



# GENDARME



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

Vol. 40 No. 7

Visit Us on the Web at [www.slpoa.org](http://www.slpoa.org)

SEPTEMBER 2010

## Get Ready to Party..!



## SLPOA's 42nd Annual Dinner Dance

**Friday, October 15, 2010**

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## SLPOA ELECTION RESULTS

**Vice President Joe Steiger**

**Treasurer Michael Frederick**

**Recording Secretary Ed Clark**

**2nd District Rep. John DeSpain – 3rd District Rep Stephen J Schroeder**

**4th District Rep Karl Laschober – 6th District Rep Thomas Carroll**

**10th Division Rep. Thomas Hickel**

All of the above ran unopposed. The Executive Board cast a vote to elect those candidates to their respective offices.

**The 8th District Representative election results: Thomas Mayer II.**

**The 12th Division Rep had no candidate.**

## PENSION ELECTION RESULTS

The Pension System's auditor reported the following results:

**Active Trustee: Michael Anderson**

**Retiree Trustee: Ken Bradshaw**

## From the President

By Tom Walsh



### FIGHTING POLITICIAN CONTROL

The Board of Aldermen has placed a "Local Control" referendum (Board Bill #125) on the ballot of the General Election in November. This referendum is a non-binding preferential vote and, in essence, is meaningless. However, the goal is to demonstrate to the Missouri General Assembly the "desire" of the voters of the City of St. Louis to have the St. Louis Metropolitan Police Department placed under the sole governance of the City of St. Louis politicians.

An emergency clause was attached to the referendum because "this is an ordinance for the preservation of public peace, health and safety". This emergency declaration allowed the Board of Alderman to manipulate the process by introducing and passing the bill in a matter of days at the end of the last Aldermanic Session. This method was chosen by the Board of Alderman to minimize any interference from those of us who want our Department to avoid City politics and remain under State Control.

The SLPOA sought a legal

opinion in regards to challenging the inclusion of this referendum on the November ballot. It was determined any legal challenge would have been useless and a waste of funds.

The referendum will read:

**"The Missouri Legislature took governance of the St. Louis Metropolitan Police Department during the Civil War". Do you believe governance of the St. Louis Metropolitan Police Department should be returned to the City of St. Louis?"**

Seems like a simple question that should receive a simple "yes" response. However in typical Mayor Francis Slay and City Politician ethics they have omitted the real question:

***"Is the inept government of the City of St. Louis and its politicians capable of efficiently running the St. Louis Metropolitan Police Department? And, will the inept government of the City of St. Louis ensure that the St. Louis Metropolitan Police Department will not be forced to succumb to the political influence of city politicians?"***

These are easy questions to answer. **NO.**

St. Louis City Politicians continue to pontificate that the pension systems of the Police Department and Fire Department are bankrupting the City. This is simply a lie. The continued mismanagement by the governing body of our City is what is destroying the city. There are simply too many elected, public officials (a total of 39 elected officials in the City of St. Louis) and their subordinates that prevent efficient management of the City of St. Louis. Twenty-eight Aldermanic wards go in twenty-eight different directions. On top of the wards are a Mayor, a Comptroller and a President of

the Board of Alderman who each have their own agendas.

The current structure of City government is not capable and never will be able to proficiently lead this Police Department; by far the most complex department of any City agency.

It falls upon us, the members of the SLPOA, to ensure that the voters of the City of St. Louis understand that "Local Control" of the St. Louis Metropolitan Police Department really means "politician control." It is a horrendous concept under the current structure of St. Louis City government. Inform your family, friends, neighbors and anyone else who will listen to vote against the "Local Control" referendum.

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# 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.

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District 2 <b>John DeSpain</b>	District 5 <b>Chris Zarbo</b>	District 8 <b>Eric Bartlett</b>	Division 11 <b>Martin Garcia</b>	Division 13 <b>Nikole Shrum</b>
District 3 <b>Thomas Hickel</b>	District 6 <b>Thomas Carroll</b>	District 9 <b>Jeff Long</b>		

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Dino Orlando, Chairman

*"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)

## Candidates Endorsed by the SLPOA

U.S. REPRESENTATIVE – District 3  
Russ Carnahan - Democrat

STATE AUDITOR  
Susan Montee – Democrat

### STATE SENATE

Scott T. Rupp	R	District 2
Maria Chappelle-Nada	D	District 14
Ryan McKenna	D	District 22
John Lamping	R	District 24

### STATE REPRESENTATIVE

Ed Schieffer	D	District 1
Anne Zerr	R	District 18
Chris Kelly	D	District 24
Jeff Grisamore	R	District 47
Karla May	D	District 57
Michelle Kratky	D	District 65
Genise Montecillo	D	District 66
Mike Colona	D	District 67
Vicki Englund	D	District 85
Timothy Jones	R	District 89
Sam Komo	D	District 90
Deb Lavender	D	District 94
Mike Leara	R	District 95
Scott Sifton	D	District 96
Gary Fuhr	R	District 97
Tim Meadows	D	District 101
Jeff Roorda	D	District 102
Caleb Jones	R	District 117
Don Ruzicka	R	District 132
Charlie Norr	D	District 137

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#### CONTACT:

NATALIE KRANZ @ 314-369-2075 OR  
HEATHER CASON @ 636-219-6583

Police Association Hall  
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St. Louis, MO 63109

Kevin was diagnosed with melanoma in December of 2009. Since that time, he has undergone three surgeries in an attempt to remove cancer from his right arm. He also under went surgery in June to remove thyroid cancer that was discovered. After each surgery the cancer has come back more aggressively. Kevin is now undergoing chemotherapy in an attempt to put this awful disease in remission. If the chemo does not work the only other alternative is total amputation of the right arm and shoulder. Proceeds from this event will go towards his hospital and medical treatments. Kevin is retired after 20 years on the St. Louis City Police Force where he served as a Patrolman & Canine Officer. After retiring from the Police Department, he went to work at the Federal Courthouse downtown. He loved his job at the Courthouse but was recently forced to apply for disability. It was approved. However, it will be January of 2011 before he receives the first payment. Kevin is a husband, father, grandfather, brother, uncle & friend to many.

