



# GENDARME



St. Louis Police Officers Association

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

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May 2012

## The True Dangers of Being a City Cop

By Rick Metz, Editor  
Gendarme

Each year, during the month of May, we are reminded of just how dangerous police work is. Peace Officers Memorial Day occurs each year on May 15<sup>th</sup>, and law enforcement officers who have been killed in the line of duty are honored at a variety of services throughout the country. If you are from the St Louis area, you might travel to Police Week in Washington, DC, or the Missouri Law Enforcement Memorial in Jefferson City. Maybe you'll attend the St Louis Police Memorial Breakfast, St Louis County Uniform Day, the Backstoppers Membership Dinner, or any of the many other annual events which occur in recognition of those who have made the ultimate sacrifice. As I think of those who have lost their lives in the line of duty, my thoughts are overshadowed by a series of articles featured in the St Louis Post Dispatch (mostly) between January and March 2012.

The two underlying themes of the articles were: police officers of the St Louis Metropolitan Police Department (SLMPD) fire their weapons more than other departments, and that this somehow automatically equates into a scandalous cover-up behind the mysterious walls of Police Headquarters. As I pondered the only worthwhile part of the theme, that city cops are involved in more gun battles than other cops, my reaction was probably no different than that of any other lifelong streetwise city resident. This reaction was, "I wonder if they have an entire team of scientists or maybe even monkeys working on these

stories, or was this simply the best they could do?" Sadly, life in the big city is often dangerous. As I read these articles, I held on to a glimmer of hope that the topic could have the potential to convey a genuinely interesting story to the general public of why city cops are involved in more shootings. Instead, all hope



faded as each article repeated the last with a typical run of the mill negatively slanted story. The good guys are the bad guys, and somehow the bad guys are the good guys. Also, some of the articles seemed to proudly and prominently display the names of police officers involved in these shootings, with utter disregard for their safety and more so the safety of their families.

Conveniently excluded from all of the articles was statistical data that even I found somewhat shocking. The State of Missouri is ranked #9 in the United States (US) for the state with the most number of Line Of Duty Deaths (LODD) in Law Enforcement. The SLMPD is ranked #7 in the US for the police

department with the most LODD in Law Enforcement; #10 if you include Puerto Rico, the USMS, and the ATF. Since 1863, 164 SLMPD Police Officers have lost their lives in the line of duty. The SLMPD has had 15 police officers shot in the last 4 years (July 1, 2008 - May 1, 2012); 1 fatality-PO Daryl Hall. That

number does not include the number of police officers shot at, but not wounded, nor does it include the 2 Deputies from the United States Marshals Service that were shot in 2011 in the City of St Louis; 1 fatality-Deputy John Perry. Also, who could forget the controversial annual ranking of the 10 Most Dangerous Cities in the US? You can always find St Louis within the top 5 on that list, and it has landed in the #1 spot on more than one occasion.

I understand that big symbols make big targets, and being the second largest police department in the State of Missouri makes for a pretty big target. Perhaps it's easier to go after a symbol, to blame the police for all of society's

problems, rather than addressing the real issues at hand. Why is life so cheap in urban environments, how do you stop the circle of violence, and what can you do to make a difference? What is the correlation between babies having babies, a life of crime often glorified through music, and a lack of positive adult role models. The Post Dispatch really seemed to miss the boat as to why police officers are involved in a higher number of shootings. With that being said, I guess some individuals find the responsibility to do the right thing less important than trying to sell newspapers by way of sensationalizing stories.

On Thursday, April 26, 2012, KTVI FOX 2 Reporter Mandy Murphey, assisted by Tom O'Neal, covered the topic of police shootings. However, they approached it in a more professional and productive manner. "Mandy Murphey Investigates" explored the topic through the eyes of Police Chiefs, Police Officers, Family Members of Fallen Officers, and also highlighted organizations such as BackStoppers and COPS (Concerns Of Police Survivors.) It was refreshing to see such a truthful reporting of the subject.

This article was written in honor of all of you who are brave enough to protect and serve, and in memory of those who have given their lives in the performance of their duties.

**BE CAREFUL OUT THERE!**

*Statistics on page 11*

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**Friday  
May 4th:  
SLCPD  
Uniform Day  
& MO FOP  
Candlelight  
Vigil**

**Saturday  
May 5th:  
MO LEOM  
Service**

**Tuesday  
May 15th:  
National  
Peace  
Officers  
Memorial Day**

**Thursday  
May 17th:  
SLMPD  
Memorial  
Breakfast**

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

**During The Month Of May**



- Lee A. Boone 1893
- Hugh J. McCartney 1903
- Charles J. Benderoth 1914
- Louis G. Robers 1916
- Isaac A. Kidwell 1917
- Andrew M. Lawrence 1918
- Michael J. Finn 1921
- Patrick Stapleton 1922
- William C. Carroll 1923
- Joseph T. Staten 1923
- Carl T. Hunt 1925
- James J. Carmody 1934
- Albert R. Siko 1934
- Henry L. Eichelberger 1955
- Paul Benedict Oatman 1967
- Brian M. Graft 1969
- William N. Campbell 1979

**BE CAREFUL OUT THERE!**

**Fade Out**

*The following officers resigned*

	<u>Appointed</u>	<u>Effective</u>
PO Steven Taubenheim	01/20/2003	04/01/2012
PO Raymund Crawford	11/17/1997	04/12/2012
PO James Treakle	03/24/2008	04/12/2012
PO Michael LaGuardia	03/01/2010	04/20/2012

*The following officers retired*

	<u>Appointed</u>	<u>Effective</u>
Sgt Clarence Hines	10/07/1991	04/08/2012
PO Robert Ampleman	02/13/1979	04/22/2012
PO Eddie Simmons	01/09/1984	04/22/2012
PO Joseph Gooch	02/14/1977	04/28/2012

**GENDARME**

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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 June 2012 issue is May 20th, 2012

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**(Power of Attorney) Preparations**  
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**@ the SLMPD Police Library**

Jim Chapman will be in the police library to prepare wills and livingwills for current and retired St. Louis Police Officers and their spouses.

Everyone must call Barbara at 314-444-5581 to set up an appointment and get the proper forms. No walk ins will be accepted.

**Did You Know...**

In 1962, President John F Kennedy proclaimed May 15th as National Peace Officers Memorial Day, and the calendar week in which May 15th falls as National Police Week. This year, National Police Week 2012 will be Sunday May 13th through Saturday May 19th.



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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)

**Veteran's Meeting**  
May 9th, June 13th  
11am

**Police Wives Meeting**  
May 9th, June 13th  
7pm

**General Membership**  
May 30th, June 27th  
7pm

# MESSAGE FROM THE PRESIDENT

By Dave Bonenberger, President  
St Louis Police Officers Association  
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# Sergeants Will Get CBA

On April 18, 2012, the Board of Police Commissioners decided to recognize that sergeants have the right to collectively bargain. This is a huge victory for that rank, and I look forward to representing sergeants at the table as the President of the representative bargaining unit. I apologize for getting ahead of myself here. We still need to select who the bargaining agent will be and that will be decided by a vote per rule 13 of the Police Manual. The **SLPOA** and the **SLPLO** are both seeking to become the bargaining unit for Sergeants.



President  
Dave Bonenberger

I have been directly involved in the process by which we have arrived at this historic moment. Our primary labor attorney, Sally Barker, has worked tirelessly at researching and documenting pertinent

information and case law that has been provided to the Board. I personally, at the request of Ms. Barker, prepared an Affidavit that detailed the duties and responsibility of a street sergeant. Sgt. Heather Taylor also prepared an Affidavit that detailed her position in a specialized unit. These Affidavits, as well as a list of other police departments that have a CBA covering sergeants, and a vast amount of other supporting documentation was presented to the Board. In addition, our Business Manager advocated vigorously and persuasively on behalf of our position. It was these combined efforts that caused the Board to decide to recognize sergeants.

Our attorney, Ms. Barker, is extremely well acquainted with

collective bargaining. Sally is the attorney that won the 2007 **Independence** case to the Missouri Supreme Court that affirmed the rights of police officers to collectively bargain. I cannot think of an attorney that I would rather have than the attorney that won the precedent setting case in our state. We are very fortunate to have her working so hard for our membership.

Essentially the Board's decision places sergeants in a bargaining unit that may select a collective bargaining representative. The Board, however, also decided that Lieutenants and above are **"management"** employees and are not entitled to collectively bargain. We will also fight that ruling, but that is another article. The **SLPOA** is primarily made up of those at the rank of Probationary Police Officer, Police Officer, and Sergeant. We also have members of higher

ranks and the **SLPOA** will continue the fight to achieve collective bargaining for all ranks.

I am a member of both the **SLPOA** and the **SLPLO**. In fact prior to being elected President I was on the Board of Directors of the **SLPLO**. I have seen both organizations from the inside out. Because of these experiences, I can tell you that the **SLPOA** is the clear choice to be the representative bargaining unit for sergeants.

To my fellow sergeants, I promise that the **SLPOA** will be the best bargaining representative you can have, and I pledge our devotion to ensure the absolute best possible representation.

When you cast your vote, select **SLPOA** as your bargaining unit. You will be choosing the best representation that you can get.



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**Sergeant Clarence "Skip" Hines Retires**

After 20+ years of service to the City of St Louis , Sgt Skip Hines ( a regular columnist of the *Chaplain's Corner* ) has decided to retire from the SLMPD. During his distinguished career, he worked in Districts 1 & 2, Mobile Reserve, Intelligence, Housing Authority, Police Academy , and Narcotics. He was also involved with the PAL (Police Athletic League), the Police Chaplains, and the Post Trauma Shooting Team. Skip has graciously decided to remain active with the Gendarme.

The Gendarme Committee wants to take this moment to wish Skip well as he is preparing to continue a career in pastoral ministries as the pastor of a local church.



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**MESSAGE FROM THE BUSINESS MANAGER**

By Jeff Roorda, Business Manager  
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**I'd Rather Be A Blue Collar Man**

The line from the popular Styx hit seems to apply perfectly to the big question before the Sergeants of this department. The SLPOA and the Police Leadership Organization are both vying for the privilege of representing the sergeants of this department as their union.

I wanted to start out by saying that the PLO absolutely has its place in this department. The middle-management of the department has every right to form an organization that stands-up for their issues. We applaud and support the PLO when they do so.

But, two facts are inescapable. The Sergeants of this department are not middle-management and the PLO is not a labor union. The SLPOA, on the other hand, is a labor union and an affiliate of the world's largest police union, the Fraternal Order of Police.

We've already negotiated

a dynamite union contract for the other Blue Collar Men (and Women) on this department. The Missouri FOP describes our contract for Police Officers and Probationary Police Officers as the "hands-down, best police contract in Missouri."



