SUPPORT FOR FALLEN OFFICERS IN FULL BLOOM IN GOVERNOR’S GARDEN

Because of construction at the Missouri Capitol grounds where the Missouri Law Enforcement Memorial is situated, this year’s memorial ceremony was held for the first time in the Governor’s Garden located between the Capitol and the Governor’s Mansion.

The flowering trees on the grounds of the garden were in full bloom as was the support for police officers who perished in the line of duty. Four names were added to the wall this year, two of which were officers we lost in 2017 and two more who were historical additions to the wall.

Dozens of families were there to commemorate their loved ones and hundreds of police officers were on hand to honor the fallen.

Governor Eric Greitens attended the candlelight vigil Friday at the Memorial and spoke at the ceremony Saturday in the garden. Former Governor Roger Wilson was also on hand for the ceremony. Gov. Wilson’s grandfather was a Boone County Sheriff who gave his life in the line of duty.

Follow the SLPOA on twitter @SLPOA.
“In memory of the Saint Louis Police Officers who have made the Ultimate Sacrifice”

DURING THE MONTH OF MAY

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 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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“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)

GENDARME Officers
President Martin Garcia
Committee Members
Curtis Burgdorf, Ann Long, Michael Ronzio,
Charles Woodcock, Rob Singh, Angela Hawkins

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GENERAL MEMBERSHIP
May 30, June 27
7 p.m.

VETERAN’S MEETING
May 9, June 6
11:30 a.m.

E-BOARD MEETING
May 30, June 6
4:30 p.m.

POLICE WIVES MEETING
May 9, June 6
7 p.m.
It's nice to have someone you can count on in the legislature. It's really nice when that man is the Majority Floor Leader in the State Senate.

It is nearly impossible to move a bill without the assent of the Senate Floor Leader. To have a floor leader in the form of Cole County’s Senator Mike Kehoe, who comes from a law enforcement family and who has a great, long-standing relationship with the SLPOA is a benefit for our members that is really hard to beat.

In our recent visit to Jefferson City in April for the Fraternal Order of Police annual “Day on the Hill” we took the opportunity to meet with Sen. Kehoe who carved time out of his busy schedule to greet the dozen or so officers that the SLPOA brought to the capitol to advocate for the interests of our members.

As a token of our friendship and appreciation for Sen. Kehoe’s long-standing support of our organization, we presented him with a beautiful over-sized chrome SLMPD badge to hang on the wall of his Senate office.

Sen. Kehoe was touched by the gesture and asked that we thank all of the men and women of the SLMPD for their selfless service. We thank you for your selfless service as well, Senator Kehoe.
I penned a column for the May Gendarme that amounted to a bitterly critical retrospective of Mayor Lyda Krewson’s first year in office. I submitted it to the Gendarme editorial board and they elected not to publish it in this month’s paper.

This is not me complaining.

I harbor no hard-feelings toward the editorial board. None whatsoever.

This is the only way a newspaper can work. Columnists and other opinion writers have to be free to write what they think needs to be said. Editors have to be free to say “yes” or “no” to such submissions. And it has to be a straight thumbs-up or thumbs-down.

Opinions can’t be edited. No one else can tell you what your opinion is. It belongs to you and you alone.

To the credit of our editorial board, nobody attempted to get me to redact my column, they simply declined to print it. As it should be. This wouldn’t work if I had to homogenize my opinions or if the editorial board had to print whatever I wrote even if it didn’t meet their content standards. My job as a columnist, as I see it, is to traffic in brutal honesty and harsh realities. The editorial board’s job is to make sure that the paper represents the collective voice of our membership. Those two things are almost always in harmony. On rare occasions, they are not.

That’s okay though.

If there was some sort of log-rolling trade-off between essayists and editors, where approval hinged on sanitizing your opinions into some sort of viscous hokum, the paper would devolve into an odd retelling of Hans Christian Andersen’s tale of “The Emperor’s New Clothes.” In fact that is the problem with the other print news publications in St. Louis. Since Bill McClellan departed as a featured columnist with the Post-Dispatch, we are left with only agenda-driven opinion writing in the St. Louis media market designed to wag the dog by tailoring column and op-ed writing to the perceived sensibilities of a desired audience. That ain’t journalism.