Your paid admission includes food, music, dancing, beer, set ups, good company and great times!!! There will also be raffles throughout the evening.

Children are welcome to come dressed in Halloween costumes. Candy will be handed out. Prize donations are also welcome and appreciated. Many Thanks!



## Veteran's Corner

By George Ratermann, SLPVA President

St. Louis Police Veterans' Association— Web: [www.slpva.com](http://www.slpva.com) Email: [mail@slpva.com](mailto:mail@slpva.com)  
 Monthly Meetings: 2nd Wednesday of the Month – 11:30 a.m., SLPOA Hall



### Cook Out in Willmore Park

I couldn't attend the Cook Out in Willmore Park on September 8 but by all accounts it was a very successful event. Almost 100 members attended, the weather co-operated, the Parks Department delivered the extra picnic tables (a special thank you to Tom Godfrey for his help with the extra tables), R & R got the extra bathroom facilities delivered, SLPVA Treasurer Ed Vaclavik did a great job coordinating the Cook Out and, of course, our chef Dan Riley and all his volunteers outdid themselves again and prepared another excellent meal.

### Autumn Meeting Schedule

Summer is ending and we will begin our Fall meetings

with our October meeting at the SLPOA Hall on the 13th at 11:30 AM. Our November 10th meeting will celebrate the Thanksgiving 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 four new range dates for Retiree Firearms Qualification, September 25, October 2, November 6, & December 4. Location: Cahokia Range, 602 Levin, Cahokia IL 62206

Call the Armory at 444 5630 to reserve a space. More signup information, maps and directions to the range are on <http://slpva.com/newrangedates.html>

### Golf Tourney

SLPVA members have

requested publicity for the Ron Dempsey Memorial Golf Tourney in Forest Park on October 5 sponsored by Carson's Sports Bar to benefit the SLMPD Canine Unit and the 3rd District. More information at <http://slpva.com/carson.html>

### In Memoriam

Edward Allers 9/12/10  
 Joseph Lohaus 9/10/10  
 Eugene Lyles 9/06/10  
 Roosevelt Barnes 9/01/10

## FADE OUT

### The following officers retired:

	Appointed	Effective
Patrick Rice	01/09/84	08/18/10
Ron Ross	01/30/03	05/10/10 Acc. Dis.
Kim M. Castro	07/25/83	09/13/10
William C. Sibert		9/27/10

### The following officers have resigned:

P.O. Greg. Purdy	09/21/10
P.O. Bradley Wildmer	09/21/10
P.O. Jeremy Stockmann	09/19/10

The Gendarme takes this opportunity to wish the officers named above the very best in the future, and may the wind be always at your back.

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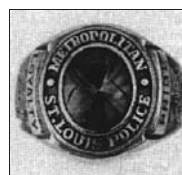
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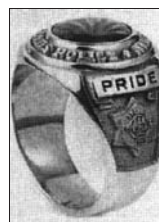
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## Pension Update

By James Wurm, Chairman



### PENSION FUNDS TAKE ANOTHER HIT THE MARKET WAS COLD AND THE WEATHER WAS HOT FOR THE MONTH OF AUGUST

America's economy in August has cooled off. Experts are expecting the economy to go into a double dip recession as it did in the 1980's.

Investors were taken aback by the lower economic growth and higher unemployment. Stocks were hit the hardest, while Emerging Markets equity was just as bad. Bonds were up across the board in August. So many things can cause such a major slowdown, high rates in unemployment, home prices and sales that can adversely affect borrowing and spending, and health care costs, which NO employer will hire under these circumstances.

Recession occurs usually every two or three months in an economic contraction and a double dip recession occurs when the economy grows out of a recession and then shrinks within the next 12 Months. Most all reports on the economy show the way to a double dip recession.

Hiring and spending, by employers, are a difficult uncertainty. With house sales falling and unemployment up very high, people will see their home values drop and in turn decrease their spending. This is not good for the Pension System.

Pension trustees have concluded that cutting benefits for new employees alone will not save enough money in the short term to keep plans solvent over time, and it would take too many years for the system to catch up. The problem can be blamed a lot on the retirement fund's current financial troubles on investment losses suffered during 2007/09 recession.

Looking ahead, the only thing that can boost investor's confidence will be positive news about economic growth and evidence that jobs are coming back.

## ST. LOUIS POLICE OFFICERS KILLED IN THE PERFORMANCE OF DUTY DURING THE MONTH OF SEPTEMBER:

John Cummings	1875	Charles B. Redmond	1917
Louis H. Wilmers	1890	Eugene N. Lovely	1926
Nicholas F. Beckman	1900	Edward Schaaf	1927
Thomas J. Bolin	1900	Adolph Kreidler	1931
John P. Looney	1900	Samuel J. Cheatham	1959
Thomas J. Hadican	1903	Michael A. McNew	1989
Humphrey O'Leary	1906	Todd S. Meriwether	1994



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Former Police Officer

# “Fight for the Cause of the Membership”

**By Ken Bradshaw  
Pension Board Trustee**

I want to thank everyone who voted in the recent Pension Trustee election. Once again, the retirees had a ballot return of over 70%. It is good to see so many people take an interest in our Pension System.

As I took my Oath of Office as the newly elected Pension Retiree Trustee at the Circuit Clerk's Office, I thought of the person I am replacing, Don Strate. Don is not only a good friend of mine, but he elected not to run this term as a retiree trustee, after a long and accomplished career.

We need to thank people that fought the “fight” for our salary increases, receiving overtime pay, benefits, and

improving our working conditions. Don Strate is one of these persons. He has been there on every front. Don joined the SLMPD in 1954 (56 years ago). His pay at that time was \$2,900 a year. In 1968, when the SLPOA was first formed, Don was in the first group of 1,000 officers who joined, being issued Card #896 of the Police Officer's Association.