Jeff Roorda  
Business Manager

One of the reasons the PO/PPO contract is so highly praised is the funding of the salary matrix. Our detractors at the PLO have recently tried to blame us for the salary matrix for

Sergeants remaining frozen. Not so my friends. The PO's & PPO's are receiving full-funding of their salary matrix because we were able to use considerable negotiation skills to get that in their contract. We could have no doubt done the same for Sergeants months ago under normal bargaining rules but the PLO blocked that.

In July of last year, the Board of Police Commissioners was preparing to adopt a framework for bargaining that

included nationally accepted language that would allow for voluntary recognition of a union as the bargaining unit if they received over 50% showing of interest from the members at that rank. The SLPOA turned in authorization cards from nearly 60% of the Sergeants. The PLO turned in cards from less than 40% of the Sergeants.

Instead of playing by the accepted rules of bargaining, the PLO sent a letter to the Police Board hinting at a lawsuit over voluntary recognition. The Board decided to play it safe and avoid litigation by removing the right to voluntary recognition that most workers in America enjoy.

Nine months later, Sergeants continue to go without a contract and continue to go without the raise that we would have pushed forward in their contract. Meanwhile, after a string of threatening letters, the PLO filed a lawsuit against the Police Board on April 9<sup>th</sup>. This could have locked up a contract (and a raise) for Sergeants in the courts for months or even years. Fortunately, the SLPOA was able to use its considerable political influence and rational arguments to convince the Police Board to

approve an immediate election to determine who will represent the Sergeants. The Board did so at its April 18<sup>th</sup> meeting. That election will be held soon.

While the PLO has tried to sue its way to a Sergeants contract, the SLPOA has been trying to negotiate its way to one following the ground-rules for fair bargaining. Who do you think the Police Board is more likely to reward a favorable contract?

And, who do you think is better-suited to represent Sergeants? A management organization dominated by white shirts or a labor union led by blue shirts with a proven record of negotiating strong contract provisions? I think the answer for Sergeants is clear: "I'd Rather be a Blue Collar Man!"



**2nd ANNUAL JOHN PERRY BENEFIT GOLF TOURNAMENT**

On March 08, 2011 Deputy United States Marshal John Perry was killed in the line of duty while serving an arrest warrant in St. Louis, MO.

**TOURNAMENT DETAILS:**

**WHEN:** Friday, July 13, 2012

Registration starts at 8 am tee off is 9am.

**WHERE:** Belk Park Golf Course

880 Belk Park Rd

Wood River, IL 62095

618-251-3115

**COST:** \$90/ Player (foursome required)

**Hole Signs:** \$100/ hole

**Tournament Sponsorship:** \$500

**Deluxe Tournament Sponsorship:** \$800

(Tournament sponsorship is one hole sign and your name/logo on the tournament banner; Deluxe tournament sponsorship is tournament sponsorship plus a complimentary foursome in the tournament)

**INCLUDED:** 18 holes of golf with cart and 2 mulligans per player (included in fees), drinks and food throughout the day, door prizes, a sit down meal afterwards, and more.

\*\* Golf Challenges, Games, Prizes, Raffles, Auctions, and Skins available \*\*

Please send checks (made payable to: John Perry Benefit Golf Tournament) to:

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Attn: Kyle Shirley

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**Proceeds to be used for the following:**

- Establish a John Perry Benefit Scholarship at SIUE
- Donation to be made to the U.S. Marshals Survivors Benefit Fund
- Attorney and application fees for charitable organization status for the "John Perry Benefit"



Questions should be submitted to [kyle.shirley@usdoj.gov](mailto:kyle.shirley@usdoj.gov)

**ENTRY WITH PAYMENT DUE BY 06/29/12**

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**POLICE WORK 101**

By William Boyd Kiphart II

**Delta P<sup>®</sup>; A Philosophy of Ethics and Professionalism**



The term "Delta P" is commonly known as an aviation term referencing a change (Delta or Δ in atmospheric pressure (P). This is a significant concept in aviation due to the fact that where there is a change in atmospheric pressure, all other factors and instruments are affected. This is the one change during the course of a flight that affects all other factors and components of flight characteristics i.e flight instruments require recalibration, air speed, altitude and the like change. So what does that have to do with our chosen profession, law enforcement and public service?

In the *Delta P* philosophy, the "P" is not atmospheric pressure but our professional and personal *Philosophy* operating in the law enforcement lifestyle. My contention is that our commitment to law enforcement is not only a profession but a lifestyle choice. This holds true if you are truly committed to the mission.

The concept of change remains the same and at the foundation of the philosophy and teaching; if we change our philosophy on policing, *everything* else will change as well. This not only includes how we act and perform our duties but how we are viewed by the public and even more importantly, how we are viewed by ourselves and each other. In brief the *Delta P*

philosophy can best be summarized as:

- Commitment to consummate professionalism
- Commitment to excellence in all endeavors
- Commitment to Corp or Core Values
  - Honor consisting of Integrity Pride Duty Justice Courage Self Control Politeness Loyalty
- The Warrior Lifestyle
- Leadership by example
- Absolute accountability
  - I am solely responsible for my own actions
- As a lifestyle, acceptance of the responsibility to serve, protect and defend at all times
  - The personal commitment to training and tactics
- Not over investing in what we can not control
  - Know and understand what these things are and why you can not control them.

This philosophy and associated lesson plan were written over the course of two summers with the assistance of my father; a police officer of nearly five decades. During these conversations of two summers we discussed, analyzed and dissected our perception of the current state of law enforcement not only as a profession but as a lifestyle. My perspective was combined with

his of a retired Major and Inspector of Police. Of significant contribution was his experience as a St. Louis police officer in the early 1960's.

At the end of the day we determined that our perceived flaws in the lifestyle were not due to something new we were doing wrong, but rather something that we were doing right and stopped doing! This again rings of one of my primary observations in the



current state of the profession, the loss of institutional knowledge.

My dad spoke at length of one of his instructors from the time when he sat as a recruit in the very building in which I first typed a summary of Delta P. So profound was this impression on him and his career that he remembered the instructors name; Sergeant Joseph Gallagher. Then Sergeant and later Lieutenant Colonel Gallagher taught the Indoctrination in the History and Tradition of the St. Louis Police Department for the St. Louis Police Academy. This was best described as a fire and brimstone style emotional presentation on the philosophy and duty of a St. Louis Police officer. This duty and responsibility was based on a commitment to excellence and

a responsibility and duty to every officer that had ever gone before us and the tradition and development of policing back through mans history. One of the primary points of emphasis was our obligation to those first eight City night watchmen that walked the dusty streets of St. Louis in 1808. This was the presentation the recruits received just after they were sworn in and issued their weapons and badges; at that time the first week of the academy.

I mentioned to my father that we did not do such a presentation any longer and I do not think that we had in some time. This presentation was an appeal to core values and as George Shinault was referenced in the Journal of the Board of Police Commissioners on December 14, 1929; the A,B,C,s of Police Work; or the teaching of a philosophy of core values; *something that we were doing right and stopped doing.*

Now do not get me wrong, I have sat in and taught a plethora of ethics classes; they are a P.O.S.T. requirement. I also know there are a fair amount of people who are going to take exception to this next statement but I do not believe you can "teach" someone to be ethical. I will abdicate that ethics classes have a value, in that we may be able to prompt officers to consider their ethical foundations, but most of the ethics classes I have seen end up with a message that acting ethically keeps you from getting indicted. That is not teaching someone to be ethical as much as a practical appeal to stay out of trouble or suffer consequences. It is my belief that this change in how we addressed the matter of ethics and professionalism with officers, particularly the recruits, caused a catastrophic change in *(cont. on pg. 16)*

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# They Will Be Missed



## PO Warren O'Connell

It is with great sadness that we announce the passing of **Retired Police Officer Warren O'Connell**, who died on Thursday April 12, 2012 at the age of 91. PO O'Connell was last assigned to Prisoner Processing, and retired in February 1977 after 29 years of service. PO O'Connell was also a veteran of the United States Marine Corps, serving as a Staff Sergeant in the Night Fighter Group 532 in the Pacific Theater during WWII. On Sunday, April 15, 2012, a Visitation was held at Kutis Funeral Home in Affton, Missouri. On Monday, a Service was held in the Kutis Chapel followed by an Interment at Jefferson Barracks National Cemetery.



## PO William Swyers

It is with great sadness that we announce the passing of **Retired Police Officer William Swyers**, who died on Sunday April 15, 2012 at the age of 81. PO Swyers was last assigned to the Laboratory Division, and retired in September 1987 after 32 years of service. After retirement, PO Swyers worked for the SLMPD as a civilian police artist for an additional 14 years; for a combined total of 46 years of service. PO Swyers's remains were cremated, and a Private Service will be held at a later date. Services provided by Kutis Funeral Home - South County.



## Sgt Kenneth Hornak

It is with great sadness that we announce the passing of **Retired Sergeant Kenneth Hornak**, who died on Thursday April 19, 2012 at the age of 54. Sgt Hornak was last assigned to the Canine Section, and retired in May 2010 after 30 years of service. On Monday April 23, 2012, a Visitation was held at Kutis Funeral Home in the City of St. Louis. On Tuesday, a Service was held at St Francis Xavier Church, followed by an Interment at Resurrection Cemetery in Affton, Missouri.



## PO Joseph Tuhill

It is with great sadness that we announce the passing of **Retired Police Officer Joseph Tuhill**, who died on Friday April 20, 2012 at the age of 61. PO Tuhill was last assigned to the Central Patrol Division Desk, and retired in August 2005 after 26 years of service. PO Tuhill was also a veteran of the United States Army, serving during the Vietnam War (1970-1976). On Thursday April 26, 2012, a Visitation was held at Kutis Funeral Home in Affton, Missouri. On Friday, a Service was held at St Gabriel the Archangel Catholic Church, followed by an Interment at Mount Hope Cemetery in St. Louis County, Missouri.



## PO Howard Crowell

It is with great sadness that we announce the passing of **Retired Police Officer Howard Crowell**, who died on Tuesday April 24, 2012 at the age of 76. PO Crowell was last assigned to the First District Detective Bureau, and retired in April 1990 after 28 years of service. PO Crowell was also a military veteran, and served as a Specialist 4 in the United States Army. On Friday April 27, a short Visitation was held at Shadel's Colonial Chapel in Lebanon, Missouri, immediately followed by an Interment at Liberty Cemetery in Belle, Missouri.



## PO Kevin Kranz

It is with great sadness that we announce the passing of **Retired Police Officer Kevin Kranz**, who died on Wednesday April 25, 2012 at the age of 59. PO Kranz was last assigned to the Canine Section, and retired in February 1999 after 30 years of service. On Friday April 27, a Visitation was held at Kutis Funeral Home in South St. Louis County, Missouri. On Saturday, a Service was held at St Matthias Catholic Church. PO Kranz's remains were cremated at his request.

