilian employee assigned to the Private Security Section.

Apart from a few years with Ralston-Purina and a couple of years with Uncle Sam, the SLMPD has been such a major component of Jerry's life; and he too has been an important part of ours.

We wish you the very best that retirement has to offer, and we thank you for your commendable service to the SLMPD & the City of St Louis.

Hearing Rescheduled Strong Police Presence Needed

Arvon Brown, the suspect who shot 5th District Police Officer Joe Haman, has a bond reduction hearing scheduled on Thursday, November 17 @ 9:30 am in Division 16 (Judge Jack Garvey's Courtroom). Hopefully, a strong Police presence will be in the courtroom to support PO Haman, and to ensure that the suspect appropriately remains confined.

Haynes Murder Suspect Pleads Guilty

On October 27, 2011, suspect Sheldon Beckham was sentenced to 20 years in prison for the Line of Duty death of Police Officer David Haynes. In September, the suspect pled guilty to Murder 2nd, for his role in the March 24, 2010, automobile accident that claimed the life of PO Haynes. PO Haynes was in pursuit of the suspect, who had just committed a burglary, when his patrol car was struck by another vehicle at the intersection of South Kingshighway & Oleatha. On October 5, 2011, a stretch of Interstate 44 (Vandeventer to the Mississippi River) was dedicated in the memory of PO Haynes.



P.O. David Haynes

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MESSAGE FROM THE LEGISLATIVE COMMITTEE

By Joe Steiger, SLPOA Vice President & Legislative Chairman

Missouri State Legislature Special Session

The Missouri State Legislature Special Session is now officially over, with no resolution to the "local control" compromise bill. We are truly in a precarious situation. Again, we have fallen prey to some political maneuvering, and experienced interference of our own doing. The likelihood of our compromise bill getting done early enough next session to avoid the ballot initiatives is slim. We may have to reevaluate our situation, and forge some new strategies to prevent the loss of our benefits found within Chapter 84; if the ballot initiatives continue to go forward. The failure of the compromise language in the Special Session has created some new allies in what was once our solo fight. It appears the Police Retirement System is now interested in assisting us with fighting the ballot initiatives, and we've also been contacted by the Kansas City Police Officers Association. The KCPOA had initially opted to stay out of this fight, but now they seem interested in helping. These new allies certainly improve our chances of success, but the odds are still heavily stacked

against us with a billionaire-financed ballot initiative.

SLPOA Election and New Officers



Joe Steiger
Acting President,
SLPOA

The new election ordered by the Executive Board was completed Wednesday October 26, 2011. By the time you read this, the new officers will be seated on the Executive Board Tuesday November 1, 2011. Dave Bonenberger will take the helm as the new President of our organization. This was a hotly contested race which was decided by a difference of only nine votes. It's no secret that I openly supported Tom Walsh. I felt that Tom had done a great job as the leader of our organization, and deserved to continue as such. I don't dislike Dave. Actually, Dave and I are friends. I worked with Dave for years in the 5th District. I have a great deal of respect for him as a policeman and a person. I felt Tom was doing the right things, and just thought there were too many important issues pending to change leadership at this time. The membership decided otherwise, and now Dave is our President. I have all the confidence that Dave will continue to build on what was started within our organization over

the last couple of years. I know Dave will do what is best for this organization. I hope everyone will set their differences aside so we can go back to working together, and continue to move this organization forward.

Thank You

I wanted to take a moment to thank all of the outgoing members of the Executive Board Tom Walsh, Bill McDonough, John Winter, Lori Fuller and Martin Garcia. You all worked so hard to advance this organization, and should be proud of all you have helped to accomplish. I know first hand how much time and effort it takes to be a representative of this organization. The hours and even days away from your families, the trips to Jefferson City or to any of the many political fundraisers you volunteered for, the time you invested assisting our members with legal matters, and your general willingness to work for all of this organization's causes did not go unnoticed. I appreciate everything you have done, and I hope you will all stay involved in our organization.

I especially want to thank Tom Walsh. Tom is a great leader. For too long, this organization had been a one-man show. Typically, the president has done the bulk of the work while everyone else sat idly by. I always wondered, since our association has so many members that possess so many different talents, why don't we utilize those people to advance our organization? Since Tom Walsh was elected president, he's done exactly that. Tom assigned those members who possessed the best

ability to run their respective committees. He wasn't so arrogant to think that he was the best person for each of the many demanding facets of this association. He delegated his authority to those members who would put us in the best position to advance this association without worrying how it might make him look. He humbly led this organization in the right direction. He never took credit for the accomplishments of our organization, and he never failed to acknowledge those who he put into those positions for those accomplishments. He worked tirelessly for this organization.

What I saw as his greatest attribute, many of the membership saw as his biggest flaw. I think some people felt he needed to be more in the forefront, but that is not his way. Tom doesn't want to be in the limelight. He doesn't care who gets credit or what people think of him, as long as the goals of our organization are realized. That is a sign of a true leader. He has this organization operating more efficiently now than ever before. He has made some unpopular and tough decisions, but these important decisions were not made by him alone. They were made as a collective group, by the Executive Board. Tom has set a good example for future leadership of this association. Under Tom's leadership, we have accomplished something which the SLPOA has been striving for over forty-three years: collective bargaining. I am proud to have been a part of his leadership team and to have worked alongside of him each and everyday. Thanks for a job well done, Tom!