Recently, I went to the SLPOA's Hall and looked through the archives of the Gendarme. From those archives, I discovered the Gendarme was first published in November/1968 and was a 1 page sheet. A few years later, Don became the Editor of the Gendarme and helped it grow to where it is today.

Don Strate was elected President of the SLPOA in 1975 (he was vice-president prior to 1975). Right after his election as President, Don was quoted in the Gendarme (December/1975 issue) as stating he was going to “**fight for the cause of the membership**”. In those years (early to mid 70's), inflation was high; for example, the cost-of- living increase in 1974 was 15.5%, while at the same time, the increases for salary were considerably lower, causing the actual buying power of officers to drastically decrease. In reading the Gendarme archives, particularly the “from the President” articles that Don Strate wrote, the main topics in the 1970's were “**Collective Bar-**

**gaining with binding arbitration, salary increases, and fighting City Control**” (sound familiar?).

Forty some years later, we are still facing the same problems.

In later years, Don was promoted, and then continued his relationship with labor organizations by being elected the President of the Fraternal Organization (this organization is now known as the St. Louis Police Leadership Organization). After retiring from the Police Department in 1989 after 35 years of service, Don continued his efforts in helping officers, by becoming a Lobbyist for the SLPOA in the early to mid 1990's, lobbying the legislators in Jefferson City, as well as monitoring the proceedings of the Board of Alderpersons.

Then from October 01, 2004 until September 30, 2010, Don was elected by his peers to the Board of Trustees of the Police Retirement System, where he brought his expertise and knowledge to work on Pension issues.

While I realize I may never come close to filling Don's shoes, I am committed to follow in his footsteps and continue to work on what he has championed for. I intend to keep the pension safe for all members. Don, I and many other officers, both active and retired, wish to “**Thank you!**” for all you have done for the past 56 years for the Officers of the St. Louis Metropolitan Police Department!



### Talk About Starting Salaries...

Officer Walter Hughes joined the Department in 1909. His salary was \$1,680.00. Officer Hughes was promoted to Sergeant in 1922.

*Submitted by Barb Miksicek from the SLMPD Library*

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

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## NO LEADERSHIP— City of St. Louis

By Jim Wurm, Retiree

In my last article "The City of St. Louis is like a run away train-No Engineer". I said that there might be a way of fixing the problem. My idea was not to attack the Board of Aldermen, but to let everyone know that we have too many Aldermen for the size of our population. When is the last time that the Mayor had a meeting of ALL department heads in City Hall? The budget needs everyone in management position to give his or her input on how to come up with more money. Right now, the left hand doesn't know what the right hand is doing.

Here is my idea, and I have expressed this idea to Mr. Rainford on several occasions. The City has an Earning tax, lets just say around \$140 Million a year, and if we are so short of money, why not increase the Earning Tax about ? percent? That would give the City of St. Louis about \$70 Million more money to deal with its short falls. The City says that it is already \$47 Million dollars short. With an additional \$70 Million dollars, you would take \$47 Million from this tax and SAVE the rest of the \$23 Million for a rainy day fund, NOT PUT IT IN THE GENERAL REVENUE FUND. Believe me I don't like paying any more taxes then anybody else, but I don't like City services cut, or paying for trash pick-up that was free before.

We must begin thinking positively and stop thinking negatively for the City of St. Louis. It's fine that the Mayor wants the downtown area looking good but you just can't keep giving Tax Abatements to every Tom, Dick and Harry who has a plan. I wonder how

many millions of dollars (or could it be in the billions) that are out there for us to try to recover. If the City of St. Louis doesn't work out the problems soon, then there will be cuts in the Fire Department, EMS, and the Police Department. Let's just take the cuts in the Fire Department. What will our ratings be? Will we have to pay more for Fire Insurance on our own personal homes because of less manpower? Even though we are paying for Bonds for the Police Department, approved in 2007, the Police Department will have to cut manpower also. No one has asked the City to explain where the money is at with Ballpark Village, or where the millions that A.T.& T had to pay the City for over charges is, etc., etc.

Some of the money from the Bond Issue of 2007 was spent for other things besides the Police Department Budget. Also the Board of Aldermen got a \$4,000 increase in each of their wards. One half of the Aldermen got the money last year and the other half will get theirs next year. (28 X\$4,000=\$112,000). If you look on the Internet at the City's chart regarding the Board of Aldermen, some of the Aldermen only represent a few thousand people while others have 10 thousand people to represent. The districts need to be revised that's right; let someone else do that, not the managers of the City.

People, we need to wake up and smell the roses or our City will have less than 300,000 people if we don't get involved and get our City mangers to do their job.

This is my idea to help the City, what's your idea. Let the City know.

## LETTERS TO THE EDITOR

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.

### Letter to the Editor:

I would like to think that every active and retired member that is a registered voter in Jim Long's district voted for him. However, I would be naive to believe that would even happen. By now I think I've probably heard every possible excuse for not voting and in the end none of them really matter. When it's over it's over and in this case the real loser is the SLPOA.

Jim should be very proud of himself. He waged a good campaign and had he been elected he would have been a staunch supporter and defender of the SLPOA and its members. But, since Jim wasn't elected that just means we

have to continue the good fight without him.

All members of the SLPOA *must* band together against city control, a takeover of our pension system and any other attempts by the city or Board of Aldermen to exert control over the police department.

In unity there is strength and the SLPOA is only as strong as its members. Good and effective leadership can only do so much without the troops behind them. Get involved. Do your part. After all you *are* the SLPOA and as such you determine your own future.

**Dennis M. Skaggs**  
Retired 1990 March

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## Legislative Committee Report

By Joe Steiger, Vice President, Legislative Chairman



Representative Tim Jones with Joe and Kris Steiger. Joe is Vice President and Legislative Chairman of the SLPOA.