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# VETERAN'S CORNER

By George Ratermann, President  
 St Louis Police Veteran's Association  
 Web: [www.slpva.com](http://www.slpva.com) Email: [mail@slpva.com](mailto:mail@slpva.com)  
 Monthly Meetings: 2<sup>nd</sup> Wednesday of the Month



## Agenda and Monthly Meeting

### April SLPVA Meeting

We had two guest speakers at the April SLPVA meeting, Russ Carnahan, the Third District US Congressman and Frank Selvaggio, a host of the National Police Collectors Show.

Congressman Carnahan presented the SLPVA with a copy of a Congressional Resolution that he introduced. The resolution honors the SLPVA on its 80<sup>th</sup> Anniversary. After the Congress approves the resolution, we will receive the final, official Congressional Resolution.

Carnahan addressed the 94 retirees present, told a story, even told a joke, then got into a presentation of his work in Washington. Carnahan stated he had supported the Cops Program, the Substance Abuse Treatment Act, and that he is a co-sponsor of Social Security Fairness Act which would eliminate the Windfall Elimination Provision (WEP) which results in lower Social Security pensions for police officers, fire fighters, teachers, and others who have a pension based on non-Social Security earnings. Carnahan also took questions from the audience. The bulk of the questions were about oil prices and gasoline which shows that the economy is still holds the attention of SLPVA members and the nation.

Frank Selvaggio, a retired Clayton police officer, is one of the hosts for the National Police Collectors' Show. Frank invited the retirees to the June 30<sup>th</sup> and July 1<sup>st</sup> show at the St Charles Convention Center and described the number and type of exhibitors and booths at the show. Admission to the show is \$5.00.

### Retiree Firearms Qualification

There was a combined March and April Retiree Qualification at the newly renovated SLMPD Range on April 14<sup>th</sup>. About 80 retirees fired. I know we all got soaked by the heavy rain but hopefully all qualified in spite of the rain. It was good to be back at our own range. The range now is concrete from the target walk to 15 yard line making it easier to clean up brass—no more looking between the blades of grass for brass. The dirt behind the targets look to be covered in asphalt and you can see shabby bits of metal lodged in the asphalt. I don't recall seeing any way to mount 2x4 "barricades" to shoot around but they may have left that for the 25 yard line and retirees don't go back that far to shoot.

Retiree Firearms Qualification is the second Saturday of the month. A reservation must be made by phone, 444-5574, and there is a limit of 40 retirees per range date.

### SLPVA Cook Out May 9th

All SPLVA members and a guest are invited to our May 9<sup>th</sup> Cook Out in Willmore Park. If you receive this Gendarme before May 9<sup>th</sup>, please consider joining the 125 or more SLPVA members who will enjoy burgers, brats, side dishes, beer, soda and bottled water for only \$5. If you aren't a member, stop by, complete an application, and enjoy the Cook Out and the good company of your fellow retirees. If the Gendarme arrives on May 10<sup>th</sup> or later, you've missed the Spring Cook Out. Mark your calendar now so you won't miss the Fall Cook Out on September 12<sup>th</sup>.

### SLPVA 80<sup>th</sup> Anniversary

The SLPVA will celebrate its 80<sup>th</sup> Anniversary at the September 12<sup>th</sup> Cook Out in Willmore Park. We're looking forward to this special event and the Cook Out will be a special occasion.

### Minutes of the April 11<sup>th</sup> SLPVA Meeting by Chris Zarbo, SLPVA Secretary

The 402<sup>nd</sup> Meeting of the St. Louis Police Veterans Association was called to order by President George Ratermann at 11:31 AM. President Ratermann led the membership in the Pledge of Allegiance. Secretary Chris Zarbo then read the prayer.

President Ratermann then introduced our guest speaker, US Congressman Russ Carnahan. Congressman Carnahan stated his office has introduced a resolution honoring SLPVA on the recent anniversary of the organization and thank everyone for all they do and have done for the community. He then told a story about a bank robbery. The point of the story was sometimes there are people out there that don't want you to pay attention to what is going on around you. But now is the time for everyone to stay awake, aware and pay attention to what is going on in our local, state and federal government.

Congressman Carnahan said that some of the things Congress had recently worked on are the Cops Program, Substance Abuse Treatment Act. Within the Transportation committee he had worked a lot with Emergency Management Services. In regards to retirees, he is the co-sponsor of the Social Security Fairness Act which would repeal the government pension offset, the windfall elimination provision that is unfair to many of our public service employees. Also, he has been working on the Health Care Issues. Congressman Carnahan then thanked everyone for their support and stated he and his office were there to assist us and feel to contact his office. He then answered a few questions from the members.

Mr. Ratermann then introduced Frank Selvaggio who spoke about the National Police Collectors Show which will be at the St. Charles Convention Center on June 30<sup>th</sup> and 31<sup>st</sup>.

Mr. Ratermann stated we

had received new membership applications from Greg Chomoga, William Bereitschaft and James Henry Jr. A motion was made by Jim Wurm, seconded by Herman Ubben to accept the applications. Motion passed on voice vote.

Mr. Ratermann then made the following announcements. The retiree qualification will be held this weekend at the department range. The Save Missouri Citizens Coalition has filed an initiative petition in Jefferson City which essentially is a City Control Bill. The Cop Out fishing tournament is the end of this month. The 9<sup>th</sup> District is having a reunion June 9<sup>th</sup>. The Police Summit is Sept 29<sup>th</sup>.

Mr. Ratermann stated he and Charlie Steele went to the Benefits Committee Meeting downtown Wednesday. The police department has re bid the health insurance and is changing carriers.

Secretary's Report. A motion was made by Herman Ubben, seconded by Mike Mosier to accept the minutes as printed. Motion passed on a voice vote.

Treasures Report was given by Mr. Ed Vaclavik. A motion was made by Jim Wurm, seconded by John Folley to accept the minutes as read. Motion passed on voice vote.

Mr. Ratermann said members Richard Quinlisk and Archie Heady Jr. had passed away and Shirley Hydar, wife of George Hydar and Jan Stika, wife of deceased member Jim Stika had passed away. Also, Kevin Kranz is under hospice care and Roger Carroll is sick.

No Old Business  
 New Business - Next month is the Cook Out in Willmore Park.

Mr. Tony Poona advised we had 94 members in attendance. There would be 9 attendance prizes awarded.

A motion was made by Dick Buehler, seconded by Steve Hobbs to adjourn. The motion passed on a voice vote. The meeting adjourned at 12:06 PM.

### Summer Meeting Schedule

May 9 <sup>th</sup>	Cook Out, Willmore Park
June 13 <sup>th</sup>	Meeting, SLPOA Hall
July 11 <sup>th</sup>	Meeting, SLPOA Hall
Aug 8 <sup>th</sup>	Meeting, SLPOA Hall
Sep 12 <sup>th</sup>	Cook Out, Willmore Park

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# POLICE RETIREMENT SYSTEM UPDATE

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

# Working Together

"The opinions of the Police Retirement System are not necessarily the same of those of the Gendarme or the St. Louis Police Officers Association"

The market has experienced a lot of gains this fiscal year with some corrections, but the PRS has realized a second good quarter. We ended the first quarter up about 4% and we're up about 8% in the second quarter. If we can maintain this pace through September, we will beat this year's target our accountant reported we need to hit in order to maintain our 66% funding level.

The various labor groups, City Hall, and PRS members have committed to meet whenever necessary to discuss the growing liabilities of the PRS and possible solutions. This group had a very successful meeting this past Friday April 27<sup>th</sup>. Among other things, all parties agreed to have their respective legal counsels meet to discuss and examine all the issues involved with the PRS switching their actuarial cost method to Entry Age Normal (EAN). Additionally, the labor groups have agreed to submit their proposals for potential pension changes to help contain costs on a short- and long-term basis.

Also at this meeting, the SLPOA asked us to clarify our proposal to change the DROP interest rate, which is part of our current legislative package. A previous version had proposed a flat 6% DROP interest return. That was changed to the current version; the DROP interest rate would be tied to a rate that equals the 10-year Treasury bill rate at September 30, plus 1%, not to exceed 6%. Further, those members currently in DROP, or

just coming out of DROP, would have a one-time option to keep the rate tied to the market, or go with the T-bill plus 1%, not to exceed 6%. In addition, the PRS Board of Trustees has discussed changing the interest paid on return of contributions for those members who leave prior to retirement to equal the T-bill plus 1%, not to exceed 6%, to be consistent with the proposed DROP interest rate. This latter change can be done as a PRS Board policy. This information will also be posted on the PRS website to clear up any misunderstanding.

In order to better educate members, we asked our actuary to prepare a study recommended by our accountant. We just received this study, which has been shared with all the various labor groups and City Hall. In it, the actuary points out that our liabilities will continue to grow to approximately \$1.31B by the 2026-2027 fiscal year. As the liabilities grow, so too may the City ARC (Annual Required Contribution). The ARC this year is \$28.5M and, if we hit our assumed rate of return of 7.75% each of the next 15 years, then the ARC will grow to \$39.3M in 2015-2016 before settling down to about \$34M thereafter through the 2026-2027 fiscal year.

Of course, if we exceed the assumed rate of return, then this all changes. The actuary pointed out if we can consistently (15 years running) earn 10% then the City ARC would peak in 2013-2014 to only \$36M and then it would come down to \$0 in the 2026-2027 fiscal year. All this is

predicated on earning that 10% each and every year between now and 2027. While this may be a hope or goal, the PRS board is bound by its fiduciary duty to act as a prudent person. Historically, we've earned 6.3% over the past 5 years. To assume we're going to earn almost double that each year for the next 15 years is not something a prudent person could accept. We have to look at what is reasonable, relying on our professional advisors (financial consultant, money managers, accountant, and actuaries, et al) to help us make decisions which are in the best interest of all the members (active and retired, widows, widowers, children, and

disabled Officers). It's a difficult task, but it's one we are not afraid to engage.

Working together, we all can develop a strategy to address the liabilities and gap in funding benefits promised to members and their families.

A copy of the report will be posted on the PRS Website for your review. Feel free to contact me or any member of the PRS Board directly if you have any questions regarding the report or any other pension related matter.

Be Safe,  
Mike Sack,  
Trustee/Chairman

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## SLPWA TRIVIA NIGHT



Join the St. Louis Police Wives for our annual Trivia Night fundraiser. Get your team of 8 together now! 1st place team gets their \$\$\$ refunded! Drinks provided, bring your own food.

\*This year we are challenging teams to decorate their own table with a theme- have fun!

