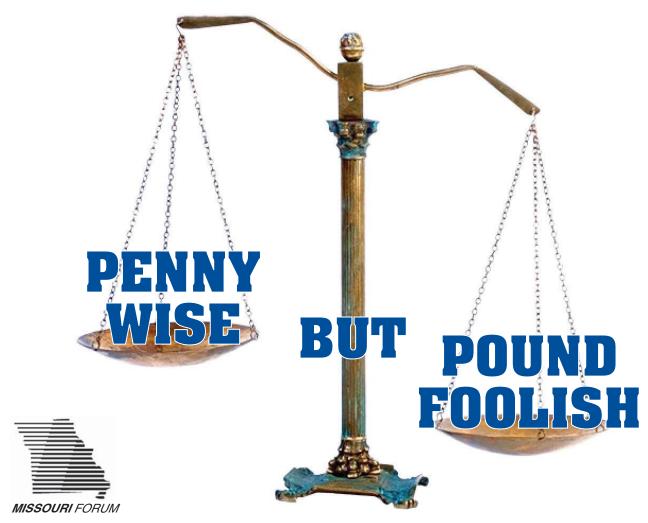
The Official Publication of the ST. LOUIS POLICE OFFICERS ASSOCIATION, FRATERNAL ORDER OF POLICE - LODGE 68

Vol. 40 No. 8 Visit Us on the Web at www.slpoa.org OCTOBER 2010

# PROPOSITION A:



By M.W. Guzy

Things that seem too good to be true usually are. Nobody likes to give their money to the government. Appealing to that sentiment, Proposition A will be featured on the ballot this November, seeking to outlaw earnings taxes across Missouri. Presently, only St. Louis and Kansas City levy such a tax.

At first blush, the measure appears to be a reasonable effort to limit the reach of the tax man. Further analysis, however, reveals that this seemingly innocuous initiative would have dire consequences for all Missouri residents. To understand why, consider the case of St. Louis.

The earnings tax was instituted here in 1954 to prevent property tax rates from spiraling out of control. Under the current arrangement, people who live or work in the city pay 1 percent of their income and employers pay a half percent of their payroll to fund public safety operations. The tax generates 39.2 percent of the city's revenue.

If these revenues were lost, St. Louis would have to drastically curtail police, fire and ambulance services or make up the budgetary shortfall elsewhere. Either alternative would have devastating impacts on city residents and the surrounding metropolitan area.

If property taxes were raised to compensate for the deficit, they would increase to about 4.4 times the current rate. A homeowner who now pays \$1,200 annually in property taxes would see his or her bill inflate to 5,280 — raising their mortgage payment by an additional 340 per month.

If that homeowner earns \$50,000 per year, he or she pays \$500 annually in earnings tax — or \$9.62 per week. It would thus cost that homeowner \$4,080 per year in property tax to save \$500 in income tax. Rents would be correspondingly inflated as landlords passed this additional burden onto their tenants.

To compensate for the lost revenue through sales taxes, the tax on retail sales would rise to roughly 18.5 percent. This would destroy city merchants. Who would shop in St. Louis when they could get the same goods and services elsewhere for almost 10 percent less?

The earnings tax is an equitable way to fund the vital services upon which residents and visitors to the city rely. San Francisco, Chicago, Philadelphia and New York are among the major cities in other states who levy similar taxes, usually at a significantly higher rate.

If St. Louis and Kansas City were to be crippled by the loss of this critical revenue, they would have to turn to our already financially-strapped state for relief. Suburban and rural residents would thus be called upon to fund operations that are presently self-sustaining.

Further, the measure would take taxing decisions for all municipalities from local authorities and place them under state control. Communities would be barred by law from determining how best

to fund their own operations.

Supporters of Proposition A claim that a repeal of the earning tax would spur economic growth in the inner cities. This is simply not true.

Existing businesses would save the half percent payroll tax they currently pay, but that windfall would be more than offset by higher taxes on the property they own or inflated rents on the property they lease. Businesses from outside the cities would hardly be lured to them by the prospect of higher rents just to save on a tax they don't pay in the first place.

The only people who would reliably profit from the repeal are real estate developers and speculators who have been granted tax abatements on their urban holdings and corporate CEO's and professional athletes who could pocket an additional 1 percent of their salaries and bonuses. These fortunate few could bank their bounties while the rest of us figure out how to pay for police, fire and ambulance services for them.

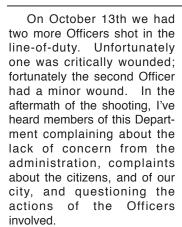
The simple fact is that the proposed "tax cut" is a crackpot pipe dream of supply-side economics that would do for local government what its broader application at the federal level has done for the national debt.

Guzy is a retired St. Louis cop who currently works for the St. Louis City Sheriff's Department.

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# From the President

**By Tom Walsh** 



The fact of the matter is that we, as Police Officers, are always seconds away from a potential life threatening situation, whether it is our lives or others. We, as Police Officers, came onto this job knowing that reality. We, as Police Officers, know that at times we are going to be in a perilous situation whether on our own, as partners or as a group. This is simply a part of the nature of working as a Police Officer.

Those who constantly complain whine and want to assess blame for situations that are beyond anyone's control need to understand that this is a disservice to those of us Police Officers who are



here to be Police Officers.

The fact of the matter concerning the October 13th incident is that it happened. The Officers were being productive, proactive Police Officers, something all of us should strive to be. Through no fault of the Officers or anyone else, with the exception of assailant Kim Cobb. an unfortunate situation occurred and two Officers' lives were placed in jeopardy; in our profession it happens. One Officer was gravely wounded and his partner reacted; wounding Cobb and then, with the help of others, got his partner to the hospital; saving his life. Police Officers, city wide, converged on the area and Cobb was arrested, witnesses secured and scenes protected. What extraordinary acts of professionalism by all involved.

The only person to blame is Kim Cobb. Cobb chose the way to live his life. Cobb made the decision to unlawfully carry a gun. Cobb made the decision to escalate an otherwise routine situation and shoot two Police Officers. Cobb caused this situation to happen; NO ONE ELSE.

This is a fact that is often

forgotten when we Police Officers affect arrests or become engaged in critical incidents. The offender chooses to escalate the situation and we Police Officers take the steps necessary to bring the situation under control. This is also a fact that some, inside our Department and elsewhere. shamefully like to exploit.

We, as Police Officers, from the youngest Officer to the oldest Officer, from the lowest rank to the highest rank, must redirect our focus and become one Police Department. A Department that looks to protect the good citizens of this city, which is the vast majority of this city. We need to do what we, as a Police Department, can do to eradicate the dregs of society from this city; by whatever lawful means.

The "blame game" that takes place within our Police Department, from the file to the rank and the rank to the file. needs to end. The bickering that takes place within our Police Department needs to end. We, as a Police Department, have enough to deal with from the scum of this city; not to mention City Hall itself.

#### **LOCAL POLITICIAN CONTROL**

We must come out in force and vote "NO" on Proposition L on November 2nd. Proposition L is the ruse the city politicians

Continued on page 3

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The <u>Gendarme</u> 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.

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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 neans. As a labor organization the Association shall endeavor to achieve Collective Bargain ing with Binding Arbitration." (Preamble of the Association's Constitution and By-Laws)

#### **PRESIDENT**

Continued from page 2

have placed on the ballot to influence the citizens of our City. City politicians call it "Local Control"; we refer to this sham as "LOCAL POLITI-CIAN CONTROL". As usual the city politicians are attempting to deceive the residents of this city, claiming they need control of the Police Department to better manage it, make it more accountable. One needs to look no further than what our city politicians are doing to the Fire Department to see what a catastrophic effect "LOCAL POLITICIAN CONTROL" would have on our Police Department.