### Representative Tim Jones Fundraiser

On Tuesday, September 2nd, my wife, Kris and I represented the SLPOA at a fundraiser at the Eureka Wine House for Representative Tim Jones, Republican from District 89. Representative Jones has been a strong supporter of the men and women of the St. Louis Police Department. Representative Jones stood strong for us against the local politician control issue last year, voting "No" to the proposed bill that would have handed control of our department over to the bureaucracy laden and mismanaged city government. Representative Jones knows of and believes in our issues and will continue to be a strong advocate for our members. Representative Jones will likely be the House Floor Leader next session. I would encourage all of our members, active and retired,

who live in his District to vote for him in November. All of the SLPOA political endorsements are listed on our website under the "Endorsements" tab. You can find these by logging on to our website at [www.slpoa.org](http://www.slpoa.org). While you're there, take the time to register if you haven't done so already.

### Labor Day Parade

On Monday, September 6th, the SLPOA walked in the Labor Day Parade. The SLPOA has been missing from this event for many years. About 25 people, including both active and retired members and their families, assembled downtown and accompanied the Black Maria and the SLPOA vehicle for the parade. We received a warm welcome from the parade onlookers and passed out candy to all of the kids along the parade route. This was a great way for us to

*Continued on page 9*



SLPOA Vice President Joe Steiger (right) along with the Black Maria help lead the SLPOA contingent in the Labor Day Parade.



SLPOA President Tom Walsh and family.



SLPOA Recording Secretary Ed Clark along with the parade marchers.



There's always a good time to be had for the "Jailbirds" inside the Black Maria.



**LEGISLATIVE REPORT**

*Continued from page 8*

get out into the public eye and make a real positive impact in the community. It was a lot of fun and a great way to improve the public image of the St. Louis Police Department and to endear ourselves to the public. Next year, I hope to double the attendance and make a much greater impact. Thanks to everyone who participated. I would especially like to thank SLPOA Division 12 Representative Lori Fuller for manning a post as a parade marshal.

**Representative Jeff Roorda Golf Tournament**

On Friday, September 17th, the SLPOA attended a fundraiser for Representative Jeff Roorda, Democrat from District 102, by participating in his annual golf tournament. As you all know by now, Representative Roorda is a staunch supporter of our issues in Jefferson City. SLPOA President Tom Walsh, Missouri FOP President Kevin Ahlbrand, SLPOA member Anthony Boettigheimer and I attended this function. Although we finished in 19th place in the tournament, we were well received by Representative Roorda and his supporters. However, a team led by SLPOA members Charlie Johnson and Hal Stone placed third in the event.

**Deb Lavender for State Representative**

On Saturday, September 18th, the SLPOA participated in the Kirkwood Greentree Festival Parade with Deb Lavender, candidate for State Representative in the 94th District. Deb has been endorsed by the Missouri Fraternal Order of Police and the SLPOA. Deb's opponent voted against police officers during the local politician control debate last year



SLPOA shows their support for Deb Lavender along with family and friends.



Tom Wozniak, Lori Fuller, Martin Garcia, Mark Biondolino, Butch Albert, Deb Lavender, Matt Simpson and Joe Steiger.



Deb Lavender, candidate for State Representative in the 94th District with friends and family at the Kirkwood Greentree Festival Parade.



State FOP President and SLPOA member Kevin Ahlbrand with SLPOA President Tom Walsh at the Jeff Roorda Golf Tournament.

after promising to support our members. I would encourage anyone who lives in Deb's District to support her candidacy and help her get elected. A vote for Deb would be a vote gained in our never ending battle against local politician control of our Police Department and a vote to protect your pensions and benefits.

**Upcoming Legislative Events**

On Thursday, September 23rd, the SLPOA will host a fundraiser for Genise Montecillo, candidate for State Representative in the 66th District. Genise is running for the seat that was vacated by Represent-

tative Mike Vogt who is term-limited out of office. Genise has been a teacher with the Special School District for twenty four years. As a public employee, she understands our concerns with protecting our pensions. She will be a strong advocate for the men and women of the SLPOA. The event is being held at the SLPOA Hall starting at 4:00 pm. Please stop by and show your support.

That following Saturday, September 25th, the SLPOA will be walking with Genise to help promote her campaign. We will meet at the SLPOA Hall at 11:00am and will work for Genise for about two hours. This will be similar to what we have done recently with the Jim Long campaign. Hopefully you will find the time to help out. Another session to walk for Genise is scheduled for Saturday October 30th.

On Thursday, September 30th, the SLPOA will host a fundraiser for State Representative Vicki Englund, Democrat 85th District. Representative Englund stood strong for our organization last year during our local politician control fight. Representative Englund was removed from the House Committee that heard our bill last year, after it was learned that she was not in support of local politician control of our police department, and was replaced with Representative Hope Whitehead who was in favor of the bill. After being removed, Representative Englund was a vocal advocate for our cause. Let's repay her dedication to our members by supporting her in this fundraiser. This event is also being held at the SLPOA Hall starting at 4:00 pm.

I hope everyone can find the time to stop by these events and show some support to our friends who continue to support us in Jefferson City.

**Get Involved**

I want to thank the following members for participating in the above legislative events: Tom Walsh, Ed Clark, Martin Garcia, Dave Rudolph, Brian King, Anthony Boettigheimer, Mark Biondolino, Lori Fuller, Tony Wozniak, Matt Simpson, Lou Wilson, Kevin Ahlbrand, Tom Malecek, Missouri State FOP Vice President Butch Albert (St. Louis County retired), and retired SLPOA members John King and Arnold Miller. This small group of people continues to assist with SLPOA endeavors time and again. I would like to see additional

*Continued on page 10*

# Disability Process with the Police Retirement System

The timeline of processing an application for disability retirement is not exact, and many factors impact the process. To begin with, a member who has suffered a potentially career-ending incident, whether in the line of duty or not, may present with a single issue or a host of issues. The complexity of the situation has a direct bearing on the approach and the subsequent processing of an application.