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VETERAN'S CORNER



By George Ratermann, SLPVA President

St. Louis Police Veteran's Association—Web: www.slpva.com Email: mail@slpva.com
Monthly Meetings: 2nd Wednesday of the Month

SLPVA Fall Cook Out in Willmore Park

Mother Nature tried to interfere with our Fall Cook Out, but the rain could not keep 85 hearty members and guests away. Pavilion #1 in Willmore Park was just large enough to accommodate us, the picnic tables, and the food and beverages. The quarters were a little cramped, but everyone had an enjoyable afternoon and there was plenty of food and drink for all.

Bring a Few Bars of Soap for the Needy

At the November 9th and December 14th Meetings, we will be collecting bars of bath soap for distribution to the needy. Bring one or more, all is appreciated.

SLPVA Calendar and Meeting Schedule

November 9th General Membership & Thanksgiving Celebration
11:30 AM at the SLPOA Hall

December 14th General Membership Meeting and Christmas Party
11:30 AM at the SLPOA Hall

January 11th General First Membership Meeting of 2012
11:30 AM at the SLPOA Hall

Not every member has the opportunity to attend our monthly meetings. For those who don't know what happens at our monthly meetings, the minutes from our October 12th meeting are reprinted below. The October minutes and all the minutes of our meeting for the last year are available on our website at: www.slpva.com/reports



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The 396th meeting of the St. Louis Police Veterans Association was called to order by President George Ratermann at 11:31 AM. The opening prayer written by Chaplain Vince Smugula was led by Secretary Chris Zarbo and the Pledge of Allegiance was led by President Ratermann.

All officers were present with the exception of Treasurer Ed Vaclavik, Jr.

Mr. Ratermann stated we had five applications for membership. They are Mike Horton, Kelly McGinnis, Timothy Richards, Thomas Garrein and Mike Dearing. A motion was made and seconded to accept the new applications. Motion passed on a voice vote.

Mr. Ratermann stated that Mr. Jason Kander, an attorney from Kansas City, whose law firm also represented the Kansas City Missouri FOP Lodge, is running for the Missouri Secretary of State would be our guest speaker. Mr. Kander spoke to the membership giving his educational, work, military background, and his reasons for running for office. He asks for the memberships support and stood for questions.

Prior to the reading of last month's minutes by Chris Zarbo, Mr. Herman Ubben stated there was a correction in the spelling of his name. A motion was then made to accept the minutes as printed with the correction of Mr. Ubben's name. Motion was seconded and passed on a voice vote.

Mr. Ratermann then gave the Treasures Report for the month. A Motion was made and seconded to accept the Treasures Report. Motion passed on a voice vote.

Mr. Ratermann stated Mr. Frank Stubits and Mr. Ed Vaclavik had attended a meeting with the Pension Board about pension legislation for the upcoming year. Mr. Steve Olish then told the membership about possible changes. The increase to 9% contributions, change from last two year to last three year average, no return of lump sum and changes in the disability process and time length for ordinary disabilities. Mr. Olish then thanked all the members who responded to the request for pallbearers for Frank Kraft.

Mr. Ratermann advised that Mr. Herman Ubben is collecting bars of

soap again this year that will be donated to St. Vincent DePaul in St. Genevieve. Mr. Ubben is asking for each person to bring a bar or two to help in his effort.

Mr. Ratermann stated he had received communication from the company that handles the prescriptions for members over 65. They stated that if more people would use mail order pharmacy that they could increase the prescription length from a one month to a three month supply.

Mr. Ratermann stated that at last month's cookout in Willmore Park we had 85 people attend. Due to the weather conditions, we had limited space because of the tables being bolted to the concrete floor. Not being able to move the additional table under the pavilion someone suggested we consider moving to the Lemay Park just down the road. The pavilions are larger and the restrooms are right there. Comparing the two options cost wise is something to consider in the future, especially in bad weather.

Mr. Ratermann then said we had several members pass away in the last month. They were members Joseph Boul, Frederick Kraft, and non-members Alvie Atkins, and James McCarty. [Minutes of the October 12, 2011, Meeting, Page 2](#)

Under new business, Mr. Jim Wurm thanked everyone for their support in the Pension Election.

Mr. Ratermann stated that those that retired between 1997 and 2010 will be receiving a 3% cost of living raise.

Mr. John Podolak stated the Alaskan Malamute Club of America is hosting an event which helps Vets Helping Heroes. This organization provides guide and support dogs to Vets. He is asking for a donation of \$100.00 again this year in support of our veterans. A motion was made and seconded to make the \$100.00 donation. Motion passed on a voice vote.

Mr. Tony Pona then advised we had 81 people in attendance today. Eight \$10.00 attendance prizes were then drawn.

A motion was made and seconded to adjourn the meeting. The motion passed on a voice vote. The meeting adjourned at 11:55 AM.