But the Gendarme holds true to the standards of editorial integrity.

That should make us all happy.

I didn’t want to leave this space empty though. Since I was past deadline, I tried to sit down in front of my keyboard and knock-out a quick fluff piece to fill the void.

I just couldn’t do it.

Our readers deserve better. The cops I represent deserve better. And, this newspaper deserves better.

Instead, I chose to opine about the probity of a critically important editorial process.

And, I’m fine with that. More than fine with that.
CHIEF
JAMES J. SILVERNAIL
DECEMBER 17, 1943 - APRIL 25, 2018

Longtime Fire Chief Jim Silvernail passed away after a long illness on April 25, 2018.

Silvernail enjoyed a long, decorated career in the fire service ultimately serving as fire chief with the Ballwin, Metro-West and Mehlville fire districts over his esteemed and venerable career.

But his first love, other than his dear wife Marian and their family, was BackStoppers.

Chief Silvernail was a fixture of the BackStoppers organization and one of its finest ambassadors. His caring sympathy for heroic first responders who perished in the line of duty and their surviving family members was a hallmark of the beloved fire chief.

First responders paused in their important daily duties on Wednesday May 2 to pay tribute to this lauded public servant and to see him off as he answered his last alarm.

Chief Silvernail will be greatly missed by all those who heroically serve our region, past and present. Farewell, Chief, until we meet again.

SLPOA ENDORSES BUTZ

The Executive Board of the SLPOA recently endorsed local businessman Steve Butz for the vacant 81st District State Representative seat in South St. Louis. The seat is currently held by Rep. Fred Wessels who has elected not to seek re-election. The primary election will be held on Tuesday, August 7.

Butz, a local insurance man, has demonstrated an undying support for the men and women of the St. Louis Metropolitan Police Department. We need more friends like Steve in our state capitol.

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DEBIT CARDS IN FOREIGN COUNTRIES NOW BLOCKED...

If you have our debit card this message is for you if you are leaving the United States on vacation. Counterfeiting of credit and debit cards in foreign countries is getting difficult to control from our prospective. Our only alternative was to block ALL countries going forward from May 1, 2018. If you are going to be traveling in the Caribbean or anywhere outside the US... YOU must contact us and give us your travel plans and dates so we can open access to your card to match you plans. This is for the protection of you and the credit union.

We protect our member’s financial affairs to the extent possible. Thieves come up with more tricks every year so we will change as necessary too. We have very good rates on used vehicles so see Jo Ann, Elda or Nadine for a quote.

Having an ad in the GENDARME Newspaper is like having a traveling billboard

314.353.3200
About 8:30 PM on May 23, 1921, Acting Lieutenant John Fleming, Special Officers Michael Finn and Jeremiah Flynn and Motorcycle Officer William Bobbitt were patrolling the Eleventh District in a department car. Near Whittier and Olive Streets, they got out and began walking the area.

Officers Flynn and Bobbitt crossed Whittier to question two men who caught their attention. Holding his badge out and announcing that he was a police officer, Officer Flynn grabbed one of the men’s pockets to search him. The man, 43 year old Spencer Jordan, stepped back, drew a gun from his waistband and began firing at the officers.

As the shooting began, Lieutenant Fleming returned fire as he and Officer Finn ran across the street. Jordan’s first two shots went wild, but his third shot hit Officer Finn in the forehead. Officers Flynn and Bobbitt were also hit by Jordan’s gunfire and fell to the ground. A total of fifteen shots were exchanged during the gunfight.

Officer Bobbitt, with only a gunshot bruise to his right leg, got up, chased and caught the second man who was armed with a knife. Lieutenant Fleming and Officer Flynn, who was shot in the arm, chased Jordan who managed to escape his pursuers.

At the police station, the second man, 35 year old Henry Page, confessed that he and Jordan, who were brothers-in-law, were on their way to rob a grocery store when they were stopped by the officers. The two men robbed four other stores over the past few months. Jordan was an escaped convict from Texas who had been incarcerated for ten counts of burglary and larceny. He escaped on April 2, 1921, after eluding bloodhounds for twenty miles. Jordan told Page he would shoot any police officer who tried to search or arrest him.