Thirty-Nine (39) elected city politicians, five more than the number of State Senators that oversee the entire State of Missouri, would mean constant interference within our Police Department. One Mayor, one President of the Board of Alderman and twenty-eight aldermen would add thirty Chiefs of Police to the Police Department.

Even with the financial constraints the city politicians have placed on the Police Department, we have performed admirably serving and protecting this City.

City politicians continue to blame our Pension System and the Firefighters Pension System for the financial woes of the City. Apparently we are to blame for the abundance of tax abatements and tax incentive financing handed out by city politicians that has help caused the City's revenues to fall.

City politicians apparently believe the residents of this City are not capable making intelligent, educated decisions. The city politicians continue to intentionally misinform the citizenry. The city politicians continue to create controversy that is not there. Recently, to advance the need for "LOCAL POLITICIAN CONTROL" Mayor Slay's claim that the Police Department was deflating the crime statistics reported to the FBI; trying to misrepresent the reduction in crime in the City. Such behavior wouldn't happen if "LOCAL POLITICIAN CONTROL" was in place. The Mayor made a point of making this a major issue in the media. When the media was informed that the Police Department merely follows the guidelines established by the FBI, the Mayor backtracked and blamed the Police Department for failing to notify him there had been a change in the tabulation of crime. That this lack of communication about these crime statistics, which are reviewed at every Police Board meeting, which by the way the Mayor attends, was intention-The funny aspect of this whole crime statistic topic is that on a 2009 survey, based on crime statistics published by the FBI, the City was rated the second most dangerous city. The Mayor cried foul and claimed our crime statistics had been misrepresented or inflated by the surveyors.

The Mayor and his Chief of Staff, Jeff Rainford, are masterful, or at least believe they are masterful, at spinning topics to their advantage. The Mayor and the Chief of Staff apparently believe the residents of our City lack the intelligence to recognize their shameless attempts to manipulate situations.

## **EARNINGS TAX**

Proposition A is a state wide vote to eliminate the Earnings Tax collected by cities. Since this is one-third of our City's revenue I am at a loss as to why the Mayor has not come out against Proposition A. In fact, by his own admission he welcomes the vote. At this juncture, without any plan to replace the revenue which the Earnings Tax raises. I don't see any other option than to vote "NO" on this proposition.

Elimination of the Earnings Tax, will only put the more burden on the backs of the citizens of our City; likely meaning higher Real Estate and Personal Property Taxes. If the Mayor does have a plan than let's hear it so we, the citizens that live in and visit this City, can make an informed decision on his proposal.





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John Isbell



Jonathan Hegger



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# Veteran's Corner

By George Ratermann, SLPVA President

St. Louis Police Veterans' Association— Web: www.slpva.com Email: mail@slpva.com Monthly Meetings: 2nd Wednesday of the Month — 11:30 a.m., SLPOA Hall



#### **Health Insurance Lawsuit**

It looks like there is finally some movement in the Health Insurance Lawsuit. The administrator received all the claims that were submitted by SLMPD retirees. Unfortunately, she had to sort out the claims from those not in the class action.

The City mailed out claims forms to all retirees, even those not in the class. To be included in the class action a retiree had to be retired for all or part of the time period between July 2006 and October 2008 AND had to under 65 years of age for all or a portion of that same time frame.

Now that the administrator has put together a list of all eligible class members, the process of distribution of the funds can begin. The administrator must prepare the list of eligible retirees and the amount they are entitled to and present that to the judge. Once the judge approves the list the checks can be printed and mailed.

Time frame - if no more problems present themselves, we should be looking at something in our mailboxes in the next few weeks.

## **Autumn Meeting Schedule**

Summer is ending and we are now into our fall meetings our next meeting is November at the SLPOA Hall on the 10th at 11:30 AM.

Our November 10th meeting will celebrate the Thanks-

giving holiday and we'll have our traditional holiday meal after the meeting.

Likewise our December 8th meeting will be in the Christmas holiday spirit and will have a Christmas lunch theme. Spouses and guests are welcome at our November and December meetings.

Members may bring a spouse or a guest to November 10th Thanksgiving meeting and to the December 8th Christmas to join in the festivities and the holiday meals. The cost for lunch is \$5.00 per person.

# New Range Dates for Retiree Firearms Qualification

The SLMPD has arranged for new range dates for Retiree Firearms Qualification. The final two dates are November 6, & December 4. Location: Cahokia Range, 602 Levin, Cahokia II 62206 Call the Armory at 444 5630 to reserve a space. More signup information, maps and directions to the range are on the web: http://slpva.com/newrange-dates.html

## S 1132 Signed by the President

S 1132 moved through the US congress very quietly. S 1132 amends the Law Enforcement Officers Safety Act of 2004 and may allow more former officers to carry a concealed weapon. S 1132 was passed by the Senate and

House and went to the President on September 30 for signature or veto. As the Gendarme went to press the FOP notified its members that the President signed the bill on October 13th and will become law. More information on the bill can be found in the summary below or on-line.

The following summary was written by the Congressional Research Service, a well-respected nonpartisan arm of the Library of Congress (summary found on GovTrack). Items 3 and 4 in the summary have the greatest impact for local retirees by reducing required service from 15 years to 10 and may provide additional options for firearms qualification.

Law Enforcement Officers Safety Act Improvements Act of 2010

- Amends the federal criminal code to include a law enforcement officer of the Amtrak Police Department and the Federal Reserve or a law enforcement or police officer of the executive branch as a qualified law enforcement officer eligible to carry concealed firearms.
- 2. Expands the definition of "firearm" to include ammunition not expressly prohibited by federal law or subject

- to the provisions of the National Firearms Act.
- 3. Revises the definition of "qualified retired law enforcement officer" to:
  (1) include officers separated (currently, retired) in good standing from service with a public agency as a law enforcement officer; and (2) reduce the years-of-service requirement for such officers from 15 to 10 years.
- 4. Revises: (1) requirements for firearms certification for such separated officers to allow firearms training in accordance with the standards of the officer's former agency, the state in which such officer resides, or if such state has not established training standards, standards established by a law enforcement agency within the state or those

#### In Memoriam

 James Pelate
 9/30/10

 Charles Behrman
 10/08/10

 Donald Ray
 10/15/10

#### Sick

Willkie Glasener Bill Hawkins Frank Lebeau Ted Lewandowski Lou Rizzuti Jim Stika

# St. Louis Police Officers Killed in the Performance of Duty During the Month of October:

1883
1890
1902
1904
1904
1904
1904
1908
1916



Preston B. Anslyn 1920 George E. Geisler 1920 William A. Moller 1920 Frank O. Reese 1920 **Douglas Chamblin** 1927 Walter M. Bingham, 1937 Louis D. Sebold 1975 Julius Moore 2009



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# **Pension Update**

By James Wurm, Chairman



No crisis is real until it's too late, that's why we need to make some changes now. The City of St. Louis cannot realistically expect that higher risk investment strategies alone will help plug their negative cash flow to balance the burgeoning retirement payments. The PRS can only do so much cutting and making better investments to cover the shortfalls. It's a shame, because the employees of the St. Police Department have been doing so and holding up their end of the agreement, paying into the System with their contributions as required by State Statues. The City needs to remember that the Missouri Supreme Court declared that the City of St. Louis has an obligation to pay the shortfalls in the pen-The City assumed that pension investments returns would always be in the double digits, like they where in the 90's and the City could use the extra money for sports stadiums and other ideas, instead of saving for a rainy day. Now the burden falls on the taxpayers, at a sizable cost, for them (the City) not minding the store. The City of St. Louis is not the only city across the country facing severe budget deficits. Pensioners are still pinning their hopes on the City's promises made to them for the services they rendered as police officers. Career politicians should stop playing the blame game by deflecting attention and pointing fingers. It's not pension problems, but a chronic lack of funding plans by the City. Politicians need to demonstrate leadership to formulate a plan for digging themselves out of their mess.