July 14, 7pm

- Doors open @ 6
- \$160/ table of 8
- Register by July 11
- Mulligans available
- Silent auction, 50/50, target shoot, liquor raffle

### St. Louis Police Wives Association Annual Trivia Night Fundraiser

Held at the Police Association Hall located at 3710 Hampton Avenue, St. Louis, MO 63109. Send pymt to P.O. Box 21723, St. Louis MO, 63109

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# We Back Blue!

**PENSION CORNER**

by Tom Majda,  
SLPOA Pension Committee Chair

# Making Progress

As I reported in last month's column, the SLPOA has participated in several meetings with the Mayor's office and other interested groups to try to determine what, if any, changes need to be made to the pension system to guarantee sustainability of the trust.

These meetings haven't always been productive but I'm happy to report that I believe we made some real progress at the most recent meeting on April 27. Present at the meeting were representatives of the Mayor's Office, the PRS, the Ethical Society and the Board of Police Commissioners. Myself, Dave Bonenberger and Jeff Roorda represented the SLPOA. We were also accompanied by the SLPOA's new actuarial, Keith Kowalczyk of EKON Benefits.

Keith did a fantastic job of putting the numbers that the PRS had produced into terms that

everyone there could understand. While he disputed some of the PRS numbers, what was clear is that the system needs some help to recover from the devastating losses resulting from the contraction of financial markets over the last few years.

Having our own actuary present not only helped us to understand the numbers better, it also demonstrated to the PRS that we are willing to consider their ideas as long as they are willing to consider ours. The one thing we've made clear time and time again is that we are unwilling to support a two-tier pension system. Our actuary made some strong points for why that is not a good system and delivered convincing arguments about what other minor modifications could be made to the system to insure sustainability.

As a result, the PRS, the Mayor's Office and the SLPOA all

agreed to a meeting of their attorneys to try to work out the most complicated issue, a change to the method of valuation from Aggregate to Entry Age Normal. There are some complex legal issues that go with that prospect. Attorney Neil Bruntrager will represent the SLPOA at that meeting. Other groups were encouraged to participate as well.

The good news is, the meeting took on a much more cooperative tone and as a result

of the candid exchange of information, I feel for the first time that we may be making some real progress.

The stakes are high. As long as pension costs continue to skyrocket, deep cuts to the police budget and frozen salaries will be the norm. We now have a chance to give the police budget some relief while at the same time safeguarding the future of the pension system. I am hopeful that the parties involved will continue to work towards that goal.

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Retired SLPOA member and 36-year St. Louis 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 also conducts 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 314-612-1412 or via email at [huelsmannj@stlouisco.org](mailto:huelsmannj@stlouisco.org) to schedule a seminar and answer your fraud-related inquiries.

I'm sending "Atta Boys" to a Wal-Mart security crew and to the St. Peters Police Department. The vigilant employees provided information that led to multiple arrests by police officers on February 29<sup>th</sup>. That day, the store's security officers became suspicious when four "customers" used multiple credit or debit cards on several visits. The men would purchase various items, drop the merchandise off in a car, and then return to buy more stuff with different cards. After security called police, officers quickly located and arrested the suspects, three of whom were in the country illegally. The investigation recovered 260 credit and debit cards and \$50,000 in merchandise. Most of the stash was found in a Second District hotel where the group was staying. The seized "cards" were copies made from the account information of actual debit and credit cards that had been stolen through "skimming" devices and/or data breaches.

I interviewed St. Peters Detective Lt. Rick Gerger about this incident as well as two similar cases his department recently solved. Four people were arrested on February 8<sup>th</sup> after they used cloned cards at three St. Charles area Walgreens. The actual card holders lived in Illinois, Kentucky, New York and Louisiana. This group had 50 debit cards, 40 gift cards valued at \$10,000, and several designer handbags and watches in their possession. Lt. Gerger said the crew began their operation out of a St. Charles hotel after flying into St. Louis from Miami. They were

arrested a mere 12 hours after arrival. On March 7<sup>th</sup>, St. Peters police apprehended two other Floridians after they bought \$1200 in gift cards using cloned credit cards. Officers found over 90 credit cards, in addition to more gift cards, during a search of the suspects' Maryland Heights hotel room. All of the "credit cards" were fakes or clones. None had been physically stolen from the victims. At this time, detectives had been to determine exactly how the data was obtained from the real account holders to manufacture the clones.

The most logical explanation as to how the fraudsters obtained this private data is skimming. Skimming is often carried out when criminals put their own card reading device over the real card reader. The victim will innocently swipe their card which then electronically stores or transmits the card's data to nearby criminals who then create a copy of the credit, debit or ATM card. PIN numbers are captured by a hidden camera, phony keypads over the real one or by an observant con. The skimming device is difficult to detect, often matching the point of sales valid card reader.

The three St. Peters incidents are just local examples of a huge and growing problem. The U.S. Secret Service reports "\$8.5 billion in annual U.S. credit card and debit card fraud losses. Automated teller machine skimming alone accounts for \$1 billion in losses in the U.S. and has increased more than 68 percent in Europe. Moreover, total credit and debit card fraud losses in the United States were up 10 percent in 2010 and total global card losses have risen almost every year since 1994." Three million Americans reported being victimized by ATM skimming during 2010, each suffering an average loss of \$1,000. Europe claimed credit and debit fraud losses of \$457 million during 2010. Considering that there are 1.5 million ATM's worldwide and tens of millions of card readers at point of sales, the opportunity for skimming is vast. *Federal regulations limit the loss amount to legitimate card holders, many of whom do not incur any monetary loss from skimming. In reality, all of us are*



## Card Skimming Victimized by Credit Card Fraud? How Do You Know?

*paying the price for this and other scams by paying higher prices for our goods and services.*

Although ATM and credit cards are often cloned, Bankrate.com recently reported the four most "risky" places to use a debit card are:

- **Outside ATM machines.**

These pose a greater risk because it is easier to attach the skimming devices undetected. Bankrate suggests using ATM's inside your bank, retailer or other highly trafficked location.

- **Gas Stations.**

Like outside ATM's, skimming devices and cameras can be more easily attached to gas pumps. Paying inside the station is suggested.

- **The Internet.**

Bankrate says to avoid using a debit card online. Besides the risk of hacking, it is "impossible to know who is handling your information." Make sure you know who you are doing business with.

- **Bars and Restaurants.**

This is where you lose sight of the debit card. An unscrupulous server will swipe the card into a handheld card reader to steal its information and clone it. The data can be sold on the international black market.

Consumer Reports (CR) offers these additional tips to guard against card skimming:

- **Avoid unfamiliar ATM's.** Sometimes criminals will put "out of order" signs on an ATM, and then install their own bogus one nearby that will skim your data.

- **Cover the keypad with your hand when entering the PIN to hide it from view of hidden cameras.**

- **Use a credit card or cash at gas stations.** Card skimming at gas stations increases during summer months and is more prevalent in vacation spots. If you must use a debit card, have the transaction processed as a credit card.

The Federal Trade Commission adds these tips: Inspect card readers before using them. If anything looks loose, bent, or damaged (scratched, tape residue on it), don't use it. Gently tug on the device to see if it is

loose. Check your bank accounts frequently to promptly detect unauthorized transactions. Notify the police and the bank if you suspect a fake device is being used.

For more information, go to the websites of the FBI ([www.fbi.gov](http://www.fbi.gov)) or Federal Trade Commission ([www.ftc.gov](http://www.ftc.gov)) and type "skimming" into their search bars. Both sites are valuable resources for information on this and other frauds and scams.

### Update on Income Tax Refund Fraud

My January article dealt with fraudsters e-filing tax returns after stealing other people's identities. A recent Wall Street Journal article explained how organized groups were stealing the identities of Puerto Rican citizens, who do not pay federal income taxes, to e-file fake returns in the United States. This scam has been used for at least five years. In 2011, the IRS received numerous fake returns with stolen Puerto Rican identities that claimed a total of \$5.6 billion in refunds. Many of these returns were caught before the refund was issued, but it is estimated the IRS ended up paying the scammers \$2 billion. The article said letter carriers were recruited to intercept refund checks and were paid up to \$100 for each refund. One Bronx letter carrier was paid \$25,000 for his role in the scam. He is currently 36 months in federal prison. The IRS reports their repeated efforts to prevent this scam stopped \$14 billion worth of fake returns last year. Hopefully, we will continue to see progress in the future.

### Your Real Estate Information is a Public Record

This is not related to fraud, but concerns a recent incident involving an off duty officer whose home address was briefly released by local media. This prompted me to find how easy it is to conduct "name" searches of real estate records via the internet. Though I was unable to search by name in St. Louis City, I found I could search by name in the Missouri counties of Franklin, St. Louis County and Jefferson; and in the Illinois counties of St. Clair and Madison. St. Louis County will block name searches at the property owner's written request by submitting a special form every year (available online at:

<http://revenue.stlouisco.com/RevWebDocs/Form/Name%20Search%20Suppression.pdf>).

# The True Dangers of Being a City Cop

cont. from front pg.

## Line of Duty Deaths by US Police Agencies

1. **695** New York, NY (NYPD)
2. **489** Chicago, IL (CPD)
3. **314** Puerto Rico (PPR)
4. **252** Philadelphia, PA (PPD)
5. **248** United States Marshals Service (USMS)
6. **224** California Highway Patrol, CA (CHP)
7. **223** Detroit, MI (DPD)
8. **200** Los Angeles, CA (LAPD)
9. **186** Bureau of Alcohol, Tobacco, Firearms, & Explosives (ATF)
10. **164** St Louis, MO (SLMPD)

Data provided by the National Law Enforcement Officers Memorial Fund

## Line of Duty Deaths by States

1. **1,775** Texas
2. **1,523** California
3. **1,450** New York
4. **1,020** Illinois
5. **791** Ohio
6. **754** Pennsylvania
7. **751** Florida
8. **693** Kentucky
9. **644** Missouri
10. **632** Georgia

Data provided by the Officer Down Memorial Page

## 2010 Most Dangerous Cities

1. **St Louis, MO**
2. Camden, NJ
3. Detroit, MI
4. Flint, MI
5. Oakland, CA
6. Richmond, CA
7. Cleveland, OH
8. Compton, CA
9. Gary, IN
10. Birmingham, AL

Data provided from the FBI Uniform Crime Reporting

## 2009 Most Dangerous Cities

1. Camden, NJ
2. **St Louis, MO**
3. Oakland, CA
4. Detroit, MI
5. Flint, MI
6. New Orleans, LA
7. Birmingham, AL
8. Cleveland, OH
9. Jackson, MS
10. Compton, CA

Data provided from the FBI Uniform Crime Reporting

## 2008 Most Dangerous Cities

1. New Orleans, LA
2. Camden, NJ
3. Detroit, MI
4. **St Louis, MO**
5. Oakland, CA
6. Flint, MI
7. Gary, IN
8. Birmingham, AL
9. Richmond, CA
10. North Charleston, SC

Data provided from the FBI Uniform Crime Reporting

## 2007 Most Dangerous Cities

1. Detroit, MI
2. **St Louis, MO**
3. Flint, MI
4. Oakland, CA
5. Camden, NJ
6. Birmingham, AL
7. North Charleston, SC
8. Memphis, TN
9. Richmond, CA
10. Cleveland, OH

Data provided from the FBI Uniform Crime Reporting



## To All St. Louis Metropolitan Police Department Sergeants:

At the April 18th meeting of the Board of Police Commissioners, the Police Board made a finding that the bargaining unit for Sergeants proposed by the SLPOA was an appropriate bargaining unit with the minor modification of excluding as yet to be defined "confidential employees." Over the past seven months, the SLPOA has worked diligently toward Police Board agreement on a Sergeants bargaining unit. Now that we've accomplished that, Sergeants will have the opportunity within the next 45 days to cast their vote to select a bargaining agent. The SLPOA hopes to be elected as your bargaining agent. Here's why.