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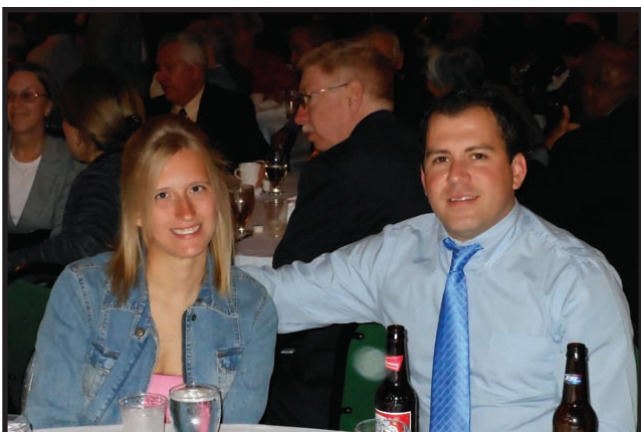
- low back pain
- headaches
- neck pain
- sciatica
- foot pain
- shoulder pain
- stressed out
- carpal tunnel
- hormonal imbalances (male and female)
- not sleeping well

As a wife of an SLMPD officer I am very familiar with all these problems and more...

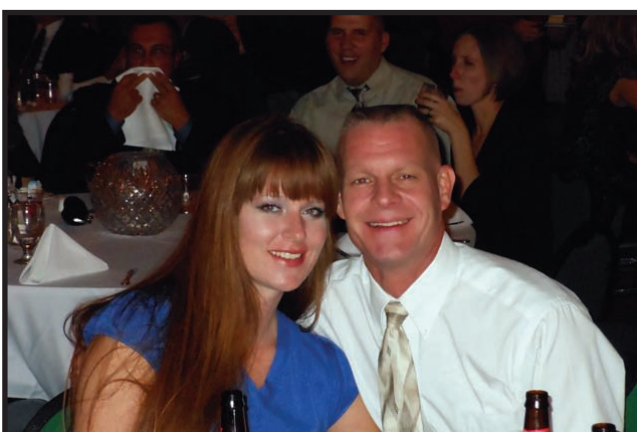
I look to find the underlying cause of my patient's problems through full spine films, including mathematical x-ray analysis, and biochemical nutritional analysis. With this information a personalized treatment plan is formulated, including such treatments as: Low-Force chiropractic adjustments; intersegmental traction; hydrotherapy; and nutritional protocols.

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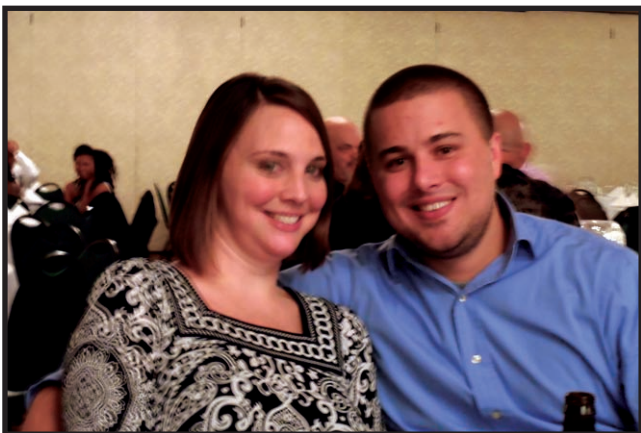
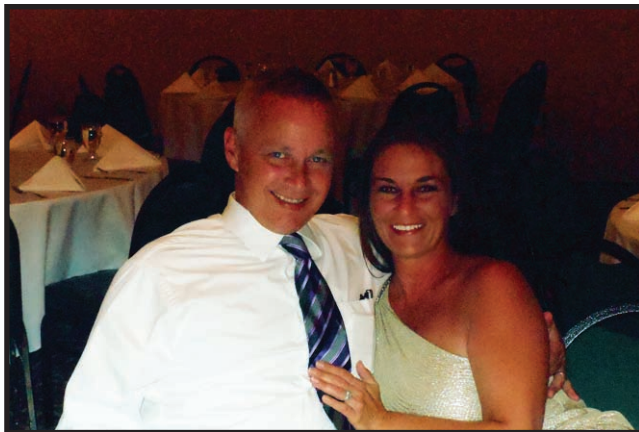
SLPOA Dinner Dance 2011



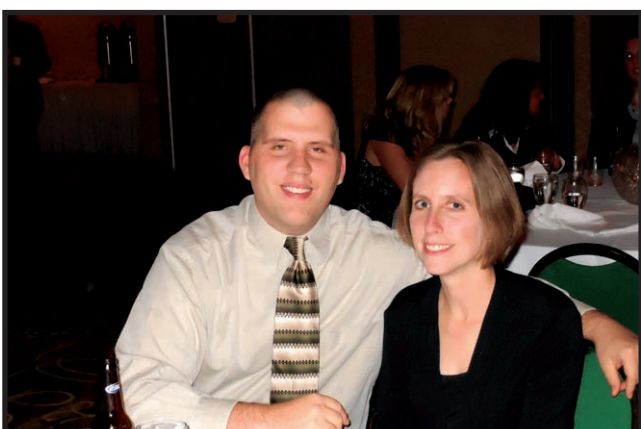
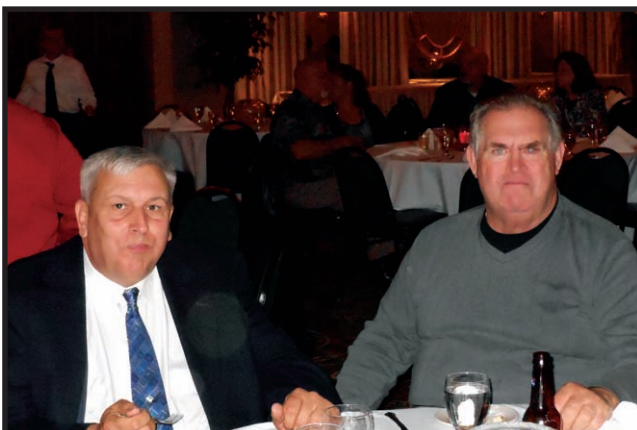
*Thanks for the
Memories!*