Page told officers that Jordan lived at 4225A Finney Avenue. As officers arrived at the address, Jordan saw them approaching and opened fire. He then jumped from a second story window and made his escape. A $1000 reward was offered for his capture.

On January 20, 1922, Jordan was captured in New Orleans after a tip from an informant in Indianapolis. The reward was split among the informant and the police departments of Indianapolis and New Orleans. Two St. Louis officers brought Jordan back from Louisiana on February 5, 1922.

Page pleaded guilty of second degree murder on November 7, 1921, and was sentenced to twenty-five years in prison. He survived the prison farm on January 13, 1929. On April 21, 1922, Jordan was found guilty of first degree murder and sentenced to death. He received a stay of execution on July 16, 1924, until his appeal could be heard by the Missouri Supreme Court. A retrial was granted and on April 17, 1925, Jordan was sentenced to life in prison. He received a stay of execution on July 16, 1924, until his appeal could be heard by the Missouri Supreme Court. A retrial was granted and on April 17, 1925, Jordan was sentenced to life in prison. He was paroled on April 17, 1948.

Officer Finn survived until 3:05 AM the morning after the shooting, May 24, 1921. The 45 year old officer joined the force in 1899. He was survived by his wife and seven children. His brother, Martin Finn, was an officer in the Ninth District.

*Biographical information extracted from In the Line of Duty: St. Louis Police Officers Who Made the Ultimate Sacrifice-Second Edition by Barbara Miksicek and Kristiana Carnaghi.
CROSS-COUNTRY BICYCLE RIDE TO HONOR FALLEN COPS LAUNCHES FROM ST. LOUIS

Law Enforcement United launched its 14th Annual “Long Ride” from St. Louis for the first time this year. The ride generates money for COPS (Concerns Of Police Survivors). The ride departed St. Louis on May 1 and arrives in Washington DC just as the annual festivities for National Police Week kick off.

The SLPOA hosted the riders and surviving family members of the fallen at a reception at our Hall the night before the ride started. A short ceremony was also held that evening at the police memorial in front of the civil courts building in downtown to honor those lost in the line of duty.

We will sell the following Chevrolets to Police Officers, their Families & retired Police Officers at GM Supplier Price*:

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- Spark
- Sonic
- Camaro
- Malibu
- Impala
- Equinox
- Traverse
- Tahoe
- Suburban
- Avalanche
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- Silverado
- Cruze

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These are pictures of Jim Fitzgerald (1st president of the SLPOA) and his brother Kevin Fitzgerald (who designed the SLPOA logo) addressing the SLPVA at their April meeting. Jim and Kevin were charter members of the SLPOA.
SUPPORT FOR FALLEN OFFICERS IN FULL BLOOM IN GOVERNOR’S GARDEN

Continued from page 1

ACTIVE & RETIRED POLICE OFFICERS

Whether You Are 5 Days or 5 Years From Retirement, It’s Never Too Early to Understand Your Plan and Your Options

Are any of the following concerns of yours;

- SHOULD I ROLLOVER MY D.R.O.P., Vacation Sick Pay / Deferred Comp, or SHOULDN’T I?
- IF I ROLLOVER THESE ACCOUNTS, WILL I BE SUBJECT TO UNNECESSARY RISK?
- AM I PAYING TOO MUCH IN TAXES?
- DO I HAVE PROPER TAX DIVERSIFICATION?
- IS MY STRATEGY TO BUY, HOLD & HOPE?
- WHAT SOCIAL SECURITY BENEFIT OPTIONS ARE AVAILABLE TO ME AND/OR MY SPOUSE?
- IS MY ESTATE PLAN IN ORDER? OR WILL THE IRIS BE ONE OF MY LARGEST BENEFICIARIES?

Our mission is to proactively challenge the status quo as to how Americans are educated about income and finance related decisions. We want to add value to the lives of individuals, families and entrepreneurs in all areas of their personal and business ecosystem. Our business model is designed to help our clients, staff and advisors “think differently” about their financial picture.

We manage over $580 million in assets and provide a family office model to individuals, families and business owners at all levels of net worth. We provide clients an Integrated Resource Network where they have access to almost any service that deals with money, investments, insurance solutions, income tax preparation/strategies, legal, mortgage/debt management, employee benefits, Social Security & Medicare solutions, cash flow strategies, and privatized banking alternatives.