The SLPOA has a proven record of negotiating a strong collective bargaining agreement (CBA) with the Board of Police Commissioners. The bargaining agreement for Police Officers & Probationary Police Officers was an historic first contract for commissioned employees of the department that features strong provisions like: binding grievance arbitration to settle disputes of contractual provisions; binding impasse arbitration to guarantee that a neutral arbitrator has the final say on disputes concerning contractual language for future contracts; fair share fees to ensure that those that don't join the union pay for the cost of negotiating the benefits that they enjoy through the contract; a successorship clause that means that any benefits you are promised in the contract must be honored by the city if city control becomes a reality; and, full-funding of the salary matrix for PO's & PPO's. We know that Sergeants were disappointed to learn that the pay matrix was not funded for their rank, but we are confident it would have had we been allowed to negotiate a contract for Sergeants sooner. Why?

Because the SLPOA is a professional union that has a staff of labor attorneys and a full-time business manager that have the ability to negotiate and ratify strong, enforceable bargaining agreements. The SLPOA has the staff and experience necessary to administer a contract and settle disputes with management about the terms of the agreement. The SLPOA's chief labor attorney, Sally Barker, is the very same attorney who successfully argued the case before the Missouri Supreme Court that affirmed, for the first time, the rights of police officers to engage in collective bargaining. The Missouri Fraternal Order of Police calls the bargaining agreement we negotiated for PO's & PPO's the strongest police contract in the state. As an affiliate lodge of the FOP, the world's largest police union, we have the strength of a national union and all its resources behind us in everything we do on our members' behalf.

The St. Louis Police Leadership Organization (PLO) has also filed a showing of interest with the Police Board seeking to represent Sergeants. There can be only one elected representative. While the PLO has its place in advocating for the interests of middle-management in the department, it has not successfully negotiated a union contract nor is the PLO affiliated with any union that has negotiated contracts, to our knowledge. The SLPOA fought for 43 years to secure the historic first bargaining agreement for PO's/PPO's. The PLO was nowhere to be found until the SLPOA kicked down the door on bargaining rights for the rank-and-file. Put simply, the SLPOA has a proven track record of effective bargaining; the PLO has none.

Being a union is about more than simply calling yourself a labor organization. It is about representing your members strongly and fairly. It is about the strength of standing united as employees to guarantee fair treatment by management. It is about making the right decisions for your members and exercising the political influence that comes from joining together as one.

The SLPOA used its strength and resources to successfully advance Sergeant's bargaining through the Police Board. The PLO jeopardized that by filing a lawsuit over Sergeant's bargaining that could have locked the process up in court for months or even years if the SLPOA hadn't convinced cooler heads to prevail.

Let's face it, Sergeants in this department are working cops. The leadership and goals of the PLO and the SLPOA are very different. The PLO is run by white shirts; the SLPOA is run by blue shirts. It's as simple as this: What color is your shirt?

Yours in unity,  
**The Executive Board of the SLPOA**



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## HEALTH AND FITNESS

By Colleen Rossomanno  
Exercise Physiologist MS, HFS, ACSM

The weather is beautiful and everyone is exposing more skin—all the way down to those wonderful swimsuits that put fear in the lives of many people making you want to begin or even better yet—continue a fitness routine. Yet, it is also that time of year where outdoor recreation leagues begin, kids are out of school, and summer youth programs begin making the time that you have to workout even more limited than what you had before. Well do not despair—on those days that you do not have time to get your full workout in you can still get an GREAT workout in a short amount of time. Aside from injury, there are not many reasons why you cannot get a workout in during your day as long as you have at least 10 minutes to spare—which honestly nobody is anyone really that busy or that important that they do not have 10 minutes to spare!

Try these butt busting workouts when you are crunched for time. The more time you have the more repetitions you can do—which will only increase your overall caloric burn and thus working yourself closer to being in the shape you want for this summer season. All of the workouts listed below can be done at home, outside, pretty much where ever you want and without any equipment. All you need to do is go as hard as you can possibly go and do your best to perform as many reps as you can.

Remember it is short workout so **BRING IT—GO HARD—It's just 10 minutes—WHAT CAN'T YOU DO FOR 10 MINUTES.**

\*Please do not forget a 1-2 minute warm up and cool down before and after your workout routine.

### Workout #1 (The Thruster):

Squats: 15-20 reps  
Squat Thrust: 10-20 reps  
Squat Thrust with Push up: 10-15 reps  
Jump Outs: 75-100 reps  
Jumping Jacks: 1 minute  
• Rest 30 sec-1 min and repeat 3-5 times (or more if you can)

### Workout #2 (Short and Sweet)

Jog in place: 10 seconds  
Sprint in place: 20 seconds  
Push-ups: 10 repetitions  
Bicycle Crunches: 20 seconds  
• Repeat 10 times

### Workout #3 (Simplicity)

Push ups: 20 reps  
Squat: 20 reps

## 10 MINUTE INTENSE SUMMER WORKOUTS

\*Always consult your physician before beginning an exercise or nutritional program\*

Jog: 20 seconds  
Sprint: 20 seconds  
Mountain Climbers: 20 seconds  
• Repeat 6 times

### Workout #4 (Love Those Push Ups)

Squat: 10 reps  
Jump Squat: 10 reps  
Burpees: 10 reps  
Right Arm Staggered Push up: 10 reps  
Push Ups: 10 reps  
Left Arm Staggered Push up: 10 reps



Diamond Push ups: 10 reps  
Mountain Climbers: 30 seconds  
• Repeat 6 times

### Workout #5 (Kickboxing)

Forward Right Kick 20 times  
Forward Left Kick: 20 times  
Up downs: 20 times  
Back Right Kick 20 times  
Left Back Kick: 20 times  
Up downs: 20 times  
Right Side Kick: 20 times  
Left Side Kick: 20 times  
Rest 30 seconds  
Squat with Right Punch: 20 times  
Squat with Left Punch: 20 times  
Up downs with Push up: 20 times  
Back Right Kick with Punch: 20 times  
Back Left Kick with Punch: 20 times  
Up downs with push up 20 times  
Right Side Kick with Punch: 20 times  
Left Side Kick with Punch: 20 times  
Rest 30 sec  
Left Front Jump Kick: 10 times  
Right Front Jump Kick:

10 times  
Squat with Alternating Punch: 20 times  
Back Right Kick with Punch: 10 times  
Back Left Kick with Punch: 10 times  
Right Side Kick with Punch: 10 times  
Left Side Kick with Punch: 10 times  
Static Wide Squat with Rapid Upper Cut Punches: 30 seconds  
Up downs 30 seconds  
Push Ups: Until Muscle Failure  
• --Repeat if you can and have time

### Workout #7 (Jump Rope)

Jump Rope 20 seconds, rest 15 seconds-6 times  
Jump Rope 20 seconds, rest 10 seconds-repeat 8 times  
Jump Rope 1 minute  
• For a longer workout, rest 1 min and go again

### Workout #8 (Runners Go Wild)

—Either do this one on the street or just run in place if you need to stay in the house  
Jog 50 seconds, sprint 10 seconds  
Jog 40 seconds, sprint 15 seconds  
Jog 30 seconds, sprint 30 seconds,  
Jog 45 seconds, sprint 45 seconds  
Jog 1 minute, sprint 1 minute  
Jog 30 seconds, Sprint 1 minute (as hard as you can go)  
• Jog until recovered, or go again for a longer workout day

### Workout #9 (On the lighter side)

Squats: 1 minute  
Push ups: 1 minute  
Mountain Climbers: 1 minute  
Bicycle: 1 minute  
Jumping Jacks: 1 minute  
• Repeat 2 times

### Workout #10 (A little bit of everything)

Dips: 10-20 reps  
Mountain Climbers: 30 seconds  
Push ups: 10-20 reps  
Pike Thrust: 30 seconds  
V (Shoulder) Push ups: 10-15 reps  
High Knees: 30 seconds  
Plank: 30 seconds  
Football: 30 seconds  
• Repeat 3 times  
(cont. on pg. 13)

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Karen Majda, GRI



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MAKING SENSE OF INVESTING

# 10 MINUTE INTENSE SUMMER WORKOUTS

cont. from pg. 12

"Always consult your physician before beginning an exercise or nutritional program"



A couple of things:

- Repeats and repetitions are just a recommendation. It is important to listen to your own body and go at your own fitness level. Don't worry, if you go hard every time and push yourself to the max, you will get there before you know it.
- Rest intervals—TAKE THEM—they are there for a reason. It is important to rest in between these intense intervals so that you have the strength to not only go again, but so you do not compromise form. The more tired you get the harder form is to maintain—which can lead to injury. So take your rest—enjoy it—and then hit it hard once again.
- Descriptions below for some of the exercises that you may not be familiar.

**1. Squat Thrust:**

**2. Pike Thrust:** Body is in a straight arm

same position, legs stay straight and feet jump forward forming a pike and then back out to the original position forming a straight arm plank.

**3. Burpees:** Just like the squat thrust that is shown above, but instead of standing up to the beginning position, you explode up in the air and land in a squat. Then repeat the sequence—legs out—legs in—explode up—land in a squat.

**4. V (Shoulder) Push ups:** A push up completed in the Pike Position.

plank position and legs are straight out as shown in the squat thrust picture above. With an explosive movement jump feet forward causing a pike to form (an upside down V shape). Arms stay in the

Shoulders above wrists, legs straight, body bent in an upside down V position. Bending at the elbows and pressing your arms in an up and down motion.