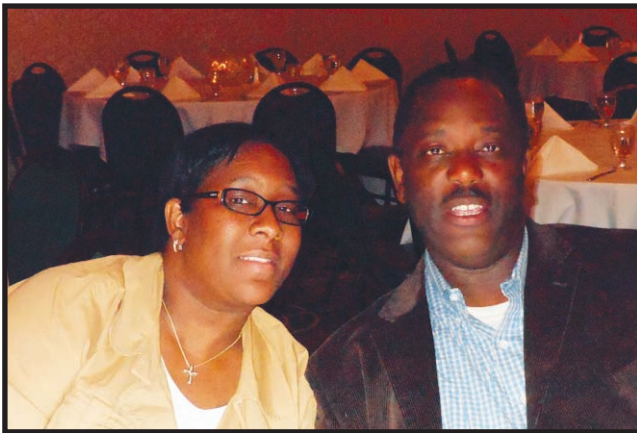
SLPOA Dinner



Dance 2011



SLPOA Dinner Dance 2011



POLICE WORK 101

Cover and Contact

By William Boyd Kiphart II

I constantly dissect, analyze, review, and study each and every incident where an officer has been killed in the line of duty, and the many instances where officers are shot or assaulted. Several constants seem to always come to light. The most glaring and obvious of these constants seems to be a lack of proper cover and contact tactics. In fact, if there is one category of tactical errors that has resulted in more officers being assaulted or killed, it is a failure to properly establish and maintain cover and contact roles.

I know I am continually saying this, and I know there is always the person out there that seems to key on one aspect of a tactical discussion; missing the entire point of the discussion. There are usually multiple sound options available for any given situation, and there is always more than one way to do something correctly. There are literally hundreds of variables in each and every officer assault. In this article, we are going to discuss a very finite element: **the core concept of cover and contact.**

The cover and contact rolls should clearly exist, and should be used in any instance where there are two or more officers on a scene. This includes instances where the contact is with a suspect, witness, victim or simply a consensual citizen contact. The degree to which the cover roll is exercised can best be viewed as a sliding scale of dedication.

For example, if your partner is approached regarding directions to a local event, he will typically close the gap or allow the citizen to close the gap to six to three feet or so, just outside their reach or *kinesphere*; the word of the day just

for fun. Your reaction, as cover officer, should be to hold your distance or perhaps take a step or two back. Now, it is not reasonable to assume you are going to cover your partner from the recommended 21 feet (reactionary gap) every time you have a citizen or witness contact, but consider adding a few



extra feet from where he or she is. If possible you always want to move to a flanking position thirty to ninety degrees from your partner's position. Remember, if you do not know difference, simply move to their right or rear. Slice the pie, work the angles, and avoid anything that could create a crossfire situation to develop; regardless of how many officers you may have on the scene.

The important factor here is your "area of responsibility". Know that if your partner is talking with someone, you are responsible for your safety and his. Your partner is busy talking with the subject, watch them and their hands. Take a look around, what and who is behind you or driving by? At any given moment, it should be obviously clear to you,

and any officer at the scene, who is cover and who is contact. Everyone should always be aware of their rolls. If you are not, or it is clear someone else is not aware of their role, there is a critical tactical error that needs to be addressed and corrected **immediately.**

The formula for cover and contact is: **Cover is always equal to or greater than contact.** If there is one contact officer, there needs to be one or more cover officers. I would make the point that even if there are three or four subjects, you only need one contact officer interviewing and getting pedigree information. Every other officer on scene should be a cover officer. If we followed this simple tactical rule, our officer assaults and murder rates would significantly decline.

This year in particular, there was a reoccurring scenario nationwide; three or more officers being engaged by a single offender/shooter. Each of the scenarios resulted in one or more officers being killed, multiple officers injured, and the offender making a successful escape.

My most basic of description for the cover and contact tactic is that of the classic good cop and bad cop. For ease of discussion, we will use the example of a two officer unit conducting a field pedestrian investigation or "28" on two subjects.

The cover officer could be the initial contacting officer having the subject take a seat on the ground, extend their legs straight out in front of them, and cross them at the ankles; or whatever other interview position the officers deem appropriately safe and legally appropriate for the situation and geography. This should be done clearly and directly in your best command presence voice and non-verbals. Initial contact may be more subtle by the actual contact officer, in which case your role will be easier by simply telling the subjects to take a seat on the curb or whatever tactic is appropriate.

I typically suggest the contact officer, "good cop" at a 45 to 90 degree interview stance off the right side of the suspects. The suggestion is again based on playing the odds that 80-90% of the population is right handed and a right hand attack is more difficult, for most, with a target on the right hand side. This is true for engaging in a gunfight during a 28 as well as on a car stop. Obviously, if you have determined the subject is left handed you should adjust accordingly as the situation dictates. Also, keep in mind if your subjects are standing they will tend to turn towards you changing the dynamics of the encounter.