Securities and Advisory services are offered through National Planning Corporation (NPC), Member FINRA/SIPC, and a Registered Investment Advisor. e² Wealth and NPC are separate and unrelated companies.
GONE, BUT NOT FORGOTTEN
We stand on the shoulders of those who have gone before us

SGT ROBERT BERNARD “BOB” KLINGER

Birth: August 11, 1936
Death: March 27, 2018

Sergeant Robert B. Klinger, DSN 4789, received his commission on 08/24/1963 and entered the Saint Louis Police Academy. Upon completion of the academy he served in the 8th, 7th, and the Police Academy. Officer Klinger was promoted to the command rank of Sergeant on 08/25/1968. Sergeant Klinger went on to command as a Line Platoon Sergeant in the 8th, 5th, 7th, 4th, 5th, Prisoner Processing, 5th, 9th, and finally the 2nd District. During his career he was awarded 1 Chief's Letter of Commendation on 04/22/1983, 1 Honorable Mention on 12/11/1986, and 1 Department Award of Excellence on 10/09/1987. Sergeant Klinger retired from the Saint Louis Metropolitan Police Department on 09/23/1991 having served a total of 28 years, 2 months, and 30 days of faithful and dedicated service to the department.

Sergeant Klinger was also a veteran of the United States Air Force and achieved the rank of Staff Sergeant. Robert B. Klinger, age 81, of Stanton, Missouri passed away Tuesday, achieved the rank of Staff Sergeant. Bob was united in marriage to Jo Ann Robinson on December 15, 1976 and was a member of St. Anthony Catholic Church and Knights of Columbus in Sullivan, and until the past few years, he volunteered where he could. Bob was a craftsman who built his own home and several different barns. Bob was an outdoorsman who loved animals, fishing and flying airplanes. Bob was a father of 2 children, Joanie Klinger of Columbia and Patti Day (husband, Adam) of Boonville, MO; one grandson, Logan Day; two sisters, Lillian Fick and Jean Burke both of St. Louis, MO; other relatives and many friends.

Bob Klinger was born on August 11, 1936 to the late Mr. & Mrs. Jacob and Lorraine (nee Stohlmans) Klinger in St. Louis, Missouri. He grew up in St. Louis, graduating from Eugene Coyle High School on June 6, 1954. Immediately following High School, Bob started an apprenticeship as a sheet metal worker, receiving a Certificate of Completion of Apprenticeship from the United States Department of Labor. He worked as a sheet metal worker until he started the Police Academy, taking time out for his duties in the Air Force Reserves. Bob joined the Air Force Reserve in January of 1955, was promoted Staff Sergeant on December 1, 1959 and he was activated and served overseas during the East Berlin Crisis. Bob was honorably discharged in October 1964.

He joined the St. Louis Police Academy on June 24, 1963 and graduated first in his class on October 10, 1963. Bob was promoted to Sergeant on August 25, 1968 and remained a dedicated Police Sergeant until his retirement from the St. Louis Metropolitan Police Department in 1991.

Bob was united in marriage to Jo Ann Robinson on December 15, 1976 and they were blessed with two daughters, Joanie and Patti. He was a craftsman who built his own home and several different barns. Bob was an outdoorsman who loved animals, fishing and flying airplanes. Bob was a member of St. Anthony Catholic Church and Knights of Columbus in Sullivan, and until the past few years, he volunteered where he could. Bob passed having received the Anointing of the Sick.

Bob is survived by his wife, Jo Ann [Robinson] Klinger of Stanton; two daughters, Joanie Klinger of Columbia and Patti Day (husband, Adam) of Boonville, MO; one grandson, Logan Day; two sisters, Lillian Fick and Jean Burke both of St. Louis, MO; other relatives and many friends.

SGT JUDITH ANN “JUDY” KRAMER DUPUIS

Birth: December 13, 1949
Death: April 24, 2018

Sergeant Judith Ann (nee Kramer) Dupuis, DSN 0896, received her commission on 12/20/1976 and entered the Police Academy. Upon completion of the academy Officer Dupuis served in the following Districts and Specialized Division through out her career. They were the 5th, T.A.C.T. Unit (Tactical Anti-Crime Team), Robbery Section, and the Sex Crimes Section.