New steps should be taken to prevent strapping future generations (police officers) with paying for unfunded benefits. The Police Department needs to demand better leadership from the City, to ensure reasonable corrective action is taken and not cutting the Police budget to pay for the City's obligation to the pension system. The time to act is NOW, while we have a chance. Let's move on.

The markets roared back this month making the best September for equities in decades. Investors got to be more comfortable with the news regarding corporate earning and mergers. This sent the market considerably higher; thank GOD. Despite weaker Real Estate news and consumer confidence numbers, investors were confident in the future prospects for global corporate strength. International markets outperformed lead by Emerging Markets equities, which were up. Bonds held steady although the High Yield Market came back strong. Here is what we want to look for, in the last guarter of 2010, the investors will want to see evidence that the strong corporate data translates into stronger employment and consumer data. Let's keep our finger crossed.

My last word of advice, DON'T FORGET THE ELECTIONS.

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# **FOP Update**

# President Signs LEOSA Amendments Bill!

Chuck Canterbury, National President of the Fraternal Order of Police, thanked President Barack H. Obama II, who kept his word and signed S. 1132, the "Law Enforcement Officers" Safety Act Improvements Act," into law this evening.

"Many of our retired officers, who had been facing significant hurdles because some States have failed to implement the law as intended by Congress. will now be able to overcome those obstacles," Canterbury said.

The legislation, which was crafted by Senator Patrick J. Leahy (D-VT), Chairman of the Committee on the Judiciary and author of the original statute, will improve certain provisions of the Law Enforcement Officers' Safety Act (LEOSA), especially with respect to retired law enforcement officers. Chairman Leahy worked hand-in-hand with the FOP to develop the legislation, which also makes clear that law enforcement officers employed by the Amtrak and Federal Reserve Police Departments, as well as those employed by the executive branch of the Federal Government who are classified as GS-0083s-especially the U.S. Department of Defense-meet the definition of "qualified law enforcement officer" in current law. The new law also lowers the aggregate vears of service needed to meet the definition of "qualified retired law enforcement officer" from fifteen (15) to ten (10) and removes confusing language related to that same definition.

"No other law enforcement organizations or police groups took played any role in its successful passage despite intense interest in the bill on the part of active and retired officers," Canterbury said. "The FOP made this bill a top priority and we got it done."

The Fraternal Order of Police is the largest law enforcement labor organization in the country with more than 328,000 members.



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# **Legislative Committee Report**

By Joe Steiger, Vice President, Legislative Chairman



rewards will be enormous if she is elected.

The SLPOA hosted another fundraiser on September 30th, 2010, at the SLPOA hall for Representative Vicki Englund, Democrat from the 85th District in St. Louis County. As I explained in my last column, Representative Englund has been a strong vocal supporter of our issues in Jefferson City. I appreciate everyone who found the time to stop by these fundraisers and donated a little money to their campaigns. I know that there are constantly fundraisers for all types of issues and it can be difficult to find the extra money during these tough economic times. So thank you for all who stopped by and helped out with a donation.

## **Fundraisers for** Genise Montecillo and Vicki Englund

On September 23, 2010, the SLPOA hosted a fundraiser for candidate Genise Montecillo at the SLPOA hall. As I have explained in recent columns, Genise is running for the Missouri House of Representatives in the 66th District, which includes a portion of St. Louis City. Many SLPOA members live in Genise's District. I would encourage everyone who does live in her District to get out and vote for her. She will be an important piece of the puzzle in our fight to maintain our pensions and benefits and to keep our department in State Control. We will be walking with Genise to help promote her campaign on Saturday, October 30th. Attendance at the last scheduled walk was very disappointing so I hope we can make this up to Genise by having a large turnout on Saturday. We will meet at the SLPOA hall at 11am. It will only take a few hours of your time but the



Genise Montecillo candidate for Representative of the 66th District with members of the St. Louis Police Officers Association at her fund raiser.



Representative Vicki Englund from the 85th District and Association sup-

#### **Senator Eric Schmitt Golf Tournament**

On October 7th, 2010, the SLPOA attended a fundraiser for Senator Eric Schmitt, Republican from the 15th District. Senator Schmitt is a strong ally not only of the SLPOA but to all public safety sector employees. We will need his help and support when Senator Keaveny, as expected, files his local politician control bill next session in Jefferson City. Senator Schmitt played a key role in effectively stifling the Senate bill last year and has confirmed his support for us on this issue. SLPOA **Executive Board members** Brian King, Dino Orlando, Continued on page 7



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Representative Mike Colona from the 67th District attends fund raiser along with SLPOA members.



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#### LEGISLATIVE REPORT

Continued from page 6

Nicole Schrum and Lori Fuller attended the Senator's Golf tournament in Forest Park and received a warm welcome. We will continue to stay involved in these types of activities to support those legislators who support us and our issues.

## **General Membership Meet**ing and Rally

This year the SLPOA will hold our October General Membership meeting on Wednesday, October 27th. Historically, we do not hold a General Membership meeting in the month of October. The meeting is typically canceled in lieu of the Annual Dinner Dance. However, this year we will hold the October General Membership meeting and the topic will be of particular importance. We will have a rally in reference to Proposition L which deals with local politician control of the Police Department. Proposition L is a non-binding referendum that is being put to the St. Louis City voters on November 2nd. The wording of this referendum is severely slanted to sway voters' opinions in favor of the referendum. We will address this at the October meeting. It will be important to have a strong representation from both active and retired members in order to convey our displeasure with this attack on our pensions and benefits and our very livelihoods. The more officers present, the better because we expect the media to be present and hopefully broadcast our statement in opposition to this political attack. This referendum is crucial because we anticipate that the Mayor and City Aldermen will use the results of this referendum in an attempt to gain favor among Jefferson City politicians next session.

During this meeting, we will also have several politicians in attendance who have asked to address our membership. Due to the unique nature of this rally, the meeting will be open to people other than SLPOA members so please remember to represent yourselves and your association in a courteous and professional manner to all guests in our hall. I hope everyone will find the time to attend.

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# Christmas

A Soldiers Wish List Organization is currently collecting gifts to be sent to military units in

Iraq, Afghanistan, and Egypt. The goal is to send 10,000 gifts to our troops. If you wish to donate, you can place  $\ensuremath{\text{\textbf{NEW}}}$ items in the wrapped boxes provided. We will then forward them to the organization, who will wrap and mail to our troops on December 4th. We ask that all items being collected are placed in the donation box @ any of the three Area Police Stations or the Communications Division by November 15, 2010 so that they can be packaged in time for the deadline.

# The following is a list of the most requested items from our troops:

- CD Players
- AA and AAA Batteries
- CD's (Country, Hip-Hop, Christian, Rock, Jazz)
- New DVD Movies
- XBOX and PSP Games
- Twins Sheet Sets
- · Hand Held Games (these are extremely popular)
- Board Games
- Black or White Socks (size 9-11)
- · Gourmet Coffees (ground, not beans)
- Coffee Makers
- Twin Comforter Sets
- · Gillette or Fusion Brand razors and Replacement Blades
- · Sports Equipment (baseballs, footballs, etc.)
- White or Dark Green T-Shirts (large, x-large, xx-large)
- · Reading Lights that attach to a book
- · Used Magazines (sports, outdoors, etc)
- · Microwave Popcorn
- Personal Hygiene Items (soap, shaving cream etc.)

Monetary donations are also accepted which can help towards shipping costs.