While remaining professional and tactically sound, the contact officer handles the communication in the best manner possible to elicit the information you need for the situation.

So where is the cover officer

"bad cop"? Generally, flanking the subjects, 45 to 90 degrees off set from the contact officer is a good rule of thumb. If you can get behind the subject, if they are seated, this can be a good option. You may also want to consider moving. If I am behind a subject, and he is turning to look at me, first and foremost, this is a huge indicator the wheels are turning in his head. Secondly, as soon as he looks away, I change my location. Particularly for the cover officer, do not be shy noting and using any geographic advantages including cover that may be available i.e., elevated landing, hills, trees, light standards or anything else that can work for you.

Keep in mind that as the cover officer "bad cop", your job is not to talk to or finesse anyone. You should not be talking with the subjects other than to give direction to maintain scene security. If they attempt to engage or distract you, which are one and the same, simply direct them to the contact officer. Your responsibility is for officer safety, scene safety, and security. This includes threats from outside the scene. Do not let people approach or cut through your scene. It is yours, **own it.**

Now let's talk reactionary gap and positioning. For the contact officer, you certainly cannot conduct an effective interview or investigation from 21 feet, but there is also no need to be inside their personal space. If you speak up, project your voice, and have them do the same, you should be able to hold 6 to 10 feet from the subjects; this is for the CONTACT officer only.

The reactionary gap for cover officers is approximately 21 feet. While there may be a little fluctuation based on the geography and dynamics of your scene, your best attempts and reaction time to stop a threat is from twenty one feet. Again, as in any situation, use anything you have at your disposal, fire hydrant, retaining wall, light standard or simply an elevated porch or sidewalk.

There has been a considerable amount of discussion lately regarding the extending of the standard 21 foot rule for the reactionary gap. These discussions come from edged weapons, mixed martial arts and similar attack analysis. In reading the research, most notably from Force Science Research, the twenty one foot rule is still generally accepted as adequate. The caveat being that the cover roll has to be properly and completely filled. This means that you are "all in" filling the cover roll. You must be absolutely and totally focused, well rested, mentally and physically prepared with a complete understanding of your adversary, his capabilities and hopefully the O.O.D.A. loop of Colonel John Boyd; further on that in a future article.

Continued on Page 14

POLICE JEWELRY

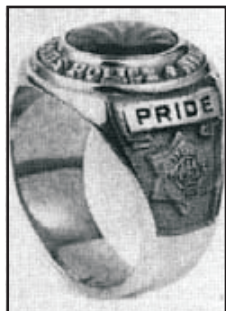


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My apologies if I left anyone off. There are so many people that contribute to this event each and every year, and I am truly grateful.

Sergeant Brian Rossomanno
SWAT

On behalf of Police Officers Joe Haman and Lucas Roethlisberger let me thank everyone who supported the 8th Annual "Fuzzball with the Fuzz" Tournament held on Sunday, October 9th. 32 teams and over 120 players participate in the tournament, and we even had our first fuzzball marriage proposal! Congrats to Detective Donnie Thurmond's team who walked away with the title belts. 8 years, 8 different champions, 8 different causes. This year's tournament raised over \$8,000 was for Joe and Lucas.



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Tim Sullivan
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Paul Drago
and of course, Colleen.



Cover and Contact

Continued from Page 13

As you begin to refine and practice your cover officer distances, watch those who you contact. You have to pay attention, but you will see a significant change in the demeanor and actions of people you and your partners are dealing with. First and foremost, those who have something to hide or are thinking about making a move will quickly start sending the precursor signs; nervousness, sweating, looking around trying to keep track of you, and sizing you up, or looking for an escape path. You will pick these up quicker, because you are focused and have taken a step back the interaction of your partner. Also, your actions and focus will cause his concern and stress to elevate much quicker than if you and your partner were playing them cheap.

Other than wearing your seatbelt, the tactic of proper cover and contact has a better chance of keeping you and your partner alive than anything else you can do.

Remember, that inclusive in the cover and contact tactic is staging; hold what you have and wait for the assist. If you are alone, wait for the cover. You cannot employ cover and contact tactics if you do not have a second or additional officers. Stay together and work in packs. Know your role, cover or contact and particularly if you are the cover officer, maintain full and complete application of your craft. Work towards maintaining the twenty one foot rule as cover officer, and remember you are not there to talk to anyone other than to provide directions to maintain scene security. Finally, remember the formula; **Cover is always equal to or greater than contact.**

As always, give me a call or drop me a line with your suggestions, input or stories.