**—Now that you know everything get out there and get going. Remember no matter how much time you have in your busy day—**

**EVERYONE HAS 10 MINUTES TO SPARE TO GET IN AN EXCELLENT WORKOUT— Now get out there and GO FOR IT!!!!!!!!!!!!!!**

\*Remember before beginning any exercise program, always consult your physician.

## ST. LOUIS POLICE SOCCER CLUB 14<sup>TH</sup> ANNUAL PIG & PAR GOLF CLASS

IC

**WHEN: TUESDAY May 29, 2012**  
Registration at 8:00AM  
Shotgun Start at 9:00AM

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Cost: \$100.00 per Golfer, or \$400.00 per Foursome  
(Limited to the first 30 teams)

**Fee Includes:** Cart and Green Fees, BBQ Holdings & Bratwurst on the course, Beer & Soda on & off course; also featuring our famous Roasted Pig Dinner immediately after golf.

**Prizes and Contests:** Closest to the Pin, Longest Drive, Skins Game, Attendance Prizes, Raffle Prizes and Silent Auction

MAKE CHECKS PAYABLE TO: **ST. LOUIS POLICE SOCCER CLUB**  
6116 Wanda  
St. Louis, Mo. 63116

If you have any questions, please contact:

Jeff Kriska (314) 540-7507	Mike Caruso (314) 304-4888	Mark Berry (314) 791-2323	Jim Joyner (314) 560-4828
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### THE JOHN J. McATEE AWARD

The John J. McAtee Police Recognition Award is presented to commissioned peace officers who have shown compassion, concern and understanding when working with persons with mental illness.

Judge David L. Dowd cordially invites you to attend the 26<sup>th</sup> Annual John J. McAtee Police Recognition Luncheon

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

*Stay Safe!*

## LEGAL CORNER

by Neil Bruntrager,  
SLPOA Attorney

# Amazing Progress

We've talked for a long time about including a column in the Gendarme featuring legal issues that impact members. While future columns will be devoted to just that, I thought it would be worthwhile in this inaugural column to talk about how far this organization has come in the 25 years that I've been associated with it as one of the SLPOA's attorneys.

The SLPOA has always been a strong alliance of police officers with common interests and common goals. The way the organization has stood-up for members who required legal assistance or come to the aid of police families experiencing some sort of crisis is a thing to be proud of. In fact, "pride" might be the single best word to describe this association.

As a group of officers that take pride in their association, the members of the SLPOA should be particularly proud of what they have accomplished over the past three years. Starting with recognition as the bargaining unit for the rank of Police Officer in the summer of 2010, this organization has realized one success story after another.

In March of 2011, the SLPOA took a giant step forward

by hiring Jeff Roorda as Business Manager. The SLPOA recognized that handling the intricacies and challenges of a full fledged labor organization required full time attention. Roorda's balance of experience in Labor-Management negotiations and the strong relationships that he brought with him from his six years of service in the Missouri General Assembly have allowed this association to move to the next level as a labor organization.

Through the Spring of 2011, I watched SLPOA leadership deal with the difficult question of Local Control. Your legislative team managed to contain efforts at local control which would have left membership at a distinct disadvantage with no voice in the process and no protection in their employment or their pension. But, despite the legislative efforts Local Control was to be placed on the ballot for a statewide initiative.

In May of 2011, the association was able to turn what could have been a bitter defeat into a major victory. Billionaire Rex Sinquefeld had filed and financed a statewide ballot initiative that

would have provided the City of St. Louis with unconditional control of the police department and would have moved new hires out of the existing police pension system. Make no mistake about it, with a billionaire financier, city control of the daily operations of the police department was inevitable. I was proud to be a part of the team along with SLPOA labor attorney Sally Barker and Business Manager Jeff Roorda that headed off the disaster that would have followed the approval of that very dangerous ballot initiative. Instead, the Mayor's Office and Mr. Sinquefeld's representatives agreed to a compromise ballot initiative that retains state authority over all of the benefits important to St. Louis Police Officers and guarantees that new hires will continue to participate and help fund the existing pension system. That the Association was able to strike a compromise that kept the pension and other benefits under state control is nothing short of amazing. But, perhaps the most amazing thing was that, in order to insure the good faith of all of the participants, the Mayor agreed to advance the Collective Bargaining Agreement which had stalled for many months with The Board of Police Commissioners.

In May of 2011, the SLPOA and the Police Board reached ratification of the Collective Bargaining Agreement for Police Officers, an undeniable milestone in the history of this association,

which was founded for the express purpose of securing collective bargaining rights for its members. Roorda and the team also secured a letter from the Mayor promising a CBA for sergeants.

April of this year brought another major victory to the SLPOA, because of the efforts of your leadership, the Police Board has determined that Sergeants will finally get a chance to elect a union representative. Much of the credit for advancing that question to a vote of the Sergeants was due to the unrelenting efforts of the SLPOA leadership and Roorda.

All of these discussions have been in the context of shrinking revenues and budgetary issues. In an effort to protect the benefits you have been promised and worked so hard for, the Association has been involved in high level negotiations with the Mayor, the PRS and other groups to try to reach agreement on structural modifications to ensure the sustainability of the pension system. The recent progress on that front is very encouraging.

This association has much to be proud of but there is nothing more worthy of the members' pride than the amazing progress of the last three years. These gains have been hard won and are due to the unrelenting and tireless efforts of so many. Members would be wise to stay the course on the road that has led them this far and served them so well.

## Sergeants Clear Big Hurdle Towards Collective Bargaining

After months of convincing by the St. Louis Police Officers Association, the Board of Police Commissioners made a determination at its April 18 board meeting to proceed with an election to determine who will represent the Sergeants as their union.

In September of last year, the SLPOA turned in authorization cards signed by 130 Sergeants, about 60% of those employed at that rank at the time. A couple of weeks later the Police Leadership Organization turned in cards from 88 Sergeants, representing less than 40%.

Under nationally accepted labor standards and a rule proposed by the Police Board, the SLPOA would have automatically been granted the right to negotiate a contract for the Sergeants due to the majority showing of interest. However, threatened litigation by the PLO quashed voluntary recognition and resulted in an eight month impasse over

Sergeants bargaining. In the meantime, Sergeants have learned that they will continue to go without funding of their pay matrix and other great benefits negotiated by the SLPOA in their landmark collective bargaining agreement for Police Officers and Probationary Police Officers.

At the April 18 Police Board meeting, the Board sided with the SLPOA and accepted the bargaining unit for Sergeants proposed by the SLPOA with one minor modification. The SLPOA was able to break the logjam on the Police Board using the resources of a strong local union with the backing of an international union, the Fraternal Order of Police, both of whom have the experience and resources to negotiate strong labor agreements.

The PLO is not a labor union in the traditional sense. It includes every member of upper management in the department including the Chief and all five Lt.

Colonels. It's unheard of for a labor union to include the very same members of management that it will have to negotiate with and settle disputes with. The PLO has no known affiliation to any labor organization. It has never negotiated a labor agreement or settled a grievance. The PLO does not have professional office staff with the experience to administer a collective bargaining agreement.

While the SLPOA was working with the Police Board to try to resolve the question of Sergeants bargaining, the PLO was busy sending letters threatening litigation which culminated with a lawsuit filed on April 9 against the Police Board. This placed bargaining for Sergeants and the benefits that go with a contract in danger of a protracted court battle. Fortunately, the SLPOA was able to convince the Police Board to move forward with the process despite the PLO's lawsuit.

Because of the PLO's success in blocking the advancement of a union contract for Sergeants in September, there will now be an election within 45 days to determine whether the Sergeants will be represented by a labor union or a management organization.

The SLPOA has made it very clear that they intend to pursue the same great benefits in a union contract for Sergeants that they were able to secure for Police Officers and Probationary Police Officers. It is unclear if the PLO has the intentions or resources to advance an agreement on behalf of the Sergeants.

The Police Board has not yet announced the date or method of voting for the Sergeants representation election. Watch for announcements in the Gendarme and the slpoa.org website for additional details as they become available.



*The Friends of Bob Foundation Memorial Scholarship*

On August 8, 2000, Police Officer Bob Stanze was fatally shot while apprehending a suspect wanted for the shooting of another area police officer. Police Officer Stanze left behind a young son and his wife who was pregnant with twins. This scholarship program has been started to assist other St. Louis City Police Officers with the cost of private grade school and high school tuition. Grade school scholarships are in the amount of \$500 and high school in the amount of \$1000.

**Scholarship Guidelines:**

- \* The student must be the child or legal dependent of a current St. Louis City Police Officer.
- \* The child must be attending a private grade school or private high school.
- \* Children of the Friends of Bob Foundation officers and selection committee members are not eligible.
- \* For grade school scholarships the child must be entering into grades 4-8 in the following school year and complete a 400-800 word essay on the topic below.
- \* For high school scholarships, the child must be entering into grades 9-12 in the following school year and complete a 500-1000 word essay on the topic below.
- \* Students are only eligible to win once in each category (one grade school, one high school scholarship).

**Grade School and High School Question:**

Describe the life and sacrifice of any St. Louis area Police Officer (excluding Bob Stanze) who was killed in the line of duty. Describe how his sacrifice affected the community, his co-workers and loved ones.

All essays must be postmarked by July 1, 2012 and must include a completed application form and a copy of the student's most recent report card. Please mail applications to:

The Friends of Bob Scholarship Program  
6233 Rhodes Avenue  
St. Louis, MO 63109

**FRIENDS OF BOB FOUNDATION SCHOLARSHIP APPLICATION FORM  
(Please Print)**

1. Name of student (First, middle initial, last) \_\_\_\_\_
2. Address \_\_\_\_\_
3. Phone \_\_\_\_\_ Email \_\_\_\_\_
4. Date of Birth \_\_\_\_\_
5. Identification of parents or legal guardian:
  - a. Father's name \_\_\_\_\_ Present Address \_\_\_\_\_  
Occupation \_\_\_\_\_
  - b. Mother's name \_\_\_\_\_ Present address \_\_\_\_\_  
Occupation \_\_\_\_\_
6. Identification of School scholarship is intended for:
  - a. School name \_\_\_\_\_ School address \_\_\_\_\_  
School Principal's Name \_\_\_\_\_ School phone number \_\_\_\_\_  
Grade student is currently in \_\_\_\_\_
7. Have you been awarded any other scholarship? If so, from whom? \_\_\_\_\_

PLEASE INCLUDE A COPY OF THE STUDENT'S LAST REPORT CARD

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Mail application and essay to:

FRIENDS OF BOB FOUNDATION ATTN: SCHOLARSHIP COMMITTEE, 6233 Rhodes Ave. St. Louis, MO 63109

DEADLINE: July 1, 2012

Scholarships will be handed out at the Bob Stanze Memorial Mass on Wednesday, August 8.