Any questions can be directed to Michelle Cobb or Christina O'Brien, Communications Division.







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Three of St. Louis' Sports Legends provided plenty of entertainment- (left to right) Dan Dierdorf, Joe Buck, and Ozzie Smith



ETU P.O. Eatherton explains tools of the trade

SLCPD Bags & Pipes



SWAT Officers Nick Manasco and Joe Stucky, Jr. demonstrate new equipment

# 4th Annual St. Louis Police Foundation Luncheon

On September 7, 2010, the 4th Annual St. Louis Police Foundation Luncheon at the America's Center was hosted by St Louis Sports Legends Joe Buck, Dan Dierdorf, and Ozzie Smith. The focus of this year's event was to raise money for the In-Car Camera Program.

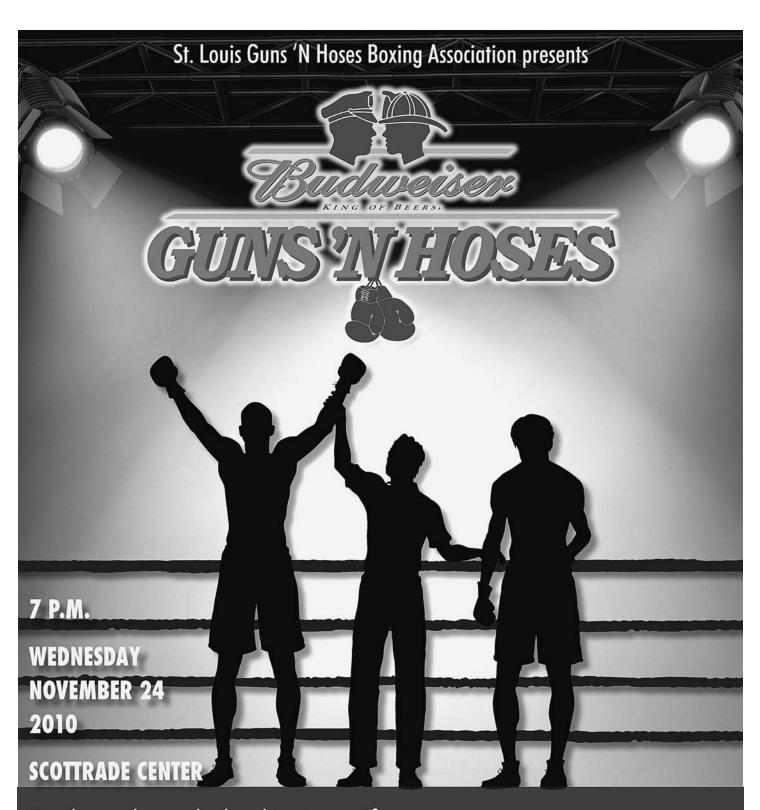
The Police Foundation is a non-profit Association that raises funds through local corporations for needed police equipment.



SLMPD Honor Guard



2009 Officers of the Year Kyle Chandler and Joe Haman with Ozzie Smith and Dan Dierdorf



For those who made the ultimate sacrifice.

# Fighting for The BackStoppers

Tickets: \$30 Reserved • \$25 Club • \$20 Plaza • \$10 Mezzanine

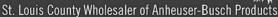
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#### **Bv Mark Biondolino**

As the upcoming elections approach and the new legislative session begins in Jefferson City I think it is time each one of us stopped and took a long look in the mirror and asked two simple questions: Am I satisfied with the current direction that our Department and City is heading & What have I done about it?

Over the last several weeks the Mayor and his Chief of staff have made several comments regarding the negative financial impact that the Police and Fire Departments pensions have caused to the city budget. While at the same time they have barely even raised a breath when one of the Mayors major contributors, Rex Sinquefield makes a full court press to eliminate the city earnings tax, which comprises a 1/3 of our city's budget. This should not be surprising given the fact the Mr. Sinquefield is a major supporter of Mayor Slay and even employs the Mayors cousin Laura Slay as the head of one of his Public Relations firms.

What does this mean to us as an Association and what does it have to do with your individual participation. It has everything to do with you. You see Mr. Sinquefield and others in his financial position can and most likely will continue to throw enormous political contributions (approximately 12 million over the last four years) to hopefully garner support for their causes. This type of financial support is out of the realm of anything that the association could come

# **Participation Lack Thereof?**

close to delivering, and in my opinion would be outside the moral scope of what our Association stands for.

While our Association can't contribute to this level financially, we do have something that they don't. 1,100 voices, and not just any voices. These are YOUR voices, the voices of the men and women of this Police department who leave their blood sweat and tears on the sidewalks of this city every day, by ensuring that the good people of this city are given adequate protection from the criminal element.

Members we need to stop putting the effort and obligation of our cause on the backs of the Association Leadership and start being responsible members and pulling our weight. We are fortunate to have a group of people in charge that keep pushing our Association forward with little or no help from a majority of the membership. Over the last 21/2 years I have seen our Board work tirelessly, forging relationships with representatives in Jefferson City, City Government, and the St. Louis Labor Council. Now it is **OUR** responsibility as members to show these organizations and others why they should vie for our support and support OUR causes. The best

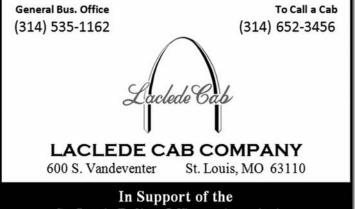
way to do that is to come out in masses.

Unfortunately our Association can't and won't be able to accomplish this without the support and participation of YOU, the membership. Nobody is going to bat an eye at a public picket over city control when only seven people show up, no candidate will be concerned about our issues or want our support if only a handful of our members show up to support them or rally against them. IF the participation in our Association does not increase and show solidarity, every Politician and deeppocketed contributor from St. Louis to Jeff City will not be held accountable and therefore able to run rough shod on us and drive this Association and Department into the ground. It is time to put away any petty differences and start showing some unity and solidarity to this Association, "It's time to stop making excuses and assume that someone else will do it". The times have changed. We can no longer sit by idly and let the reputation of our Association do the work for us, we have to continue to build on that reputation and make it stronger. This is not a request, this Association is there for you and it is YOUR responsibility as a member to be there for this Association. and demand the same of your fellow members.

YOUR voices can make a difference, with one conversation at lunch, dinner, or a family gathering, 1,100 voices soon become 11,000. A trip to Jefferson City with a vanload of fifty Association members, to make a stand against city control is nice. Imagine the impact we could have if a caravan of 350 members (only a third of our membership) arrived in Jeff City. I can tell you without a doubt that impact would be tremendously beneficial to our causes, and show that our Association has the type solidarity that the people in Jefferson City, the State of Missouri and the City of St. Louis would want the support of, and that we are a force that would demand that they listen

People it is time to step up and shoulder the responsibility YOU have been given as a member of this Association. Without solid participation from our membership we will not be able to influence positive changes in this department and within this city, and eventually we will become irrelevant, but with YOUR participation this Association will have a voice. Participation is the key to keeping this Association strong and moving forward, expect this of yourself and demand it from others. This solidarity and brotherhood not only creates a better working environment, it benefits you, your family, your neighbors, and friends and helps to improve the morale and camaraderie that has been lacking in our Association and Depart-

In closing I will say this, this is **OUR** watch, those members who came before us and built this Association have passed us the torch, along with the great many benefits that they left us, comes a great respon-It is all of OUR responsibility to ensure that those who come after us have a solid Association to support



St. Louis Police Officers Association Thanks for a Job Well Done!

We appreciate all you do to keep us safe!

Dave McNutt, Owner Adam McNutt, President Stay Safe!