Officer Dupuis was promoted to the rank of Sergeant on 02/01/1988 and was transferred to the Sex Crimes/Child Abuse Section, 3Rd, Word Processing Section, 3Rd, and finally the Prisoner Processing Division. Sergeant Dupuis retired on 09/06/1997 having served 20 years, 8 months, and 17 days of faithful and dedicated service to the Saint Louis Metropolitan Police Department.

Judith Ann (Kramer) Dupuis, 68, of Jefferson City, Missouri passed away on Tuesday, April 24, 2018 at Barnes Jewish Hospital. She was born on December 13, 1949 in St. Louis, Missouri; a daughter of Edward F. and Catherine A. (nee Colligan) Kramer. She was united in marriage in 1991 to Dr. Pierre Dupuis in Las Vegas, Nevada.

Judith earned her Bachelor’s Degree in Special Education from St. Louis University, Masters in Business from Fontbonne University, Masters in Social Work from Webster University and Nursing Degree from Maryville University. She served the St. Louis Metropolitan Police Department for over 20 years where she retired as a Sergeant. Judy’s greatest joy was spending time with her son Alexandre.

She is survived by her husband: Dr. Pierre Dupuis of Jefferson City, one son Alexandre Dupuis of Jefferson City, step-son Dr. Paul (Jodie) Dupuis of Jefferson City, one sister Debbie (Raymond) Candice of St. Louis; two grandchildren: Gabrielle and Juliet Dupuis both of Jefferson City. Daughter of the late Mr. & Mrs. Edward F. and Catherine A. (Colligan) Kramer.

Continued to page 11
EDWARD WILSON

Birth: July 26, 1933
Death: March 19, 2018

Officer Edward Wilson, DSN 3236, received his commission on 10/06/1958. Upon his graduation he served in the 10Th District. Officer Wilson resigned his commission on 09/06/1960 to seek gainful employment in the private sector. Officer Wilson served a total of 1 year and 11 months of faithful and dedicated service to the Saint Louis Metropolitan Police Department. Officer Wilson was also a veteran of the United States Marine Corps having served 3 years and achieved the rank of Staff Sergeant.

Ed passed away on March 19, 2018. He was the loving husband for over 60 years to Mary “Sissy” (nee Reid) Wilson and father of May (Mel) Steam, Miles (Carol) Wilson, Reid (Donna) Wilson and Jim Wilson. He was loved by his grandchildren Dan (Sam), Matt (Morgan), Hank, Tate, and his great-grandchildren Annette, Eddie, and Brady.

Ed proudly served in the United States Marine Corps. Following his service, he worked as a St. Louis Metropolitan Police Officer until he began his career at National Sales Company, the company from which he retired. Ed and Sissy were best friends and spent most of their time with each other. In his earlier years, he and Sissy were active in bike riding, walking, tennis, and attending many Reid family social events. They traveled to several countries, but their favorite destination was Ireland which they visited ten times. As physical abilities for these activities changed, Ed became the driver for Sissy to go to the “office” where he enjoyed reading and playing Sudoku while he waited for her. Ed loved working in his yard and continued this activity until last year.

His quiet and calm demeanor was admired by those who knew him. He will be missed greatly. In lieu of flowers, a donation to Backstoppers or any technology foundation would be appreciated.

SGT JOHN MINICK “JACK” FOLLUO

Birth: November 11, 1929
Death: April 30, 2018

Sergeant John “Jack” M. Folluo, received his commission on 09/18/1948 and entered the academy. During his career he served in the following districts and specialized divisions. They were the 4th, 7Th, 3Rd, Juvenile Division, and the Office of the Chief of Police. He was promoted the the rank of Sergeant on 10/11/1974 and transferred to the 4th District, followed by an assignment in the 1St. During his career he was awarded 1 Chief's Letter of Commendation on 01/01/1969 for police work above the call of duty. Sergeant Folluo retired on 09/22/1986 having served 25.01 years of faithful and dedicated service to the Saint Louis Metropolitan Police Department. Sergeant Folluo was a veteran of the United States Navy and served from 09/29/1948 to 09/19/1953 achieving the rank of Petty Officer 1St Class which is an E-6.

Dearest son of the late Mr. & Mrs. Clarence B. and Lucille M. (nee King) Folluo.