# FRATERNAL ORDER OF POLICE UPDATE

By Kevin Ahlbrand, President  
Missouri Fraternal Order of Police  
Visit the State Website: [www.mofop.org](http://www.mofop.org)  
Visit the Nation Website: [www.fop.net](http://www.fop.net)



# Go with Proven Experts

Although public sector unions are currently under attack all across the country, this is certainly an exciting time for police labor in Missouri. With the 2007 decision of the Missouri Supreme Court, which affirmed that the Missouri Constitution gives all employees the right to bargain collectively, the Missouri FOP hit the ground running.

Prior to the '07 decision, the FOP successfully bargained contracts for 4 police or sheriff departments throughout the state. Since the decision, the number has grown to 16, including Kansas City officers and sergeants and we are in the process of numerous others. Additionally, full time FOP lodge 15 attorney Greg Kloepfel has successfully argued cases up to

the Supreme Court level on recognition cases, specifically Chesterfield and University City.

Why should sergeants choose the SLPOA/FOP over the SLPLO/NAPO? In addition to the training and experience SLPOA labor committee has attained, they are backed by the experience and knowledge of the Missouri State Lodge and the National Lodge, which has a full time labor services office. NAPO (National Association of Police Organizations) has no state organization and the national office of NAPO does not do any labor or offer any labor services. Additionally, the SLPLO is affiliated with the Missouri Police Chief's Association and the International Association of Police Chiefs, the folks who sit on

the "other side of the table."

The national FOP can and has brought on site training to St. Louis and other parts of Missouri, on a myriad of labor issues including basic and advanced bargaining. Missouri FOP executive vice president Rick Inglima (Sgt. from Lee's Summit PD) sits on the national FOP labor committee, a testament to his expertise in bargaining and labor issues.

Most people do not realize that there is a distinct difference between attorneys who specialize in public sector labor law (actual bargaining and handling grievances) and those who handle police disciplinary cases. Although he may be a capable police discipline lawyer, I do not believe the attorney the

SLPLO retained has bargained any contracts. SLPOA/FOP attorney Sally Barker has bargained countless public sector union contracts.

So, in addition to the experience and knowledge the SLPOA already has and the retention of labor expert attorney Sally Barker, we can fall back on the expertise and assistance of the Missouri State Lodge and the national FOP labor services division, all as an included benefit of our membership.

I believe the choice is a simple one. Go with the proven experts, who have the backing of the largest police organization in Missouri and the world. The Fraternal Order of Police.

## Delta P<sup>®</sup>; A Philosophy of Ethics and Professionalism cont. from pg. 5

philosophy within law enforcement.

The change was so significant at this particular time due to the generational change in officers, increased concerns regarding training liability and widespread use technology

particularly video, both of the citizens and department.

**Delta P** addresses this deficit. It is intended to subvert the acceptance of a standard, for any law enforcement agency or individual of mediocrity in mind, body, spirit and performance with

a direct personal challenge. It also creates a grass roots approach to change over the long term by creating a career buy in. For the new recruits and tenured officers this is a philosophical and psychological career development program.


As I present it in the classes, this is a core responsibility; for us to take responsibility for each other and lead by example. I challenge these officers who accept the responsibility to network with and support each other.

The committed officer wears their badge according to the Police Manual, above the left breast pocket. Many officers thoughtlessly wear their badge as it sits when placed through the stitched holes the manufacturer of the shirt provides. This places the lower portion of the badge over a portion of the left breast pocket. For those committed this is a lesser standard and they aspire to a higher standard of appearance, performance and duty. They wear their badge at a higher standard always to be found above the pocket. They will also typically be identified by their attention to their uniform

and appearance and hopefully by the wearing of the garrison cap rather than the travesty of a baseball cap. This not only allows them to recognize and seek out each other but serves as a reminder to their commitment each time they choose to place the badge where they want it on their chest and not simply where the holes already existed; leadership rather than following.

While this is just a visual representation, these officers are obvious if they work for or with you. Their leadership, performance and diligence in fulfilling their duty and their personal behavior, based on core values and absolute accountability will be obvious.


The intent of the **Delta P** philosophy is to increase officer safety and improve the professionalism of law enforcement by helping the individual raise their personal and professional expectations of themselves. The philosophy will also create a peer supported environment that fosters the personal growth of the committed officer.



St. Louis Police Athletic League  
P.O. Box 13225  
St. Louis, MO 63157

### "The Hero's Run"

Hosted by: The Police Athletic League & The St. Louis Track Club



Run with St. Louis Police and Law Enforcement Officers from the Greater St. Louis Area and show your appreciation for their support of running and walking while supporting the St. Louis Police Athletic League.

Date/Time:	Saturday, June 16, 2012	5K Adult Run (11 & Over)	- Run starts at 8:00 a.m.	12 - Mile Youth Run (13 & Under)	- Run starts at 8:15 a.m.
Hosted by:	The St. Louis Police Athletic League and the St. Louis Track Club				
Packet Pick-up:	Pre-registered Participants:	Packets may be picked up Friday, June 15 9a.m. -12 noon at the St. Louis Track Club, 4158 Southwest Ave., 63139.			
	All Participants:	Packet pick-ups will be from 7 - 8 a.m. on race day at The Upper Murry Parking Lot - Forest Park.			
Courses:	5K Run/Walk (3.1 Miles)	Start and finish at The Upper Murry Parking Lot. Loop course through newly renovated Forest Park. Miles will be marked using USATF standards and water will be available on the course. Loop course around the Upper Murry parking lot.			
	12 - Mile Youth Run	Commemorative shirt to all entrants. Sizes based on availability.			
Shirts:	5K Run/Walk	<ul style="list-style-type: none"> <li>• Individual: \$15.00 if postmarked by 6/9/12 - \$18 after 6/11/12</li> <li>• Family: of 3 \$40.00 if postmarked by 6/9/12 - Not offered after 6/9/12.</li> <li>• Race Day Entry: \$20.00 for all.</li> </ul>			
Registration Fees:	12 - Mile Youth Run	<ul style="list-style-type: none"> <li>• Individual: \$7.00 if postmarked by 6/10/12 - \$9.00 after 6/10/12.</li> <li>• Race Day Entry: \$10.00 for all.</li> </ul>			
	Shirts:	*SLTC members may deduct \$5 from individual race fee or \$10 from Family. **SLTC members may deduct \$1.			
Registration Options:	Mail-in Form	Fill in the form below and mail to the St. Louis Track Club.			
	Online Registration	1) Go to <a href="http://www.active.com">www.active.com</a> 2) Click the "Individual sports" icon 3) Type "Hero's Run 5K Classic" and follow registration instructions.			

FOR INFORMATION CONCERNING REGISTRATION OR TO VOLUNTEER, PLEASE CALL ANY OF THE FOLLOWING NUMBERS:  
THE ST. LOUIS TRACK CLUB AT 314-781-3926  
THE ST. LOUIS PAL OFFICE AT 314-444-5967, 5968 or [jaloftin@slmpd.org](mailto:jaloftin@slmpd.org)

---

MAIL-IN REGISTRATION FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

CIRCLE GENDER:    MALE    FEMALE

EQUAL ADVERTS:

\* Team registration allowed (teams of 3 only). A registration form must be completed for each team member. Attach all forms together and send with payment.

Circle Race Entered:	5K Run/Walk	12 - Mile Youth Run	Circle Division Entered (mark inside one):	Open	Law Enforcement
Circle T-shirt Size:	Adult: S M L XL XXL		Kids: S (4-6)	M (10-12)	L (14-16)

\* Make checks payable to: St. Louis Police Athletic League

\* Make checks payable to: St. Louis Police Athletic League

MAIL TO: St. Louis Track Club, 4158 Southwest Avenue, St. Louis, MO 63139

SIGNATURE (PRINT OF RUNNER IS): \_\_\_\_\_ DATE: \_\_\_\_\_

A DONATION(S) TO PAL FOR ONE OR MORE OF THE FOLLOWING IS ENCLOSED. PARTICIPATION IN THE RUN/WALK IS NOT REQUIRED:

PROMOTER A LOGO (\$100.00)	\$ _____
LOGO ON T-SHIRT (Please Enclose Logo or Contact PAL for Details) (\$500.00)	\$ _____
OTHER (All Donations to PAL are Tax-Deductible)	\$ _____

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- Equinox
- Tahoe
- Avalanche
- Silverado



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Father of a Police Officer



Jonathan Hegger  
Son of a Police Officer



Sam Ventimiglia  
Former Police Officer

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**(618) 281-5111**  
**1-800-784-1155**

(Pre-owned cars also qualify for \$100 Backstoppers donation)

\* Or Invoice, whichever is lower

*Happy Mother's Day*



**SWAT VS The World**  
**100 Innings for the Lima Kids**

**Where:** Forest Park Aviation Fields  
**When:** June 9, 2012, 8:00am-?  
**For:** All proceeds to the children of the fallen heroes of **Lima Co. 3/25**  
**\$250 per Team for 10 Innings**



- Teams will inherit whatever score has been tallied by the team(s) playing ahead of them
- 10 teams will be scheduled in 90 minute increments to play SWAT for 10 innings each, first scheduled at 8am the last team will play around 11:30pm.
- 14 players max per team, attendance prizes for players
- Co-Ed teams are welcome though we cannot guarantee SWAT will have females on the field at all times
- Concession Stand will be open with a portion of all proceeds going to the Lima Kids (BYOB is **NOT** allowed by the City Parks Division)
- This will be a **wood bat** 100 inning softball game
- Contact Brian Rossomanno at 314-574-9281 or by email at [brossomanno@slmpd.org](mailto:brossomanno@slmpd.org) to register
- Visit [www.alwaysbrothers.org](http://www.alwaysbrothers.org) for more information about the Lima Kids.



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# CHAPLAIN'S CORNER

By Clarence Hines

## A Police Officer's Faith

*"Truly I tell you, with no one in Israel have I found such faith" (Matthew 8:10)*

I have often marveled at the sense of calling and inner strength one must have to be a police officer. In a reflective sense, having recently retired, I am even more enamored with law enforcement and what drives lawmen to a sustained commitment of service to a community. Certainly there has to be something else that drives police officers day after day to risk life and limb to fulfill the call to protect and serve.



Clarence Hines

I believe what drives most lawmen is the sense of something greater; a call and a divine pull to fulfill the creational mandate of Justice, established by our creator, Almighty God. Maybe most of us cannot explain it but in a very real sense, we feel the yearning to hold others accountable for breaking the law. For most of us whether active or retired, this is (was) so much more than a job. It has to be; it's the only thing that makes any sense. In spite of the inherent dangers of doing the job and the many departmental and personal obstacles that are ever present, there is the dedicated lawman day after day pursuing his love affair with justice and mercy. In spite of the fact that the pay matrix has been frozen and there have not be raises in years, officers still show up day after day with the same zeal and professionalism. Two questions immediately come to mind and they are "how" and "why"?