Ted Hylla, Vice President (retired Major, St. Louis County PD)



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# The Rose & John Hefele Benefit Fund "Rally for Rosie" Trivia Night Fundraiser

# **Event Chairpersons**

Thomas Sawyer 314-809-8223

Michael Berra 314-882-8091

Thomas Bottini 314-681-9202

Michael Guzy 314-484-9983

Mary Jo Mattingly 314-504-5253

# Correspondence & Table Reservations:

Thomas Bottini 8825 Old Sappington Rd Crestwood MO. 63126 tjbottini@sbcglobal.net In Late July 2010, Rose Hefele was experiencing difficulties breathing. Rose had previously been diagnosed with a mild form of Asthma. She went in for a routine exam and tests revealed several spots on her lungs which were not consistent with Asthma. A determination was agreed upon to conduct further testing. Initial test reveled that Rose is suffering from a rare Lung Disease called Idiopathic Pulmonary Fibrosis (IPF).

The disease is not treatable by medication other than experimental medication, not yet authorized by the FDA. More tests are being conducted to locate the exact cause of the disease to determine if other medication can assist with treating the illness. In the event there is no other diagnosis, is located a Lung Transplant may be her only option. The cost of a complicated illness is beyond anyone's financial wherewithal, and insurance will not cover all expenses associated with this procedure. With the possibility of numerous unpaid days off work, and the state of today's economy, the Hefele's are facing a real family crisis.

As friends of Rose and John Hefele, we are hosting a benefit to offset medical costs, and other bills their family faces during this crisis. We are asking for your support in helping to make our fundraising event a success. Any items you can donate which can be used at our event would be appreciated. We are hosting the event mentioned below .

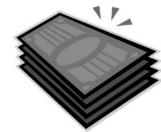
"A Trivia Night", see info below, to include a Silent Auction and Raffle. The event is scheduled on Saturday November 13<sup>th</sup>, 2010, 7:00pm to be held at the Carpenters Hall located at 1401 Hampton Ave, St Louis MO 63139. By contacting one the Chairpersons listed you can reserve a table, or we can pickup your item or donation. If you are making a monetary donation please make check payable to:

The Rose & John Hefele Benefit Fund, and mail to; Mary Jo Mattingly 5824 Itaska St Louis MO 63109.

The Rose and John Hefele Benefit Fund is a Not for Profit Organization, Tax ID # 27-3330605



# Rally for Rosie



# Trivia Night Fundraiser

# Benefit for Rose Hefele

Help us with medical expenses not covered by insurance for the quick onset of a rare lung disease (Pulmonary Fibrosis). This condition has found Rose and John Hefele concerned with their family, her health and a medical crisis. Please help ease their burdens so they can focus on getting the critical medical treatment Rose needs.

Saturday November 13<sup>th</sup>, 2010 Doors open at 7:00 p.m.

Carpenter's Hall 1401 Hampton Ave, 63139

\$25 per person or Tables of 10 = \$250.00

Cost includes, Trivia, Beer, Soda, Set-up, and Snacks

Live and Silent Auction, 50/50 Raffles and Mulligan's

To Reserve Tables or for information contact: Thomas Bottini 314-681-9202, Thomas Sawyer 314-809-8223, Michael Berra @ 314-882-8091, or Michael Guzy 314 484-9983.

To donate cash or other items related to the Silent Auction and Raffle, please call one of the numbers provided above. We can pick up any items that will help with fundraiser. The Rose and John Hefele Benefit fund is "A Non-For Profit Organization" - Tax ID #27-3330605

Make checks payable to: The Rose and John Hefele Benefit Fund; C/O Mary Jo Mattingly 5824 Itaska, St Louis MO. 63109

Page 12 GENDARME October 2010







# St. Louis Police Officers' Associa





The SLPOA's annual of the Hill was a great suty's, where both active and ing enjoyed themselves renewed old friendships. ber of younger officers attime) and having fun. It is had a great time and the next year we can look for attendance.

An open bar, dinner, d the Rhythm Rockers mad the Hill a total winner. See

























# tion 42nd Annual Dinner-Dance

linner dance held at Rose ccess. This year's festivid retired members, attendar, swapped stories, and t was nice to see a numbered (some for the first sour hope that everyone at they pass the word so prward to an even larger

oor prizes and dancing to e this evening at Rose of you next year.























Page 14 GENDARME October 2010







# SLPOA's 42nd Annual Dinner-Dance





































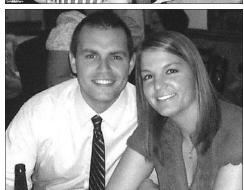
# SLPOA's 42nd Annual Dinner-Dance































# Chaplain's Corner

By Fr. Edward Goldian



# God' Cake

Sometimes we wonder, "What did I do to deserve this? Or why did God have to do this to me? Here is a wonderful explanation!

A daughter is telling her mother how everything is going wrong, she's failing algebra, her boyfriend broke up with her and her best friend is moving away. Meanwhile, her mother is baking a cake and asks her daughter if she would like a snack, and the daughter says, "Absolutely mom, I love your cake".

"Here, have some cooking oil, her mother offers". "Yuck" says the daughter". "How about a couple of raw eggs? Gross, mom!" "Would you like some flour then"? "Or maybe baking soda"? "Mom, those are all yucky"! To which the mother replies: "Yes, all those things seem bad all by themselves. But when they are put

together in the right way, they make a wonderful delicious cake"!

God works the same way. Many times we wonder why He would let us go through such bad and difficult times. But God knows that when He puts these things all in order, they always work for good (Romans 8:28). We just have to trust in him and eventually, they will make something wonderful.

God is crazy about you. He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, he'll listen. He can live anywhere in the universe, and he chose your heart.

Life may not be the party we hoped for but, while we are here, we might as well dance. I hope your day is a piece of cake.

Author unknown

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# AN AFTERNOON WITH SANTA



Sunday, December 19, 2010 12:00-4:00 At the Police Association Hall

Santa will be available for pictures at 1:00. There will be hot dogs, chips, and a drink for each child in attendance, along with some fun activities.

Please RSVP to Gina @ 922-6642 by December 14.

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- shoulder painstressed out
- carpal tunnel
- hormonal imbalances (male and female)
- not sleeping well

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SLPOA members and Department Employees participated in the Every Step Counts (**EstepCo**) first annual "Steps That Count 5K Race and Walk" in beautiful Forest Park.

EstepCo is a non-for-profit Organization who has partnered with domestic violence, sexual assault, child abuse prevention

Steps (Null
COUNC
SK Race/With
SK Race/With
Sk Race and search
search and search

Det. Kara Roberts, Lt. John Harper, & Exercise Physiologist Colleen Rossomanno



Team SLMPD along with 5K Run winner Justin

and awareness organization supporters such as the SLMPD to end violence against women and children.

Events such as "Steps That Count" help to raise money to provide educational outreach and public awareness programs in the St Louis Metro Area.



Lt. Darla Grey, Sex Crimes/Child Abuse Administrator Kati Ceriotti, Det. Katie Rund, Det. Ari Zelmanow, Sgt. Latricia Allen, Lt. John Harper, Det. Becky Smith & Son, Det. Kara Roberts



Lt. John Green & Lt. Col. Al Adkins

# Police Work 101

By Sergeant William Boyd Kiphart II

# **Family Responsibility**

As we move on with our discussion of tactics in the field I would like to start with a quick step backwards. I know I have covered several issues related to the police car but I think they merit a revisit in this context: particularly considering recent events. Each time I have a discussion with officers regarding tactics somehow the topics seems to have a connection with the police car.