In order for a member to make application, s/he must present a copy of the police report of the incident. We have found it necessary, in the absence of obvious circumstances such as a traumatic amputation, for the member to have reached maximum medical improvement (MMI) and have completed the police department's fitness for duty medical examination prior to application. The member is asked to produce a complete listing of all treating physicians, including their primary care physician (PCP), along with any other treatment such as physical therapy.

The member makes application in the pension office, provides the required documentation, and advised of the disability process. A member's medical records are assembled

based upon the list of all treating physicians and other treatment, and the file forwarded to the System's Medical Director. Past experience has told us that the medical records from the police department often do not contain all the records from all the member's treating physicians.

Once the records are forwarded, the Medical Director performs an Independent Medical Examination (IME) determining the scope of the injuries suffered, and may appoint any number of physicians he deems appropriate, depending on the circumstances. This may include, for example, orthopedists, neurologists, neurosurgeons, psychiatrists or psychologists, or any other specialist the Medical Director deems appropriate to examine the member in order to determine the member's fitness for further duty. The physicians appointed by the Medical Director join the Director to form the Medical Board for the member applying for disability. The staff makes the appropriate appointments with the physicians appointed by the Medical Director for the member, notifying the member by phone and US Mail.

After an IME by each member of the Medical Board,

reports are forwarded to the office for inclusion with the member's records. Once all the members of the Medical Board have submitted their IME reports, the Medical Director review the reports, contacts the members of the Medical Board, and provides a Chairman's report summing up the findings of the Medical Board.

There are external factors that impact the length of time required to prepare the member's medical file and complete the physical examinations. Many times medical records are stored at an offsite location, and the staff must complete the appropriate form to retrieve the records. Some providers change their form fairly often, and will not honor an "old" form submitted after a revised version has been adopted.

When making appointments for an IME, the staff is at the mercy of the physician's schedule, as the summer months in particular are not available. In addition, many physicians will not perform an IME on a member whose medical file is in excess of two (2) inches thick.

## The Hearing Process

Completed files are distributed to the members of the Disability Committee, who convene an informal hearing before the Committee. The

Committee reviews the applicant's medical file and the reports of the Medical Board, and hears the testimony of the applicant. The Committee votes on a recommendation to make to the full Board of Trustees, said recommendation presented at the next regularly scheduled monthly meeting of the Board of Trustees, or at a special meeting of the Board of Trustees called by the Chairman to consider issues of immediate importance.

Applicants who are denied a disability retirement after an informal hearing by the Disability Committee may file an appeal to the Board of Trustees within 30 days of the decision, asking for a formal hearing to present additional information which may not have been available to the Board of Trustees. Formal hearings are held in front of the entire Board of Trustees and are conducted by an independent Hearing Officer, and recorded by a registered court reporter. Attorneys for both the Board of Trustees and the applicant submit legal briefs to the Hearing Officer who provides a decision based upon the findings of fact and conclusions of law. If the applicant fails at the formal hearing, the applicant can appeal the decision of the Board of Trustees within 30 days to the Circuit Court for the City of St. Louis.

## LEGISLATIVE REPORT

*Continued from page 9*

members take a more active role in the advancement of our organization. These are the types of activities that promote the SLPOA and the Police Department in a positive light. Participating in these events also proves that we are capable of organizing our members and contributing to the election of candidates. This type of "sweat equity" will make us a strong ally to our friends and a dangerous competitor to our opponents.

Since taking over as your Legislative Chairman, I have tried to represent the SLPOA as a group of motivated men

and women who will fight for their beliefs. We are and will continue to endorse good, strong candidates. We will continue to endorse people, not parties, and we will continue to work to get those people elected. But, we need more than just a small group of the same members participating over and over again to accomplish this goal. Please try to find the time to help our organization achieve what we are capable of becoming: a strong, sought after, politically powerful organization that supports the jobs, lives and benefits of the men and women of the St. Louis Police Department.



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## IF YOU ARE THINKING ABOUT RETIRING YOU SHOULD READ THE FOLLOWING!

If you are considering retiring in the next couple of months, as a public service to all SLPOA members, the Gendarme is printing an up-date of the various steps you must take after you have made the decision to retire. Before you make that decision, we advise you to contact the Pension Office — 241-0800 — to confirm that you, indeed, will have completed 20 years, 25 years 30 years, or whatever number of years, on the date you think you will.

You must **not give more** than 90 days notice and, it must be in writing, delivered to the Pension Office.

Once you have verified your retirement date, you then must take the following steps, but not necessarily in the order given, except for the first two steps:

### STEP #1

Tell your Bureau Commander and Captain's Aide that you plan to retire and he in turn will fill out a "Terminal Payment Release" form for you, which you will check over and then sign. If at all possible, your last day on the payroll should be the last day of a pay period (Sunday before payday).

### STEP #2

You will then take the "Terminal Payment Release" form to the Pension Office at 2020 Market (next to Maggie O'Brien's) where they will verify all information on the "Terminal Payment Release" form and then have you fill out your "retirement papers" and a new "beneficiary form". If by that time you yourself have not yet computed what your monthly pension payment might be, the Pension Office will do that for you but it will only be "estimated," subject to revision if necessary. Pension number: 241-0800.

### LUMP SUM PAYMENT:

The Pension Office at this time will also estimate your "lump sum payment," which will represent the return of all contributions you made into your retirement system, less interest earned. You also will be informed of your lump sum payback procedures.

### STEP #3

**Please call for an appointment: 444-5394**

Employee Benefits Office, located on the first floor of the Police Academy, where you will be informed as to the kind of Medical Insurance you will take with you as a retiree and also be told that you will take with you a paid-up \$3,000 life insurance policy. Dental is an extra charge and may be carried for 18 months if there is no other dental. If you have dependent coverage, you will need a spouse SSN# for billing. Funeral Association will be notified at this time. Coverage will end at the end of the pay period.

### STEP #4

**CREDIT UNION:** 444-5392 If you have a loan from the Credit Union, you will be obligated to pay it off, unless it is a share pledge loan, auto, boat or motor cycle loan, then you can make payments. We have the title as collateral. You could continue to carry the signature loan IF you purchased additional shares to equal the amount of the loan. You can remain a member of the Credit Union after retirement.