Folluo, John M. “Jack” entered into rest on Monday, April 30, 2018 at age 88.

Beloved husband of M. Joann (nee Boswell) Folluo for 60 years. Beloved father of Ellen (Dave) Wilke and John (Deanna) Folluo. Loving grandpa of Jenna and Amanda Folluo and Chloe Wilke. Dear uncle, cousin and friend to many.

He was a member of the International Police Association, St. Louis Police Veteran’s Association, St. Louis Police Leadership Organization, Classic Car Club of America, Cadillac La Salle Club, Horseless Carriage Club, RV Amateur Radio Club, American Legion, and Concord Trinity UMC.

Memorials to the Pancreatic Cancer Action Network (PANCAN.ORG) are appreciated.
Those who travel outside the US have access, if needed, to care center. Our Part D prescription coverage is also available in the USA, if needed. That includes medical care provided by any SLMPD) have nationwide health care available while travelling in on Medicare and the Hartford Supplement (provided by the Hartford for re-imbursement of foreign medical expenses. Ideally we won’t have any medical emergencies while travelling overseas but it’s reassuring that if we do we have coverage.

Those who travel outside the US have access, if needed, to care center. Our Part D prescription coverage is also available in the USA, if needed. That includes medical care provided by any SLMPD) have nationwide health care available while travelling in on Medicare and the Hartford Supplement (provided by the Hartford for re-imbursement of foreign medical expenses. Ideally we won’t have any medical emergencies while travelling overseas but it’s reassuring that if we do we have coverage.

TRAVEL & INSURANCE
As we begin our summer travels it’s good to know that those of us on Medicare and the Hartford Supplement (provided by the SLMPD) have nationwide health care available while travelling in the USA, if needed. That includes medical care provided by any Medicare provider, doctor, hospital, lab, testing facility, or urgent care center. Our Part D prescription coverage is also available nationwide at retail pharmacies like Walgreens.

FOREIGN TRAVEL
Those who travel outside the US have access, if needed, to medical care in offshore medical facilities provided in the Hartford Medicare Supplement. Since Medicare does not provide coverage on foreign soil, this coverage from the Hartford can be very important when travelling overseas. There are, of course, a deductible, co-pays, and you must provide a copy of the medical providers’ bill describing treatment, listing medical codes, and cost of service to the Hartford for re-imbursement of foreign medical expenses. Ideally we won’t have any medical emergencies while travelling overseas but it’s reassuring that if we do we have coverage.

FUTURE MEETINGS
- All at 11:30 AM
  June 13 @ SLPOA Hall
  July 11 @ Lemay Park
  August 8 @ SLPOA
  September 12 @ Lemay Park

MINUTES OF THE APRIL 11TH 2018, ST. LOUIS POLICE VETERANS’ ASSOCIATION
The 473nd meeting of the St. Louis Police Veterans was called to order at 11:31. President George Ratermann led the membership in the Pledge of Allegiance. Chris Zarbo read the opening prayer.

All officers were present except John Folluo.

President Ratermann stated the Pension Bill is in the Senate and my life away.

President Ratermann stated member Robert “Bob” Klinger passed away.

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Kevin then addressed the group saying we were rebels with a cause.

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Kevin then addressed the group saying we were rebels with a cause.

Continued on page 13
least, we get our foot in the door. He said the logo started out on a Hot Sheet. Part of the design came about because the Arch was being built at that time. He said he didn’t have the original hot sheet but had the original print from the printer.

Jim Fitzgerald then spoke to the members. He said he remembers the first sheet of paper he and his partner took to the stations letting everybody know what was going on. That was the beginning of what is now known as the Gendarme. He said everybody was fed up with coppers being thrown to the wolves. Everybody else had rights, but the coppers had none. They took five coppers from the 9th district and threw them to the wolves. No felonies, no shootings, no nothing and no trials. That’s how the Association started and look how far it has come over the past fifty years or so. Since then my life has changed. I spent ten years put people behind bars and now I go to several prisons around the area spreading the gospel. It’s changed my life.

Secretary’s Report: A motion was made by Herman Ulben, seconded by Len Gregory to approve the minutes as printed. Motion passed on a voice vote.