As most of you know I have advocated backing the police cars into the parking spaces at the station and keeping in mind, in the field to keep the engine block between you and your initial approach, for cover if need be: the latter for safety reasons and the prior to help reduce accidents in the parking lot and expedite your response. The fact that this practice has begun to disappear is just another example of our loss, as a culture, of our core and basic institutional knowledge. One of the unique things I have noticed

Patrol is that while I am seeing more officers backing the police cars in, the number of personal cars backed in significantly out numbers the police cars backed in by three to one. I am not sure the significant here other that at least someone is seeing some benefit to backing the car in; I hope they will extend this to the police car.

When I started this series the primary edict was that I keep these discussions pertinent to the workingman, the district cop, and what is actually happening on the road, at the district level in our real world. The topics here are part of what I see and discuss on daily basis with many of you. On occasion, I know I am a bit repetitive but that is on the critical safety related issues; this is again one of those times.

I am still talking to policemen and women who are not convinced of a need for a seat belt. The knowledge that

some of our recent losses and tragedies were a result of auto crashes should be enough. About the only argument I hear from most officers is that they get tangled in the belt when they need to get out of the car in a hurry. The military addresses this with their **Emergency Egress Training** courses. In an aviation setting, after some training, you are strapped in a mock cockpit, placed in a blacked out helmet and flipped into the pool. The concept remains the same in their training for vehicles and focuses on egress under fire, after a crash or after other incidents such as striking a roadside I.E.D. They have several elaborate vehicle simulators that allow the unit to roll upside down or on its side so that the soldiers can practice getting out of the safety belts in those conditions. I mention this only to show we are the ones behind the times

There are three easy and basic ways to safely and

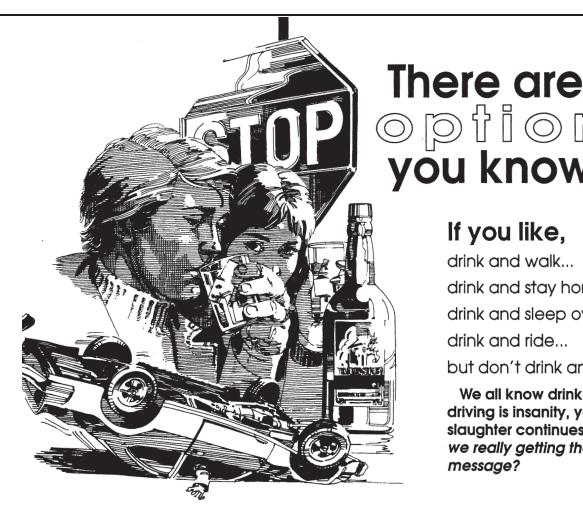


quickly expedite your exit from the car with the seat belt on. The first is to reach under the shoulder portion of the belt with your left hand release the latch with your left hand, keeping your arm under the belt and flip the belt back towards the door and behind your left shoulder. This is a one handed method that you can do on your approach while still controlling the car.

The second method is to hook the seat belt shoulder portion of the belt just above the latch with your left thumb while releasing the latch with your left hand. Again, flip the belt back towards the door and behind your left elbow and then shoulder.

The third is a modification of the above. Either slide your arm under the shoulder portion or hook the belt with your thumb as discussed

Continued on page 19



# opfions, you know

If you like,

drink and walk... drink and stay home... drink and sleep over... drink and ride...

but don't drink and drive!

We all know drinking and driving is insanity, yet the slaughter continues — are we really getting the message?

#### **POLICE WORK 101**

Continued from page 18
above and release the latch
with your right hand. Again,
the key is moving the belt back
towards the door and behind
your shoulder to allow a clear

The key to any of these methods is to actually think about what you are doing, practice a bit and develop a habit for the technique. Also, as you already know, you cannot count on the belt to retract itself out of your way. If you happen to wear the pistol or taser on your left side, just ensure you are clearing the weapon with the belt.

Since we seem to have landed back on tactical considerations involving the police cars I want to touch on another issue we need to give a little more consideration. Particularly when responding to calls, I consistently see officers parking directly in front of the target location. Several of the recent officers shot or killed nationwide were a result of poor approaches including parking in front of target locations. It is much more tactically sound to stop short and park to make your approach from two houses away or so. Not only does this increase your chances of making an approach without being seen, it also gives you a minute or two to survey the

landscape and listen to what is going on inside and around the target location. If you happen to pass the address, just make your approach from two or so houses on the far side of the location. Obviously this is not ideal, but is still a significant improvement from a direct frontal approach. Also, keep these tactics in mind when you are the second or third car on scene. Remember, if the call deteriorates, you are in a better tactical position if the cars are spread out a bit providing better options for cover and concealment.

A critical officer safety practice that seems to be deteriorating is again related to our approach. Regardless of the nature of the call, standing in front of a door or window and knocking on the door is an invitation to disaster. Slow down, choose your approach and ensure you have some cover prior to knocking on that door.

The final item I want to touch on is why we are continually losing our institutional knowledge as discussed above. As I have discussed this concept with law enforcement trainers from across the country the theories and perspectives are varied. In speaking with one of my old partners from Florida, now a senior command officer, the responsibility lies in training starting

with the academy and ending with the field-training officers. The theory from my counterpart at N.Y.P.D. is that it is the new recruit; the millennial generation officer who believes his way is better than the old way as the source of the problem.

In reality I believe this phenomenon is a combination of multiple factors but the responsibility must be assumed by each of us. The bottom line here is that we need to do a better job taking care of each other. It is critical that we discuss these tactics on a regular basis. If you see your friend, your brother or sister officer make a poor approach on a call, talk about it. If you pull next to your friend for discussion over a cup of coffee and notice he is missing a seat belt you must to mention it. This is for your benefit, his, and his

Sergeants and Field Training Officers, from a perspective of duty and responsibility, you are the front line in teaching and enforcing these tactics. Our squad sets aside a few minutes at the end of each workweek to review our tactics from the week. We talk about what we did well and what we will do better next time. I chal-

lenge each of you, especially Sergeants and Training Officers to consider this practice. There are no two positions on this or any other department that are more responsible for the future of our police family and its survival.

We constantly hear about the police family; if that is anything more than a metaphor, it is time to start taking better care of each other. It is not a matter of embarrassing a friend; we are talking about saving lives and saving families



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# Fraud Prevention Taskforce



By Dan Rechtein, Coordinator

The Fraud Prevention Taskforce is a free service provided by Circuit Attorney Jennifer M. Joyce.

With the holiday season on the horizon, I am repeating last year's column reminding readers of some basic rules that ensure our financial and personal safety when we are out shopping. Far too often, we inadvertently make ourselves timely targets for opportunistic criminals by failing to take elementary safety precautions. Let's try to make this Christmas shopping season a safe one.

#### Before you leave home:

- Empty your wallet of any document listing your Social Security number
- When you shop, take only the checks or credit card(s) you know you will need on that trip. Do not carry your entire checkbook.
- If at all possible, leave small children at home with a family member or babysitter. You will be less distracted and more alert to safety issues.
- 4. Ask a friend or older child to accompany you to help carry shopping bags. It is difficult to carry numerous packages and still properly secure your wallet, credit cards, and cash.
- Gentlemen, carry your wallet in your front trouser pocket to avoid pickpockets.
- Ladies, consider leaving your purse at home and instead carrying a wallet in a fanny pack or front trouser pocket. If you must take a purse on the trip, lock it in the trunk of your car before you leave your home.

When you arriving at the store or mall:

1. Make note of where you park your vehicle and write the infor-

# McCarthy, Leonard, Kaemmerer, Owen, McGovern & Striler, L.C.

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400 South Woods Mill Road Suite 250 St. Louis (Chesterfield), MO 63017 (314) 392-5200 (314) 392-5221 (fax) mation down if necessary. Package laden customers who wander aimlessly in a parking lot searching for a car can be targets for criminals.

## When making purchases:

Establish a routine using the following guidelines.