**NOTE: If a retiree has a minimum of \$2,000 in shares and maintains that minimum (\$2,000) balance in shares before he reaches the age of fifty-five and after, upon his death the beneficiary would receive the shares plus \$2,000 in insurance. All shares are covered up to \$100,000.00 by the NCUA, which is a Government organization.**

### STEP #5

**COMMUNICATIONS:** 444-5504 A check for I-status reports (Incomplete reports) will be made and cell phone and pager through the Department's Corporate plan will be converted to individual plans.

### STEP #6

**DEPARTMENT ARMORER:** 444-5574 All retirees must turn in their pistol. You are not allowed to buy it. You must bring the blue carrying case for the pistol and two magazines. Also, your Pepper Mace and its holster.

### STEP #7

**UNIFORM INSPECTOR'S OFFICE:** Turn in all equipment ever issued to you (excluding your pistol) including your **bulletproof vest**, if you have one. You will be charged for all items not returned and all clothing must be clean.

### STEP #8

**SUPPLY DIVISION:** Turn in your: 1) Badge and cap piece. 2) Manual and 3) Special Orders.

### STEP #9

**HUMAN RESOURCES:** Your retired ID card is prepared. You will be given an exit interview. The **Police Library** will check to see if you have any outstanding books or periodicals on loan. You will be charged for all those not returned.

### STEP #10

**PAYMASTER:** Here you will turn in your "Terminal Payment Release" form and will be told when **your final check will be available to you either to be personally picked up or mailed to you.** This would include any other outstanding checks you may have coming to you. The Paymaster also will work with you in adjusting final taxable wages in order to reduce taxes as much as possible. Final Signature.

**NOTE:** According to Steve Olish, Executive Secretary of the pension fund, it may take up to two months after your

date of retirement until you receive your first pension payment. It is mostly due to paperwork that must be performed. The paperwork cannot start till the department has issued the final pay record to the Pension System.

### STEP #11

Then go to the Relief Association and Funeral Association, located at 4551 Tholozan. You will be told what benefits you will receive as a retiree, or you may call Bull Ward at 771-0923. The normal office hours of the Funeral/Relief Association are Monday through Thursday, 8:00 a.m. to 4:00 p.m.

### FUNERAL ASSOCIATION:

You will be informed that you can stay in the Funeral Association by paying annual membership dues in the amount of \$52.00. In that event, upon your death, the Funeral Association will directly pay the funeral home \$4,000.00.

### RELIEF ASSOCIATION:

You will be provided with information regarding your gold retirement ring that the Relief Association gives to you upon your retirement.

### STEP #12

**Deferred compensation** — 241-1334 if you want to defer part of your final check you must contact Shannon immediately. Also you should consult her on your deferred comp election for the future.

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# Police Work 101

By Sergeant William Boyd Kiphart II

## Tactical Duty Preparation

As we enter the more tactical portion of this series of articles we are again starting at the beginning, preparation for duty. I believe we need to consider our preparation for duty before we can get into a further discussion of street tactics. Also as a sergeant, this one of the areas where I see the most need for discussion.

The reality of the lifestyle is that many of us are working one or more secondary jobs to maintain a decent lifestyle for our family. I know this is a reality, but do not forget a couple of considerations as you schedule and work your secondary. First and foremost, no amount of money you will make working the secondary will ever be worth the time lost being with your family; and that time you cannot get back. I am not telling anyone not to work secondary, just be prudent. If the secondary is interfering with your relationships it may be time to reconsider the amount you are working. Secondly, it is critical that your secondary schedule not adversely affect your sleep and health: both physical and mental.

Whether it is a routine or

serious physical ailment or a street confrontation where you are in a fight for your life, in this profession, your physical health and condition is at the very forefront of your survival and the successful completion of your career. Those of you who have been in either of these battles will attest to the critical importance of this matter. When you show up for roll call, be ready for the fight of your life; today may be the day. If you walk in the door in any other physical or mental state you are simply gambling with your life that today is not the day.

The next consideration we often overlook is what equipment we bring to the tour. While in a perfect world, the department would provide everything we need, reality for us and just about every other cop in just about every other department in the country is that they do not. That being the case buy what you need and know that just about any of it is tax deductible. Just like training, the only people that lose when you do not have what you need on the street are you and your fellow officers.

Each of us has different habits and tactics but I think there are a few basics we can agree on:

Spare ammunition and magazines are always a primary consideration. Anyone who had dealings with my officers or I while in charge of the Firearms Training Unit knows what our policy was regarding magazines and ammunition. But as mentioned, if the department does not provide it, buy it yourself. A rifle sling may be a good mention here as well. I recommend a one point (single point) sling, as they are quick to attach, inexpensive and easy to use. As for the most common question I get, "how many extra magazines should I carry", that is up to you and your comfort level. I also often get the comment, "if I need more than the three I usually carry I am getting out of there anyway". If that is your thought, I hope you will rethink it or your choice of employment. I am sure any of the officers at the North Hollywood Bank Robbery shoot out will tell you they wish they had more than they did; to have and not need is a good feeling and the definition of preparation.

Water and some level of food, from prepackaged meals to just a couple of protein bars need to be in your bag at all times. For those of you that remember the "floods of '93", our response after the attacks on September 11 or ABB, you know that you can end up on a post for an extended period of time and not have the luxury of time for a run to Quick Trip.

Another serious consideration for your personal stores is some basic entry tools. I know the department is working on several levels to get this equip-



ment on the street. Until then, some basic equipment from your local hardware stores, or if you want to spend the money from Blackhawk, is better than nothing. I would suggest a sledge/axe combo, crowbar and bolt cutters. When it comes to a rescue situation of a fellow officer or citizen, fifty dollars worth of gear can be invaluable.