Treasurer’s Report: Terry Shoemaker then gave his monthly report. A motion was made by Wil Grove, seconded by Charlie Steele to accept the report subject to audit. Motion passed on a voice vote.

President Ratermann stated member Robert “Bob” Klinger passed away.

President Ratermann stated the Pension Bill is in the Senate and my come up for a vote shortly. If anyone is interested in contacting your legislators now is the time. Also, the Association is sponsoring a trip to Jeff City for a Day on the Hill on Wed 4/18. There are several issue’s going and if any one is interest in going there is a sign up list in the office.

Old Business: None

New Business: J W Loftin made a motion to bring back the attendance prizes. Due to no second, the motion failed.

Percy Waters then addressed the membership and thanked Steve Olish for suggesting and setting up a trip on the Honor Flight for him. He said he had a wonderful time as did his son who went with him.

Mike Shepard asks if we could reconsider last month motion on the Pension because he felt he and several other where confused about it. After some discussion, Dominic Pizzo seconded the motion. A vote by hands was done and the motion failed due to the requirement of a 2/3 vote on a reconsideration of a previous motion.

Frank Stubits made a motion to donate one hundred dollars to the Polar Ice Cream Truck, seconded by Tony Pona. Motion passed on a voice vote.

Mr. Pona stated we had 87 members and guest in attendance today. A motion was made by Dick Buehler, seconded by Ralph Harper to adjourn. Motion passed on a voice vote and the meeting adjourned at 11:57.

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TRMMCD@Charter.net
across is cool kid slang for macronutrients, which are protein, carbohydrates, and fats. These macronutrients or “macros” are the basic components of any diet. Ultimately, how you divide these macros is the difference between a successful diet and a frustrating failed attempt to reach your goals. Go ahead and forget about counting total calories, that is an outdated diet style. Getting in the habit of counting macros is vital for a successful weight loss or muscle building program.

The typical person who decides to go on a diet, namely for weight loss, resolves to simply counting calories versus count macros. Understanding your macro breakdown and how it skews calorie counting is essential to success. The three macros actually have different caloric amounts per gram, which plays a huge role in planning your meals.

Fat - Fat, the most calorie dense macro, has nine calories per gram. The most common mistake I see on DIY diets is not enough HEALTHY fat. Fat is broken down into three categories: unsaturated fat, saturated fat, and trans fat. Both unsaturated fat and a moderate amount of saturated fat are necessary for a healthy weight loss diet. Trans fat is the devil and should be treated as such.

Carbs - Carbohydrates are not evil. Abusing the sh*t out of carbs is very evil. Carbs have four calories per gram and are broken down into two major groups: simple and complex. Complex carbs are the healthier version and should make up the majority of your carb intake. Complex carbs, such as potatoes, rice, beans, and peas, serve as the main energy source for your body. They take much longer to digest than simple carbs and are stored in both the liver and the muscles as glycogen. Simple carbs aka sugars are digested much quicker than complex carbs and spike insulin levels in the body.

Fat too many simple carbs are taken in, the body will turn the carbs into triglycerides (fat) and store them. Soda and sugary drinks such as fruit juices easily lead to this occurring. Anyone remember Fruitopia? Yeah, it was no better than a Pepsi.

Protein - Protein also has four calories per gram and is essential for the building of lean muscle and maintenance of body tissues. Protein is made up of amino acids and accounts for 15% of a person’s body weight. Those trying to lose weight should plan on consuming at least one gram of protein per pound of lean body weight to help retain muscle while losing fat. Who wants to lose that hard earned muscle while dieting? Additionally, protein will help reduce satiety and keep you feeling full longer.

When planning your diet out, calories can’t be the only thing you look at. Calories are responsible for WEIGHT loss, but macros are responsible for what type of weight you are losing. If you need help figuring out your target macro breakdown, just shoot me a message at Mike@gotyour6fit.com.
**STEPHEN M. “STEVE” SCHROEDER**

Certified with the Sacraments of Holy Mother Church, Monday, May 7, 2018. Loving husband of Kathleen A. Schroeder (nee Dolan); loving father of Stephen “Jay” (Knikole) Schroeder, Daniel Schroeder and Mary Kathleen (Frank) Schulz; loving grandfather of Kaden Schroeder, Padraig “Paddy” Schroeder and Jason Gold; our dear brother-in-law, brother, nephew, uncle, great-uncle, cousin and great friend.