"NOT today, not on this tour, not on this call, not on this stop; I WILL NOT be caught unaware"

SLPOA'S Annual Christmas Coloring Contest

1st Prize - \$25 (5) Runner-Up Prizes - \$10 each

ELIGIBILITY
Open to all active and retired SLPO members' children, stepchildren, and grandchildren (6 thru 12 years of age)

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ART REQUIREMENTS
Drawings must be 8 1/2" x 11" white paper, drawn with RED, GREEN, and BLACK - Crayons, colored pencils or markers only
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DEADLINE
Drawings must reach the Association Office no later than **Friday November 30, 2011.**

ENTRY REQUIREMENTS
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HEALTH AND FITNESS

By Colleen Rossomanno • Exercise Physiologist MS, HFS, ACSM

Make Smart Choices and Keep Your Weight in Check this Holiday Season

It's the holiday season! This often means lots of parties and socializes and with that comes a few extra pounds. This year, instead of accepting those extra pounds choose wisely at the party, and remember that a celebration does not have to mean overindulgence. Below are some ways to arm yourself at upcoming parties so that you enter the New Year at the same weight (maybe even less) than you began the holiday season.

calories while a single chicken wing contains about 200 calories, but hardly puts a dent in your hunger. Select one or two pieces of cheese to savor, and save your calories for a full piece of baked chicken instead. Or try to select something nutrient-rich, like bruschetta with fresh tomatoes, or shrimp in cocktail sauce.

yourself (try to serve yourself, so you're in control)

- b. Use a smaller plate, or commit to just one round of food. Don't pile your food so high that it's falling off the plate.
- c. Fill your 3/4 of your plate with fruits and vegetables. Then choose a few other items to round out your meal.
- d. Limit yourself to one trip to

because aside from the obvious empty calories, drinking alcohol lowers your inhibitions and makes it more likely for you to make poor food choices. Yet, There will be times when a special occasion might call for alcohol. So if you choose to consume alcohol, it is important that you choose wisely. Take for example a glass of rum and Coke. When made with Captain Morgan's Spiced Rum and Coke, this drink has an average of 215 calories. Just three of these drinks are enough calories for an entire meal. If you think that's bad, a Long Island Ice Tea can have almost 800 calories. It's clear that one little drink can upset a careful diet plan, therefore an obvious party choice would be one of several ultra light beers available on the market such as: Miller Genuine Draft 64, Budweiser Select 55 and Michelob Ultra Light with 95 calories. However if you want to try something a little more fun below are 4 of the "healthiest" (I use that term loosely) alcoholic drinks you can select to maximize fun and minimize calories:

1. DON'T GO HUNGRY

Now, I do not mean to eat a whole meal before you go to the party, but if you leave starving you are bound to eat the first thing that you see—and a lot of it. So try to eat a hard-boiled egg and an apple, a banana with some peanut butter or a slice of turkey. The protein will fill you up for few calories. You'll be less likely to binge if you're not overly hungry. Just remember that hunger can make it difficult to make good food choices—everything looks delicious when you're starving.



2. CHOOSE YOUR APPETIZERS WISELY

- a. Say no the first time to passed hors d'oeuvres. Chances are good that food will come around again. See what's being served before you decide what to eat.
- b. Treat appetizers as a meal. If you're going to eat 400 calories worth of appetizers, know that they're now your dinner. Don't expect to go home and eat a "real" meal.
- c. Keep track of what you're eating. Don't mindlessly eat, and try not to eat while making conversation at the same time. If you're eating and drinking is spread out due to talking, you might not realize just how many calories you're consuming. Just because you're not eating an entire meal doesn't mean that those calories do not count.
- d. Choose Wisely. A handful of cheese and crackers can set you back hundreds of

- e. Bring a dish, if appropriate. If you bring something healthy, like salsa, vegetables, whole-grain crackers and light dip, or a large salad, you know there's at least one option for you at the party. Take small helpings of other dishes and load up on your healthier one.

the serving table. If you're still hungry, go for the healthy produce options

- e. Be choosy, and stick to proper serving sizes. Take only those foods you really like, and don't overload on them
- f. Cut down on portion sizes to allow yourself a bite or two of your favorites.

3. SURVIVE THE DANGERS OF A BUFFET

Deciding what to eat at a buffet can be confusing. Scientists have proven that most people eat more at a buffet because with more variety—comes more temptation. Therefore, you must choose wisely for your waistline.

- a. Survey the spread before you fill your plate. Confronted by so many rich foods, you may want to start piling up the food, but don't. Stop, take a deep breath, and think before you serve

4. DEATH BY DESSERT

- a. Enjoy desserts in small portions. It's the first three or four bites that taste the best, so take a small portion of your favorite and savor each bite.
- b. Buddy up. If you're worried about eating too many sweets, share your dessert with someone else. You'll eat less and not do as much damage.

5. ALCOHOL

Ideally stay away from alcohol as much as possible

A. STICK WITH THESE HEALTHIER OPTIONS:

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Straight Liquor: One of the dangers of consuming alcoholic drinks is the sweet mixers that are used to make them palatable. Whether you choose drinks mixed with sodas, fruit juices or wacky combinations of the two, the mixers make the calorie count skyrocket. Go back to basics and try drinking your favorite liquors straight, on the rocks or with a splash of water.

Gin and Vodka Tonics: Clear hard alcohols have the

Continued on Page 16

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Make Smart Choices and Keep Your Weight in Check this Holiday Season

Continued from Page 15

fewest calories in them. Good examples include gin and vodka. Try mixing these clear hard alcohols with other clear liquids such as plain soda water or any diet lemon lime soda. Depending on the type of gin or vodka, you are looking at 65-80 calories per drink.