Now I want to discuss what I think is the single most important item to have in your possession before you hit the streets. Each one of our cars should have a trauma/first aid kit. While often overlooked as you inspect your car each morning, they can greatly help you save a fellow officers life. Please make sure that trauma kit is in your car before you leave the lot. I was with some fast thinking police officers when Joe Haman was shot and they were burning through our trauma kits helping to save his life. Thanks to those officers and those that provided the three or so kits we used. Again, to have and not need is a great thing.

That being said, I carry my own first aid kit and advocate that each of you do the same. My purpose for this is twofold. First, it is always stocked and ready at hand on duty and off. Second, my kit is based on what the Army taught me and what I think I need to save my life, one of my family or that of a fellow officer. I do not think that anyone in our culture should ever hit the street, on duty or off, without at least one QuickClot trauma dressing, a

*Continued on page 13*

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**POLICE WORK 101**

*Continued from page 12*

tourniquet and an Asherman Chest Seal. These are the basic first aid needs for gunshot wounds, stab wounds or general battle trauma. These items are easily accessible on the Internet for about twenty dollars each. More importantly, each is very easy to use with limited training even if you need to do that training yourself. YouTube has a good library of Army first aid training videos on each if you have no other option. In my perfect police world, all of us should be certified E.M.T's. but until then, your life and mine depends on what we do to equip and train ourselves. Additionally for your first aid kit I suggest a pair of medical scissors for removing clothes, gauze, tape, alcohol or alcohol based gel for sanitizing, compression bandages and duct tape; trust me it works wonders in the field.

There are a plethora of other items you can add to a good personal first aid/trauma kit and many you will find as you begin to stock yours. I mention these strictly from a layman's perspective of a mili-

tary background and my personal comfort level of being able to stabilize you or myself in the field until the professionals can get to us. One final thought on this topic. Keep the critical items, the QuickClot, tourniquet and chest seal in small enough configuration that you can keep it with you and take it on the fly. If it is in the bottom of your main duty bag or is part of a full size duffel bag first aid kit, the chances you actually have it with you when you need it are significantly reduced.

As far as the ammunition, magazines, primary first aid, sling and food items, that is your GO BAG. I carry and recommend the 511 Push Pack; about fifty dollars through Ed Roehr. It travels with me on duty and off and is easy to move with a shoulder sling for quick deployment.

Now, well rested, well trained and well equipped we are ready to engage an enemy force of predators, superior in number and more heavily armed; they may run but they cannot hide from us.

**Blessed are the peacemakers: for they shall be called the children of God.**

## Chaplain's Corner

By Sergeant Clarence Hines



**The Police Officer: God's Special Servant**

In law enforcement, it is very easy to become desensitized to what is going on around us; to lose our youthful passion and perspective on the public and victims of crime. Time has a way of allowing cynicism to creep into a police officers daily walk. This can lead us into the treacherous terrain of job frustration and burnout. It can be quite frustrating at times for a police officer when he/she doesn't get the credit they deserve for their dedicated service and daily sacrifices. Sadly, what we are called to do and who we are called to be can get to even the best of the most seasoned police officers.

I have learned that it is quite possible to gain a fresh perspective on law enforcement; a perspective that will restore the passion and vigor for community service. I have learned to see and embrace police work from Gods perspective. More importantly, I have learned not to allow the department or public perception to determine my self worth or value as a police officer. Seeing police work from Gods perspective links the lawman with the very heart of God. Every police officer should understand the very special place he has in the eyes of God. The Holy Scriptures reveal how important police officers are in the divine plans and purposes of God; that no matter what, he cares for us and sees the best in us. We are the peacemakers and God Himself calls us blessed. He has personalized the relationship with police officers in that he calls us sons and daughters.

In the 13th Chapter of the book of Romans, the Word of God says that police officers are divinely ordained and specifically chosen to serve as Gods special servants and agents of justice and peace. What an awesome privilege it is to be chosen by the hand of God and set apart to be a police officer. It is encouraging to know that no matter the situation, God considers us special and as his special representatives in the earth, Police officers can be certain that God almighty is always with us. We pray to that end.

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## Fraud Prevention Taskforce

By Dan Rechten, Coordinator



The Fraud Prevention Taskforce is a free service offered by Circuit Attorney Jennifer Joyce. Retired SLPOA Member Dan Rechten is available to provide answers to all fraud-related questions and can be reached by telephone at (314)612-1412 or via email at [rechten@stlouiscao.org](mailto:rechten@stlouiscao.org). Informational seminars on a wide range of topics related to fraud prevention are available to any group living in, working in, or providing services to the City of St. Louis. Contact Dan Rechten to schedule your free Fraud Prevention Seminar.

### What Not to do on Social Networking Sites

In their respective June 2010 issues, *Consumer Reports* and *The Privacy Rights Clearinghouse* magazines advised readers of how to keep information private and prevent identity theft when using social networking sites.

Some of their recommendations include:

**NEVER** use a weak password. Always use both upper and lower case letters *and* numbers and symbols to create a password at least 8 characters long.

**NEVER** include your full birth date in your profile.

**NEVER** provide any personal or professional e-mail address. Create an e-mail address used only for the social networking site.

**NEVER** mention that you will be away from home. Share travel stories and post photos *after* you return home.

**NEVER** allow young children to use social networking sites unsupervised. If your child is on Facebook, become her online friend and provide your e-mail address as the account's contact. That way, you receive notifications and can better monitor their activities.

**NEVER** respond to requests for money. If your account is compromised, a scam artist can attempt to defraud your friends and contacts. (i.e. "I am trapped in London, please help me!")

**NEVER** post sensitive or compromising pictures or posts. Remember that employers and College admissions officials now ask for access to your social networking site.

**NEVER** post your child's name in captions or photo tags. Do not provide details about his or her school activities.

**ALWAYS** delete cookies, including flash cookies, each time you leave a social networking site.

**ALWAYS** read and understand privacy controls. Use them to limit access to your profile and to protect yourself.

### Facebook "Stranded Overseas" Scam Targets St. Louis Area

Recently, this office has received several complaints about a Facebook scam operating in the St. Louis area. The scheme typically begins when a Facebook or other social networking account is "hijacked" and the owner is blocked from accessing their account. The hijacker then sends messages to all of the account owner's friends and contacts. The message claims that the account owner was robbed while traveling overseas and lost all of their money, luggage and identification. The message then begs the recipient to wire transfer money in order to help with hotel and travel bills.