I think the answers to these questions are actually quite simple. First I believe God strengthens the lawman through common grace to be able to fulfill the requirements of such a demanding profession. That should give us incredible hope

knowing the Creator of the universe is with us in spirit and truth. As to why we do it, I believe for most lawmen there is an awareness (maybe even subtle for some) of the awesomeness of being Gods ministers of Justice. We can sense and internal call to something greater, something profound. We feel the deep sense of obligation to care for and help others, even a community that sometimes is less than appreciative of how hard we work at keeping them safe.

I would like to assert something here but it is a belief of mine and has no real biblical basis. I believe there are a few police officers who become police officers but they realize it is not really for them and it becomes a job. They either burn out or leave the job or they may stay because of job security. I also believe there those who have been chosen, shaped and molded by the hand of God himself to be police officers. The called officers embody and embrace a call to service and an internal faith in the call to be Gods agents of justice.

Still, there is no way around it; this job can be physically and emotionally devastating on so many levels. My prayer is that officers will have enough faith to believe they can approach God when they are troubled and hurting. Sometimes life happens and things can become quite difficult for even the most seasoned of lawmen. Where do we turn when our lives are in shambles and we struggle with things like fear, anxiety, self doubt, addiction and

divorce?

God knows police officers have their own little quirky ways of doing things. He knows we spend most of our time being generally suspicious of others. I think he spends time laughing at how uptight we can be. He made us, knows all about us and wants desperately help us live balanced lives that is rooted in faith to God, love to family and service to community.

I want to leave you with 7 key components of a police officer's faith. If you don't have them all right now it's okay. Pray and ask God to help you to develop your faith and he will. I believe it will help to make you a more complete officer and an even better person.

1. Faith in knowing that no matter how much we sacrifice, God has already sacrificed more in sending his son to die for us.
2. Faith to believe God gave up what he loved to open the door for lawmen to approach him in prayer by faith.
3. Faith that in the end, our service has eternal value and all of the sacrifices will be worth it.

4. Faith to reach out to the many available resources (PAS, Chaplains, Post Trauma Counselors) for help, knowing that God is working through them to heal us, give us comfort and peace.

5. Faith to believe that law enforcement is an integral part of Gods ongoing redemptive plan. God is actively working through the lawman and on our behalf to accomplish his divine purposes, even when it doesn't appear he is.

6. Faith to approach God, not based on how good we have been but because God is good and wants to be good to us, his agents of justice.

7. Faith to believe that Gods will shall be done in Law Enforcement and the community. We pray to that end.

**May Gods grace and peace always be with you.**

Clarence Hines  
(Sgt, SLMPD, RET.)  
cehines777@yahoo.com

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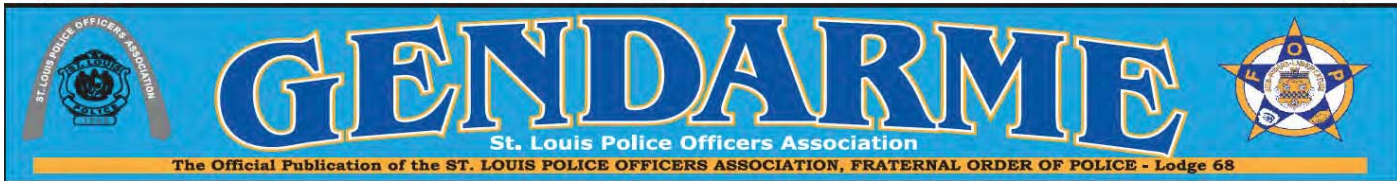
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MAY 2012						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 SLCPD UNIFORM DAY MO FOP CANDLELIGHT VIGIL	5 MO LEOM SERVICE
6	7	8	9 WILL PREPARATIONS @ POLICE LIBRARY VETERAN'S MTG 11AM POLICE WIVES MTG 7PM	10 BACKSTOPPERS ANNUAL DANCE	11 PAYDAY BACKSTOPPERS ANNUAL MEMBERSHIP DINNER-MEETING	12
13 NLEOMF POLICE WEEK <i>Mothers Day</i>	14 NLEOMF POLICE WEEK	15 NATIONAL PEACE OFFICERS MEMORIAL DAY	16 BOARD OF POLICE COMMISSIONERS MEETING 9:30 AM MHA JOHN MCATEE AWARD	17 SLMPD POLICE MEMORIAL BREAKFAST	18 NLEOMF POLICE WEEK	19 SLPWA WINNERS BRUNCH NLEOMF POLICE WEEK G&H LINGARD BASKETBALL BENEFIT
20 ANNIE MALONE PARADE	21	22	23 WILL PREPARATIONS @ POLICE LIBRARY	24	25 PAYDAY	26
27	28 	29 PIG N PAR GOLF CLASSIC	30 GENERAL MEMBERSHIP MEETING	31		

JUNE 2012						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 MCS GOLF TOURNAMENT	2
3	4	5	6	7	8 PAYDAY	9 100 INNINGS FOR LIMA KIDS GUNS & HOSES 5K MUD RUN
10	11	12	13 VETERAN'S MTG 11AM POLICE WIVES MTG 7PM	14	15	16 PAL HERO'S RUN
17 <i>Fathers Day</i>	18	19	20 BOARD OF POLICE COMMISSIONERS MEETING 9:30 AM	21	22 PAYDAY	23 SANDY BADGES VOLLEYBALL
24	25	26	27 GENERAL MEMBERSHIP MEETING	28	29	30 NATIONAL POLICE COLLECTORS SHOW

JULY 2012						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NATIONAL POLICE COLLECTORS SHOW FRIENDS OF BOB SCHOLARSHIP DEADLINE	2	3	4 <i>HAPPY BIRTHDAY America</i> INDEPENDENCE DAY	5	6	7
8	9	10	11 VETERAN'S MTG 11AM POLICE WIVES MTG 7PM	12	13 JOHN PERRY BENEFIT GOLF TOURN. PAYDAY	14 SLPWA TRIVIA DO THE RIGHT THING TRIVIA
15	16	17	18 BOARD OF POLICE COMMISSIONERS MEETING 9:30 AM	19	20	21
22	23	24	25 GENERAL MEMBERSHIP MEETING	26	27 PAYDAY	28
29	30					

National Law Enforcement Officers Memorial Fund (NLEOMF) [www.nleomf.org](http://www.nleomf.org)  
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# Join us for Trivia Night



**WHERE:** Bishop DuBourg High School  
5850 Eichelberger, St. Louis, MO 63109  
At the corner of Hampton and Eichelberger!

**WHEN:** Saturday July 14<sup>th</sup>, 2012  
6:00pm Doors Open/7:00pm Start Time

**COST:** \$15.00 per person/  
Tables of 8 (\$120 per table)

~Includes beer, soda, & snacks~



Join us for our Fifth Annual Trivia Night! All proceeds go to celebrating and recognizing the great things that our area youth are doing!

**PRIZES AUCTION 50/50 Raffles**

~Come out and Join us for some FUN! ~

Reservations are now being accepted for teams. Each team of 8 will be paid in full (\$120.00) prior to the start of the fun!

For more information contact:  
Tracy at [tmhallquist@slmpd.org](mailto:tmhallquist@slmpd.org)  
Or go to [dotherightthingstl.com](http://dotherightthingstl.com) or

[www.facebook.com/dtrt.stl](http://www.facebook.com/dtrt.stl)

Mail this reservation slip to:

Tracy Hallquist at

Central Patrol Special Operations 919 N. Jefferson St. Louis, MO 63106

### Team Information

Name \_\_\_\_\_ Team Name \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address City State Zip Code

Phone: ( ) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Team Members: \_\_\_\_\_

Make checks payable to Do The Right Thing

Do The Right Thing | 1200 Clark | St. Louis, MO 63103 | Or go to [dotherightthingstl.com](http://dotherightthingstl.com)

The hosts of the annual Gateway Police Collectors Show welcome you to the

# 2012 National Police Collectors Show



"The premier annual event for collectors of all types of police memorabilia"

**Saturday June 30<sup>th</sup> (9AM – 5PM)  
& Sunday July 1<sup>st</sup> (9AM – 3PM)**



**Set up Friday June 29<sup>th</sup>**  
(hall reserved for table holders only)



**St. Charles Convention Center**

**One Convention Plaza, St. Charles, Missouri 63303**

St. Charles is a suburb of St. Louis and is located at Hwy. 70 and the Missouri River

The Embassy Suites Hotel is our host hotel and is located within the

**St. Charles Convention Center Complex**

(For special room rates and reservations go to the web site listed below or call 1-636-946-5544)

*The 2012 National Police Collectors Show will feature 300 tables that will include World Class Displays of Historic and Modern Law Enforcement Insignia & Patches, Badges, Toys, Memorabilia, Specialty Shirts, License Plates, Collectibles, Uniforms and more*

Your show hosts are Frank Selvaggio, Bob Shockey, and Don Magruder  
For show information, table reservations, and hotel link visit our web site at

**[www.2012nationalpolicecollectorsshow.com](http://www.2012nationalpolicecollectorsshow.com)**

\*Collectors of Fire Department Memorabilia are Welcome\*



**SATURDAY JUNE 9TH, 2012**

*Suck It Up and Compete in a New Guns & Hoses Challenge!*  
**5K OBSTACLE COURSE MUD RUN**

**Exclusive Guns & Hoses Wave at 5:30PM**

**FREE to the first 100 Police or Fire Fighters to register**

Contact us at [info@attivoevents.com](mailto:info@attivoevents.com) for all the details.

Team up for Tug-O-War, Mud Jousting and the Pull Up Challenge!  
Then stick around for the Post-Race Party Beer, Bands and Bragging Rights!

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## 11<sup>TH</sup> ANNUAL MCS GOLF TOURNAMENT



*Major Case Squad  
of Greater St. Louis*

**Friday, June 1, 2012**  
**The Golf Club of Florissant**  
**52 Country Club Lane**

- Door Prizes
- Lunch
- Beverages
- Longest Drive
- Closest to the Pin
- Silent Auction



Proceeds of the tournament to benefit the Major Case Squad of Greater St. Louis

**\$90.<sup>00</sup> per Golfer**  
Four-Person Scramble Format

**TIMES**  
Registration 11:00 a.m.  
Shotgun start 12:00 p.m.

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Contact Det. Carrie Brandt  
Chesterfield Police Department  
636-537-3000  
for more information

Mail check(s) and registration form to:  
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