Bloody Mary: A Bloody Mary packs a lot of punch. It's full of rich tomato juice, featuring a variety of health benefits. The tasty celery stick that comes along with it can help with vegetable intake and helps to curb the snacking temptation. Ask the bartender to hold the salt if you are watching your sodium intake too. Depending on the type of mix, expect to take in about 125-140 calories.

Wine Spritzer: If you are looking for a classier low calorie drink, then a white wine spritzer is the way to go. This classy drink is a combination of your favorite white wine topped off with a dash of club soda. At approximately 80 calories, it looks good in a glass and satisfies your taste buds.

B. KNOW WHAT YOU ARE DRINKING AND HOW IT FITS INTO YOUR DIET PLAN.

If you budget your calories carefully, you can safely afford to have a drink or two on a special occasion. But beware—drinking loosens

your inhibitions and may make you eat without thinking. From a health standpoint, calories are not the only thing to consider. Practice moderation (no more than one drink daily for women and no more than two drinks daily for men) and consider other potential health benefits of different types of alcohol. Most health experts recommend the following hierarchy when choosing alcohol based on potential health benefits (such as antioxidant content): choose red wine over white wine; choose wine over beer; choose darker-colored beers over lighter-colored beers; and choose beer over liquor and liqueur. Check out the lists below and see which option would work best for your diet plan.

Wine: The Most Diet-Friendly Choice

If you're going to drink, wine is the most calorie-friendly selection with a typical 20 calories per ounce. Each 5-ounce glass would then be 100 calories with no cholesterol, sodium or fat. This is true for both red and white wine, from merlot to chardonnay. Sherry, a sweet, fortified wine runs a bit higher with 32 calories per ounce but it is usually served in smaller portions as an after-dinner drink.

You Are Invited

Sunday November 20, 2011, St. Roch's Church will host their 41st Annual Police Mass and Breakfast; located at 6052 Waterman. Mass will be at 9:00 AM, with breakfast to follow.

The St. Roch community has offered tremendous support to our department during this 40+ year long history, and I encourage you to consider taking these few hours of your morning to join us.

Even though St. Roch's is a Catholic Church, Monsignor Sal Polizzi wants to ensure that all denominations know they are welcomed for this special occasion.

Tickets can be purchased through Police Officer Matt Simpson, of the Community Outreach.



STEPHEN W. THURMER

Attorney at Law

SLPOA Approved Legal Counsel

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(314) 421-3100 - Office

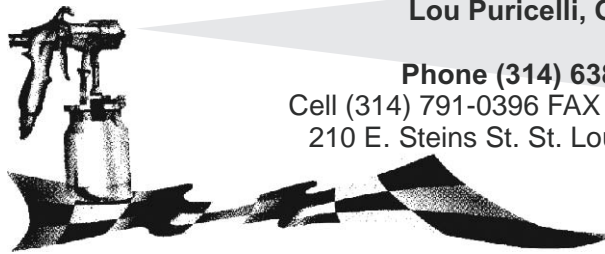
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St. Ambrose Students Raise Money For BackStoppers

On Saturday October 15th, 8th Grade Students @ St Ambrose Catholic Grade School "On the Hill" hosted a Car Wash, with all proceeds donated to BackStoppers. In just 3 hours, the students raised over \$1,000! Due to the event's success, the school hopes to make this an annual event. Both the St Louis Fire Department and the St Louis Metro Air Support showed up to support the students.



Students & Msgr Vince Bommarito washing cars



Lt Ron Danback, his son Austin, PO Korey Kline, & PO Doug Reinholz



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SEAN M. ELAM *

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*ALSO ADMITTED IN TEXAS

OF COUNSEL:
JOHN F. MULLIGAN, JR.

October 28, 2011

Via E-mail

Jeffrey Roorda
Business Manager, St. Louis Police Officers Association
j_roorda@yahoo.com

Re: St. Louis Police Officers' Association v. Board of Police Commissioners of the City of St. Louis/Case No. 22064-00939-1

Dear Jeff:

There is a hearing and status conference set before Judge Dierker in this matter on December 9, 2011. There are several retirees who were eligible members of the class action lawsuit who claim they were wrongfully denied payments from the settlement fund. They allege a variety of circumstances and contentions, such as "the claim administrator must have failed to process their timely filed and properly addressed claim". It appears that none of these claimants have any documentation of their claim submissions; however, one such retiree not only was eligible, but was, based upon my investigation, a timely claimant and somehow was not included in the claim administrator's list of eligible payees.

It is my inclination to urge the Court to accept these claimants' various contentions and to attempt to devise a mechanism whereby they will receive settlement payments.

Further, the attorneys for the Police Department have identified a list of approximately twenty or so payees who have not cashed their settlement checks. Assuming we are able to convince the Court to utilize the fund represented by the total of these uncashed checks to pay one or more of the above referenced claims, an order will be entered at, or shortly after, the December 9th hearing, and I would hope that checks would be cut by the Police Department not long thereafter.

I would be willing to appear at a meeting to answer any questions you or anyone else has.

Very truly yours,

Elkin L. Kistner
Class Counsel

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CHAPLAIN'S CORNER

Protecting your Marriage: Police Work and Maintaining Intimacy



Personal Assistance Services

Working Towards the Same Goal...YOU

Recently, the St Louis Police Chaplains decided to team up with the Employee Assistance Program (EAP) utilized by the SLMPD, better known as Personal Assistance Services (PAS). Both organizations are solely here to serve you, and better your wellbeing. The concept is simple. It's a two pronged approach with both entities working towards the same mission, through somewhat different tools; one spiritual and one mental.