The message often states that because the "lost traveler" is busy obtaining a new passport at the US Consulate, the recipient should contact a hotel concierge or bank manager at a certain international phone number to arrange to send the money. The person who answers this phone when the "lost traveler's" friends call is actually working with the account hijacker and proceeds to collect all of the wire transferred money. Due to the fact that the account owner is blocked from accessing his/her account by the hijacker, he or she often has no idea the scam is occurring.

If you receive such a message:

- Do not send money. Make every attempt to contact your friend by telephone to determine if they travelled out of the country and are in genuine need.
- If you have been telephoned by someone claiming to be your friend, make certain you are actually speaking to your friend. Ask questions about information that only your friend and you would know.

If you suddenly find yourself blocked from your social networking account:

- Immediately contact the site to determine how to reestablish

# Health & Fitness

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

### Rate Your Workout

How hard do you think you're working? To answer the question, take note of your breathing, degree of muscle fatigue and general feeling of discomfort. Then, rate your overall state on a scale of 1-10. Zero would be how it feels to be at rest while 10 is an exertion level so difficult that you could only maintain it for a few seconds. The zone you should attempt to stay in is 7 or 8.

Goal setting is important in achieving maximal results. That's the basic idea behind this method of monitoring exercise intensity to set goals for every workout.

Below is a brief description of how to rate your workout and see how hard you are exercising. Remember be truthful and try to push yourself a little more at every workout in order to achieve optimal results.

Read the specifics of each level to get a sense of what's too much, too little and just right.

- 0 — Rest.
- 1 — Feeling you would experience at your desk or reading.
- 2 — The feeling you experience while getting dressed.
- 3 — Slowly jogging across the room to turn on the television. There is a little feeling of fatigue, but it's slow and natural.
- 4 — Slowly walking outside. Your breathing is slightly elevated but comfortable. You should experience this level at the end of your warm-up.
- 5 — Slight feeling of fatigue, aware of your breathing which is deeper than level 4.
- 6 — Walking briskly and trying to get to an appointment. General feeling of fatigue but you know you can maintain it. You should experience this level in the transition from your warm-up.
- 7 — This is the feeling you should experience while exercising vigorously. There is fatigue, but you are quite sure you can maintain it. In addition, you should be able to carry on a conversation, but you would probably choose not to do so.
- 8 — This is the feeling of exercising very vigorously. There is a definite feeling of fatigue, and if you asked yourself if you could continue for the remainder of your exercise session, your answer would be that you think so but you're not 100 percent certain. You could carry on a conversation, but wouldn't feel like it. This is the feeling you should experience only after getting comfortable with level 7. This is the level that produces rapid results.
- 9 — Exercising very, very vigorously. You probably cannot continue at this pace for your entire exercise session. Your breathing is very labored and it would be very difficult to carry on a conversation. You should not experience level 9 on a routine basis and should slow up if you do.
- 10 — You should not experience level 10. This is the feeling you would have with all-out exercise. This level cannot be maintained for very long and there is no benefit in reaching it.

*If you're a beginner, it may take you a while to maintain level 7 consistently, but don't be discouraged. If you can't exercise at that pace for your whole workout, start at a slower level of exertion, then increase to 7 for one or two minutes at a time.*

*Remember to consult a physician before beginning any exercise program.*

### — FYI —

The SLMPD Fitness Center offers free Boot Camp classes on Monday, Wednesday and Fridays from 12-12:30 for department employees and spouses.

your account and to make sure that it has not been hijacked.

- Call your friends/contacts on the site to see if they have received any messages about you.
- Contact the Fraud Assistance Hotline (314-612-1412) as it is possible your identity has also been stolen.

# CALENDAR

## OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 PAY DAY TASTE OF ST. LOUIS 1-3	2 HARRIS STOWE U. PARADE
3 BIKE & BADGE RIDE	4	5 RON DEMPSEY GOLF TOURNAMENT	6	7	8 OCTOBERFEST IN SOULAR 8-10	9 CHILD SAFETY DAY AUTISM WALK
10 BENNEFIT FUZZBALL TOURN.	11 COLUMBUS DAY	12	13 VETERANS MTG. POLICE WIVES MTG.	14	15 PAY DAY SLPOA DINNER DANCE	16
17	18	19	20	21	22	23
24	25	26	27 GEN. MEMBERSHIP MEETING	28	29 PAY DAY	30 BENEFIT FOR KEVIN KRANZ
31 HALLOWEEN						

## NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GENERAL ELECTION	3	4	5	6 VETERANS DAY PARADE
7 DAYLIGHT SAVINGS TIME ENDS	8	9	10 VETERANS MTG. POLICE WIVES MTG.	11	12 PAY DAY	13
14	15	16	17	18	19 LIGHT UP THE NIGHT	20
21	22	23	24 GUNS 'N HOSES	25 THANKSGIVING DAY PARADE	26 PAY DAY	27
28 AFTERNOON WITH SANTA	29	30				

## DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 CHRISTMAS COLORING CONTEST DEADLINE	7	8 VETERANS COOKOUT POLICE WIVES MTG.	9	10 PAY DAY	11
12	13	14	15	16	17	18 VP BALL
19	20	21	22	23	24 PAY DAY	25 CHRISTMAS
26	27	28	29 GEN. MEMBERSHIP MEETING	30	31 FIRST NIGHT FUN WITHOUT GUNS	

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Registration fee is \$25.00 per bike. The 2010 ride shirt and pins are available for sale prior to the event at Dave Mungenast St. Louis Honda Motorsports. Join us for a great time and a great cause. All proceeds go to The BackStoppers!



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## GENERAL MEMBERSHIP MONTHLY DRAWING

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**The General Membership Meeting  
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