Steve proudly served as a police officer for the city of Ferguson for 21 years. Steve was little league football coach, wrestling coach and MHSAA wrestling official, trivia maestro and avid hunter. Steve in his later years enjoyed walking with his best friend and their dog. He also loved spending time with his grandchildren.

Funeral 11:00 A.m., Tuesday, May 15, 10:15 A.m. from HUTCHENS Mortuary 875 Graham Road, Florissant, to Holy Infant Catholic Church 627 Dennison Drive, Ballwin, for a 11:00 A.m. Mass. Service will concluded at church. In lieu of flowers memorials to St. Louis Police Officer’s Association Memorial Fund. VISITATION 4-8 P. M. MONDAY, MAY 14.

**FADE OUTS**

The following officers resigned during the month of April

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<td>POT Nicholas A. Deeba 11717</td>
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<tr>
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The following officers retired during the month of April

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<td>MAJ. Kenneth K. Kegel 01768</td>
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<td>SGT. Thomas J. Rund 01530</td>
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**MAY 2018 PAGE 15**

STEPHEN M. “STEVE” SCHROEDER

CERTIFIED WITH THE SACRAMENTS OF HOLY MOTHER CHURCH, MONDAY, MAY 7, 2018.

Loving husband of Kathleen A. Schroeder (nee Dolan); loving father of Stephen “Jay” (Knikole) Schroeder, Daniel Schroeder and Mary Kathleen (Frank) Schulz; loving grandfather of Kaden Schroeder, Padraig “Paddy” Schroeder and Jason Gold; our dear brother-in-law, brother, nephew, uncle, great-uncle, cousin and great friend.

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A split second can change many lives. An officer is down. Radios blare calling for aid. Sirens get louder and plentiful as police cars and ambulances approach the scene. An officer is placed in an ambulance and driven Code One to the hospital. EMT’s, doctors, and nurses work feverishly to save a life. But sadly, the injuries are too severe, and the officer has died in the line of duty.

Every year during the month of May, across the United States of America, throughout the State of Missouri, and in the city of St. Louis, we proudly remember and honor those men and women who have died while performing their duties as police officers. Various memorial services remind us of who these heroes are and what they mean to us. We do not know or recognize all of the names from years past, but we do know that they all had the same goal: “To Serve and Protect.”

At the annual Memorial Service in Jefferson City, part of the event is that family members can honor officers from years past by placing a flower in the wreath at the front of the memorial wall. The officer’s name, police department, and end of watch date are read aloud as the family approaches the wreath. The ceremony is always very moving, but last year, it was even more uplifting when the name of an officer who died in the early 1900’s (about 1904 as I recall) was read. Obviously, the family member who brought up the flower had never even met the deceased officer, but the tradition and dedication of honoring slain officers were passed on to generation after generation. What a wonderful tribute!

When an officer dies in the line of duty, you police officers do take this personally. It is as if you are being attacked also. Obviously, you are very protective and supportive of each other, and that is commendable.

This past March on St. Patrick’s Day, I was working the parade detail in Dogtown. After roll call we boarded the buses, rode to Dogtown, and were dropped off on Manchester and Tamm. As the officers and I began our trek to our various posts along the parade route, many people who were there to watch the parade began to clap and cheer. I heard several people say to the officers, “Thank you for your service. We appreciate you being here.” People reached out to shake our hands, give high fives and fist bumps. This gratitude continued the entire time we were walking to our posts. During the parade itself, several people who were walking in the parade paused to say that they were thankful for what police officers do. As one officer remarked to me after the parade, “It was nice to hear so many positive comments.” Even though I am not a police officer, I was proud to be able to share in the appreciation that was shown to you officers.

So as we proudly remember those officers who have made the ultimate sacrifice, let us quietly say a short prayer and thank them for their service. Their days of patrolling the streets of St. Louis have ended, but their service to others continues as they remind us that they lived and died trying to make life better for all of us. May God give them eternal rest and peace.

Please know that all the chaplains appreciate the job that you do. All of you officers and your families are in my prayers every day. A chaplain is on call 24/7, and we can be reached through the Real Time Crime Center and Communications. God bless you.
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