Protecting your Marriage: Police Work and Maintaining Intimacy

After the party ends, the champagne has been toasted, and the honeymoon completed, comes marriage. Marriage offers us the exciting opportunity to connect and share our life with that one special person. Marriage however, also includes the responsibility of managing a home, possibly children, and always stress. In addition to the "typical marital stress", a police officer and their spouse are faced with unique challenges including:

- Shift work and long hours. Both can strain marriages by disrupting normal family time and rituals.

- Spouses are bombarded by a constant anxiety regarding the dangers and risks their husband/wife faces while working.
- Limited discussions about work related stress. This lack of communication can result in a spouse feeling disconnected, and not "in the know".
- The strong bonds that officers have with their partners and fellow police officers can create feelings of jealousy.
- The authoritative attitude that is needed to carry out police work. This attitude often spills over into a police officer's marriage, and does not foster open communication.
- A police officer's cautious nature and suspicions of other's motives. This general lack of trust in another's actions and statements can be damaging to the intimacy needed for a fulfilling marriage.
- The priority that a police officer's work may have over their spouse and family.

Every marriage faces challenges, and there are steps that an officer can take to address the challenges that are unique to police officers' marriages. As a police officer, understand that while at work being closed off emotionally and remaining objective is appropriate, and allows you to safely carry out your duties. However, in a

marriage, being emotionally open and communicating is key to worthwhile, happy, and healthy relationship.

Steps to Protect Your Marriage:

- Acknowledge the unique challenges your spouse faces by being married to a police officer. Simple validation can go a long way in easing tension and hurt feelings.
- You take pride in your role as a police officer; bring that same commitment to your role as a husband/wife.
- Take time to connect with your spouse, by filling them in on the work stress you are facing. Focus on unwinding and connecting rather than graphic details of events. Ask your spouse how much they want to know about your work, and respect their wishes.
- Inform your spouse after a serious event, such as a shooting or an assault. Participate in peer-support or post-shooting debriefings, and inform your spouse. Knowing that you are taking care of yourself will reduce your spouse's stress regarding the situation.
- Plan days off or vacations to include time with family and friends.

- Spend time building your relationship with your spouse, and make time for date nights.

A fear that some police officers have is that if they relax too much and open up emotionally with their spouse, it may create conflict in their marriage and result in difficulty at work. While a conflict in your marriage can be distracting, and could impact your concentration, approaching the conflict in a constructive and reinforcing way can have a positive impact in both your marriage and at work. It is easy to take for granted the importance of spending time and energy to strengthen your marriage. However, if a police officer's marriage is strong and supportive, it has a positive impact on his/her ability to fully devote to work. Take time to maintain a fulfilling marriage, and it will have a positive impact on your career as well as your general wellbeing.

Seek marriage counseling to improve communication, learn more about each other, and to work through challenges. Contact your Employee Assistance Program for marital counseling or individual counseling services.

Heather Bradshaw, MC, PLPC, NCC
Client Services Specialist
Personal Assistance Services



Retirees Enjoy Picnic



St. Louis Retirees attend a picnic on September 24, 2011 at the Lake of the Ozarks. The picnic was hosted by Mary State.

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GENDARME



St. Louis Police Officers Association

The Official Publication of the ST. LOUIS POLICE OFFICERS ASSOCIATION, FRATERNAL ORDER OF POLICE - Lodge 68

NOVEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 CIVILIAN EMPLOYEE ORGANIZATION	3	4	5 VETERAN'S DAY PARADE
6 DAYLIGHT SAVINGS TIME	7	8 GENERAL ELECTION	9 POLICE WIVES MTG 7PM VETERAN'S MTG 11AM	10	11 VETERAN'S DAY PAYDAY	12
13	14	15	16	17 MEDAL OF VALOR	18 FESTIVAL OF LIGHTS	19
20	21	22	23 GUNS & HOSES	24 THANKSGIVING DAY & CHRISTMAS IN ST. LOUIS PARADE	25 PAYDAY	26
27	28	29	30 GENERAL MEMBERSHIP MEETING			

DECEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CIVILIAN EMPLOYEE ORGANIZATION	2	3
4	5	6	7 PEARL HARBOR DAY	8	9 PAYDAY	10
11 SLPWA AFTERNOON WITH SANTA	12	13	14 POLICE WIVES MTG 7PM VETERAN'S MTG 11AM	15	16	17
18	19	20	21	22	23 PAYDAY	24
25 MERRY CHRISTMAS	26	27	28 GENERAL MEMBERSHIP MEETING	29	30	31 NEW YEARS EVE FUN WITHOUT GUNS & FIRST NIGHT...

JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 PAYDAY	7
8	9	10	11 POLICE WIVES MTG 7PM VETERAN'S MTG 11AM	12	13	14
15	16 DR. M.L. KING PARADE	17	18	19	20 PAYDAY	21
22	23	24	25 GENERAL MEMBERSHIP MEETING	26	27	28
29	30	31				

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**Please RSVP by December 4th
to Gina Jones 314-922-6642**

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