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CHICAGO LODGE 7

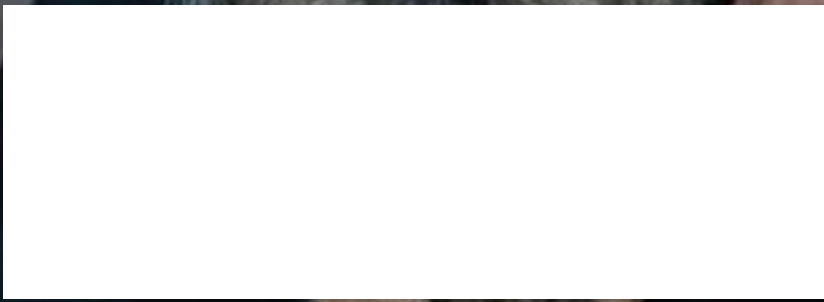
Official Magazine • December 2024



CHICAGO POLICE OFFICER ENRIQUE MARTINEZ

STAR #8314

END OF WATCH: NOV. 4, 2024



Join Us for an Exclusive Event for CPD Officers

DePaul University is proud to host a special webinar for the Chicago Police Department.

"Serve and Protect Yourself: Identifying Signs of Burnout and Simple Strategies for Recovery and Prevention"

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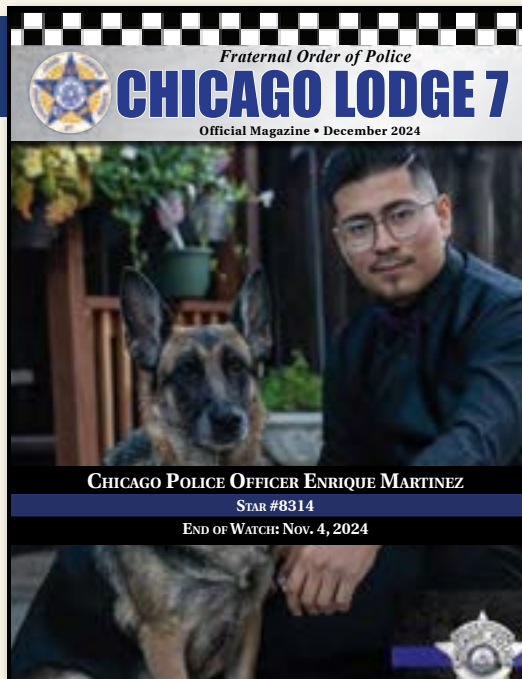
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Remember A Titan

Even though Enrique Martinez was in just his third year as a Chicago Police Officer, he had a persona and presence that was larger than life. The way his fellow officers came out to honor and remember Enrique provided a rousing tribute to their beloved "Quique." From the thousands who stood on line for hours at the visitation to say farewell to the thousands who attended a memorable funeral service, Chicago Police Officers recalled what made Enrique an exemplary cop and an exemplary person. And contributed to these stories offering words of praise and remembrance for Enrique and his family.



COVER DESIGN BY JENNA RAMOS

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INSIDE STORIES



Officer Awards



Being Present Is The Present



CHICAGO LODGE 7

Official Magazine
President's Report



The excruciating loss of a chosen one



JOHN
CATANZARA
JR.

Too many bright lights extinguished too early in their service to the Chicago Police Department. Too many officers who have chosen to be the police — real police — senselessly and needlessly lost in the line of duty.

The bright future of Officer Enrique Martinez, Star #8314, was gunned down on Nov. 4, making it 14 of our own lost in the line of duty over the past four years, counting those who fell victim to COVID.

Each one is a gut punch. Enrique might have been a bit more surreal for me because he was a student at Hubbard High School when I was assigned there. I sort of remember his face. I know he was in drums and bugles.

It strikes a little differently knowing it was somebody who chose to become a Chicago Police Officer in a time when not a lot of kids, especially in high school — and in that high school — aspire to come on the job. I know his brother was already on the job at that point, and that was the motivating factor.

But it's just sad. Such a young life lost on the cusp of so many historic achievements in his life. It's aggravating. It's a whole gamut of emotions, realistically. Anger with this goofy SAFE-T Act and the stupidity that people still can't see the dangers of it, and the repeated excuses for bad behavior, criminal behavior, deadly behavior by a state's attorney who thank God is gone.

Then, you add the unnecessary drama yet again with the mayor insisting on attending the funeral with support, in some respects, from the Department. Something definitely needs to give on that front.

Our job is to fight on behalf of our members, even more so for our departed members because generally they don't have a voice. Although Enrique's older brother is on the police force, most of these families don't have somebody who understands what is to be expected. They're just told that this is the way it is, and they go along with it because they don't know that they have options.