- Never set down a wallet, checkbook or purse. Always hold these items.
- Make certain no one is able to look over your shoulder as write a check.
- 3. Never allow a clerk to set your credit card down. If he or she does, quickly pick it back up.
- 4. Carefully watch the clerk who handles your credit card to make certain the card is only swiped once.
- 5. When your card is returned to you, make sure it is your card rather than another customer's.
- 6. Immediately place the card and receipt in your wallet and return the wallet to your front trouser pocket.

# When returning to your vehicle:

- 1. If you are carrying multiple packages to deposit in your vehicle before returning to the store, immediately signal any driver circling the parking lot that you do not intend to leave. If he or she continues to follow you, it might not be in search of a parking spot but instead an attempt to rob you. Immediately return to the store and contact police or security.
- 2. Lock all packages inside the trunk or otherwise out of sight.
- 3. Do not use a remote keyless entry device to unlock your car until you are close enough to touch the vehicle. Remotely unlocking the vehicle from a distance notifies a watching criminal of your destination, which gives him or her sufficient time to ambush you in your own vehicle.

#### When shopping online:

 Use only a credit card (not a debit card) when online shopping.
 Always use the same credit card to make tracking purchases more efficient.

Continued on page 21

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Also buying Agency Memorabilia, old Badges, Call Boxes, Nightsticks & Individual Gun Collections

Ray Reynolds (1964-1988) rayreynolds@sbcglobal.net

# St. Louis Policemen's Credit Union



We have our own ATM machines at North Patrol, South Patrol, Central Patrol, Police Headquarters and at Mobile.

Come in the Credit Union and open up your share draft (checking) account, and apply for your debit card today. The debit card from St. Louis Policemen's Credit Union can be used at these new ATM machines with no surcharge fee charged to you

You can now have money deducted from your Police Retirement pension check to go into your account at St. Louis Policemen's Credit Union. There is no limit on share deposits.

We offer the following loans: Signature, Share Pledge, Home Equity, New and Used Vehicles, New and Used Boats, and New and Used Motorcycle Loans at very competitive rates.

#### FRAUD PREVENTION

Continued from page 20

- 2. Before visiting a website, make certain "https" (the "s" indicated "secure") is in the upper left corner of the site address and a closed padlock is in the lower right hand corner of each page
- 3. Be wary of any offers during the purchase process for "cashback," "coupons for your next purchase," or a "customer loyalty" program. Such "gifts" are often instead scams that can result in ongoing monthly charges to your credit card. Internet sites such as Vertrue, Buy.com, Webloyalty, and Affinion permit such charges to your credit card if you merely enter basic information (i.e. an e-mail address). If you are unable to negotiate past these offers without supplying personal data, consider avoiding these websites for online purchases.
- 4. If you or a family member is unable to be home on the delivery date, have the purchase shipped to store location near your home where you can pick it up. During the holiday season, thieves cruise residential neighborhoods looking for packages left on porches or near garages.

Retired SLPOA member Dan Rechtien is available to answer your questions about fraud prevention or to conduct seminars for those working in, living in, or providing services to the residents of the City of St. Louis. Contact Dan at 314-612-1412 or online at rechtiend@stlouiscao.org for questions, to schedule a seminar, or to receive e-mail fraud alert updates.

# ATTENTION ASSOCIATION MEMBERS

# ADDRESS CHANGES PLEASE NOTIFY THE ASSOCIATION OF ANY CHANGE **IN ADDRESS**

When making address changes for the Department you must also make them at the SLPOA office 353-3200, the Pension Board 241-0800 and the Police Relief and Funeral Association 771-0923. The Department does not send the changes to any of the above-mentioned offices.

## **BENEFICIARIES**

If you have not changed your beneficiary since joining the Association (and you have been a member for several years) you might need to update your records. Many of you joined when you first came on the department and since then your status may have changed.

When you change beneficiaries at the department level we do not receive that information. You must notify the Association directly. Call the office at 353-3200 to check if you are not sure who your beneficiary is.

## **ASSOCIATION SHIRTS**

We have Sweatshirts, Polo Shirts (long and short sleeve) and T-shirts, they are available at the Association Office.

# **GENERAL MEMBERSHIP MEETING**

The General Membership meetings are held on the last Wednesday of the month. Please make every effort to attend and ask your own questions about what is going on in the Association. Many issues are being discussed; the Association's Executive Board needs and wants your input.

# **MONTHLY DRAWING**

You must be present to win. One name will be drawn from the barrel containing the names of those present at the meeting. The winner receives a prize of \$50.00.

TODT, RYAN & McCULLOCH L.L.C.

ATTORNEYS AT LAW

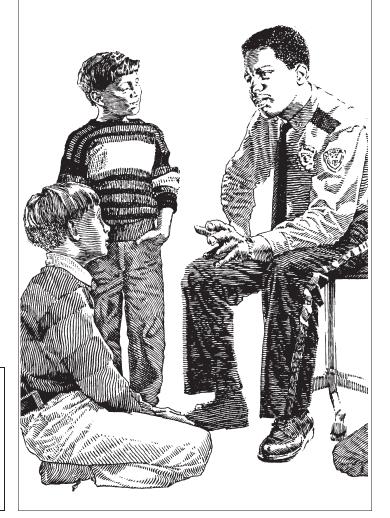
# Joseph G. McCulloch

Retired Police Officer 1998 joe@todt-ryan.com

Personal Injury Workers' Compensation Divorce Criminal

415 N. Second Street St. Charles, MO 63301

Office: (636) 916-1500 Fax: (636) 916-1303 Cell: (314) 749-9685 In Support of the St. Louis Police Officers' Association From a Concerned Citizen For a Better St. Louis



# 40th Annual Police Mass and Breakfast

By Capt. James E. Moran Community Outreach Office

On Sunday November 21, 2010, St. Roch's Church will again celebrate the annual Police Mass and host a Breakfast afterwards as a show of support for the Police Officer's work and dedication to the safety and preservation of the community and as a Thanksgiving.

St. Roch's Church is located at 6052 Waterman, St. Louis, MO 63112. Mass will be at 9:00 a.m. with breakfast to follow.

The St. Roch community has offered tremendous support to our department during this 40-year history and I encourage you, Active and Retired officers, to join us in this celebration.

Since this is a special occasion marking 40 years of support by this community I am encouraging all of our department members to reserve this date and time to unite with us to make this gathering the largest in its history.

Even though St. Roch's is a Catholic Church, Monsignor Sal Polizzi wanted to ensure that all denominations are welcome and are cordially invited to attend this special event.

Tickets will be available at the SLPOA office, 3710 Hampton Ave.

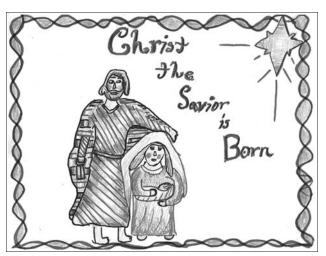
# **ATTENTION**

# Don't Forget The Christmas Coloring Contest

See Details on the Back Page

Special Note: Deadline for Entries
Has Been Extended to
Monday, Dec. 6, 2010

Winning Entries Will be Displayed in the December Issue



Last Year's Winning Artwork by Andrew Rund

# Health & Fitness

By Colleen Rossomanno, Exercise Physiologist M.S., H.F.S, A.C.S.M.

#### **GET AN EARLY START ON WEIGHT LOSS**

What did you eat for breakfast this morning? A bowl of cereal or a bagel? Or nothing at all? If you are watching your weight, you may be skipping breakfast to save calories. If you like to sleep in you may be too busy in the morning to prepare a meal. Or you do not feel hungry first thing in the morning. Well toss aside your excuses because going without breakfast lowers your metabolism decreases the efficiency of your immune system and derails even the best diet intentions.

## On the Run?

Here are 10 fast and healthy breakfasts you can grab on the run. Each of the following morning pick me ups takes less than 5 minutes to prepare.

- 1. Yogurt with granola
- 2. Sliced apple with peanut butter
- 3. Instant oatmeal mixed with a scoop of flavored protein powder or peanut butter.
- 4. Bowl of fresh fruit salad and a slice of cheese
- Smoothie made with soy or skim milk, a banana, ice cubes, frozen fruit, a scoop of protein powder and a tablespoon of wheat germ.
  - TIP: Make enough for the entire week. When you get up just pour out desired amount.
- 6. Protein bar
- 7. High-fiber blueberry waffles with berries on top
- 8. Peanut butter and banana on whole wheat toast
- 9. Whole-grain cereal with fruit and skim milk
- 10.Scrambled egg whites with cheese and veggies

## **Get in the Breakfast Grove**

If you haven't been a habitual breakfast eater, it may take some effort to make this meal a regular part of your day. Here are four steps to making your morning meal something you can swallow.

# **Habit Forming**

While a variety is a good thing, it may be easier to have the same thing to eat every morning. Often people skip breakfast because they do not feel like thinking about what they want to have to eat. By coming up with a healthy breakfast idea and eating the same thing every day, it eliminates the stress excuse. Do not feel you need to exercise your chef skills either. A simple meal of cereal, milk, and fruit will meet your nutritional and energy needs with minimum fuss.

## Plan Ahead

Most people are squeezing out breakfast in the morning. They are not leaving enough time to sit down and eat. If that sounds like you, plan on taking something with you to work. Even if it is a Ziploc bag with fruit and nuts, pack something to take with you to eat at the office. When you have got more control over what you are eating you will eat more nutritiously.

Also when you shop for groceries remember to include healthy breakfast choices. Yogurt, prepackaged oatmeal, frozen waffles, energy bars, and other simple choices should be on your list.

# Retrain Your Body

If you are not used to eating breakfast, you may not feel hungry first thing in the morning. Ease into a breakfast routine and you will start waking up with a desire for food. Stick to a routine as much as your work schedule allows. By training your body to know when to feel hungry, you will end up helping yourself stick to a diet and facilitate weight loss.

# **Get Cracking**

Remember, eating breakfast also helps boost your metabolism, which helps you maintain a healthy weight. Going for too long without eating will only make it harder to lose fat. By now, you should be convinced. Make breakfast the newest healthy habit and you will see improved results at the gym, with your weight loss routine, and on the job. Eating breakfast is important for diet quality, and in general, people perform better from a cognitive standpoint when they have breakfast!

# CALENDAR

VOVEMBEI SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		GENERAL ELECTION				VETERANS DAY PARADE
7	8	9	10	11	12	13
DAYLIGHT SAVINGS TIME ENDS			VETERANS MTG. POLICE WIVES MTG.	VETERANS DAY	PAY DAY HONOR GUARD MTG.	RALLY FOR ROSIE TRIVIA NIGHT
14	15 DEADLINE FOR XMAS FOR TROOPS	16	17	18	19 Light up the Night	20
21 ANNUAL POLICE MASS & BREAKFAST	22	23	24  GUNS 'N HOSES (No Gen. Membership Mtg.)	25 Thanksgiving Day Parade	26 PAY DAY	27
28	29	30				
DECEMBER SUNDAY	R	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 CHRISTMAS COLORING CONTEST DEADLINE	7 PEARL HARBOR DAY	8 VETERANS COOKOUT POLICE WIVES MTG.	9	10 PAY DAY	11
12	13	14	15	16	17	18 VP BALL
19 AFTERNOON WITH SANTA	20	21	22	23	24 PAY DAY	25 CHRISTMAS
26	27	28	29 GEN. MEMBERSHIP MEETING	30	31 FIRST NIGHT & FUN WITHOUT GUNS	
JANUARY SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NEW YEARS DAY
2	3	4	5	6	7 PAY DAY	8
9	10	11	12 VETERANS MTG. POLICE WIVES MTG.	13	14	15
16	17 MARTIN LUTHER KING BIRHTDAY	18	19	20	21 PAY DAY	22
23	24	25	26 GEN. MEMBERSHIP MEETING	27	28	29
30	31		MEETING		1	

It was in March of 1975, when the officers and directors of the *GENDARME*, grew disillusioned with the promoter firm which previously published the newspaper. At that time they made arrangements for the *GENDARME*, the official publication of the St. Louis Police Officers' Association, to be published locally - rather than out of the city.

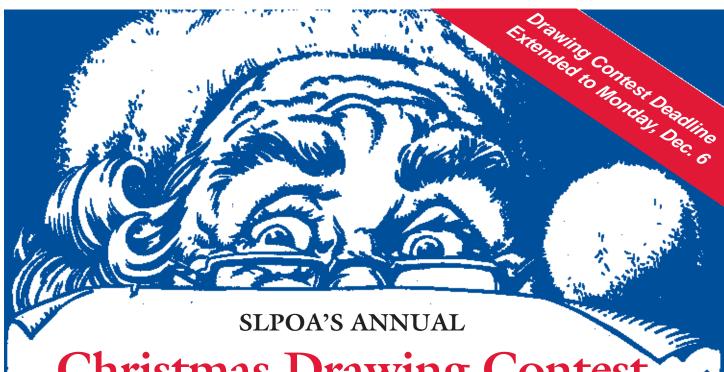
There is no outside promoter involved in any aspect of the publishing of the *GENDARME*. We do no telephone soliciting. Advertising within the newspaper is sold by account executives who are employees of the SLPOA.

The **GENDARME** has a four-fold purpose of publication:

1) Informing the membership of what's happening in the Department and the

Association and reporting the Association's progress.

- 2) Reaching those in the power structure, at both the local and state level, with the Association's story, in order to better resolve existing problems and, if possible, to preclude potential problems.
- 3) Serving as a forum for discussing Department policies and practices which, in the opinion of the Association's Executive Board, are detrimental not only to the police officer, but to the Department in general, and
- 4) Acting as a forum for Association members on issues **NOT** usually acted upon by the SLPOA Executive Board or the Department.



Christmas Drawing Contest

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

#### **ELIGIBILITY**

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

#### WHAT KIND OF DRAWING?

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

#### ART REQUIREMENTS

Drawings must be on 8<sup>1</sup>/2 x 11" white paper, drawn with **RED**, **GREEN**, and **BLACK** crayons, colored pencils or markers only (no other colors, please!)

#### DEADLINE

Drawings must reach the Association Office no later than Monday Dec. 6, 2010.

## **ENTRY REQUIREMENTS**

Each entry must specify the **parent's name** and **district** or **unit** to which assigned, address and phone number plus the name and age of the child. **Please print.** (List this information on the back of the drawing.)

## MAIL OR DELIVER TO

Christmas Drawing St. Louis Police Officers Association 3710 Hampton Ave., St. Louis, MO 63109

WINNING PICTURES TO BE PRINTED IN DECEMBER GENDARME

# GENERAL MEMBERSHIP MONTHLY DRAWING

Every month fifty dollars (\$50.00) will be awarded to one member attending the General Membership Meeting.

The General Membership Meeting IS ALWAYS THE LAST WEDNESDAY OF THE MONTH

# NEXT GENERAL MEMBERSHIP MEETING

WEDNESDAY OCTOBER 27, 2010

NON-PROFIT ORG. U.S. POSTAGE PAID ST. LOUIS, MO. PERMIT NO. 1664

# GONDARME

**Dated Material** 

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3710 Hampton Avenue • St. Louis, Missouri 63109



SLPOA email: slpoa@sbcglobal.net