I want every family to know, you will always have options as long as I'm the head of this union. I hope that this legacy carries on long after I'm gone, that Lodge 7 continues to fight for its Gold Star family members above everything else and against everyone else if needed.

We hear stories of Gold Star families who never had anything explained to them other than how it was going to go. And there may be thoughts the family did not express because of not knowing they had options. When realistically the first question the Department should ask any family member is, "What do you want in a service?"

The line of officers and people who came to pay respects to Enrique and his family at the visitation on Nov. 17 showed how much love and honor there is for their brother. But it was also because of a growing frustration with how it happened. I think the drama with the mayor only enhances people's frustration and codifies the support for this officer, his family and this profession.



President's Report continues on Page 7

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Election Day aftermath and the clean sweep

After Election Day, we were thinking about maybe hiring some junk trucks to go over to 26th and California to load the belongings on the 13th floor of you-know-who in the state's attorney office. That being said, I guess we shall see what kind of work product comes out of that office going forward as Eileen O'Neil Burke takes over. I think everybody expects it to be head and shoulders different and better for everybody. Not just the citizens of Chicago, but police officers can literally exhale and not worry about every use of force ending up as a Monday morning quarterback review that puts them in danger of prison.

That's going to be a refreshing change. I just hope everything she led people to believe was going to happen is going to happen. And that there isn't a slide backward to some of these policies, which absolutely has made Cook County less safe. The mindset of less people in jail is an automatic good thing is just 100-percent ridiculous, and it has proven to be very deadly and bloody.

We are going to be seeking an absolute investigation into the State's Attorney's Office regarding Kim Foxx's alleged involvement with campaign donations and the wrongful conviction realm of giving criminals certificates of innocence. Then the issue of having these law firms getting settlements from the City and giving her donations, developing into a cottage industry. So we're going to absolutely demand an

investigation of the State's Attorney's Office under Kim Foxx.

Also, we're going to ask for a federal look at our state consent decree and see what exactly Maggie Hickey is doing, because it doesn't seem like she's doing a whole hell of a lot. Her involvement with one of the principal parties — this union — has been non-existent since 2020, quite frankly.

And then the whole ICE and immigration issue, which is another problem that's absolutely not going away. And whether it's the mayor or the governor saying that ICE is basically not welcome is just doubling down on the ridiculous provisions within the SAFE-T Act times 100. Because to say you don't care about criminal aliens or terrorists in this country, which we know there are, and you don't want the federal government to come in and get those people out of this country, you are derelict in your oath and your office.

To me, it is a ridiculous position to take politically. And I hope the citizens in this state and City will look ahead to 2026 and 2027 and continue to send a loud message like they did on Nov. 5. Because they can say all they want about this being a blue state, but it's got a red tint more than ever. And it's building.

It's building in large part because of ridiculous policies like that, and mindsets where they have no guilt of defending criminal behavior and screwing the victims. People need to pay a political price for those mindsets.

Telling the mayor and City Council like it is

Maybe you saw my Dennis Miller rant to City Council on Oct. 22 on YouTube wearing my Team Red shirt. I don't necessarily know what's going to come out of my mouth when I step to that microphone. I know the topics, but the actual filling in the colors, it just comes from the head and the heart because it matters.

I just think it's a more powerful delivery that way, and the reality is, the five people who spoke before me, basically all telling Brandon Johnson what a piece of garbage he is, was even more satisfying than my three minutes at the microphone. The best part about my three minutes at the microphone was explaining to every alderman on that floor that they are basically deadbeat bill payers for not making the overtime payments due to our members.

I knew that 99 percent of them had no idea what the hell I was talking about, including the corporation counsel sitting next to the mayor, whose job it is to know these things. That just goes to show you how dysfunctional and clueless this administration is.

This lawsuit for the back-due overtime came before my time. It was our former general counsel and some other attorneys who got together on behalf of two plaintiffs. And it kind of grew into a class action.

I have been in contact with these attorneys. I knew the situation. I knew the approximate amount owed, and I just felt it was incumbent upon me to help out if I could force the issue and highlight it because I do have the platform to do that.

So, yeah, my goal was to educate and let everybody in the City Council know what's go-

ing on. And now you can't claim ignorance. What are you going to do about it to make it right? It is not in the City budget, and the number's not getting any smaller.

If you watch until the end of my three minutes here, you will hear my comments about Chicago Public School teachers and not allowing them to strike. Make them go to interest arbitration like police and fire, because their profession is about public safety, too.

It is just entirely too disruptive to society for teachers to walk out of classrooms and leave parents in a lurch about what they're going to do for childcare. I'm not saying they shouldn't have the ability for collective bargaining, but they shouldn't have the ability to strike. They should have to go to interest arbitration like we do. It's the simplest solution. And then they can't hold the City hostage like this mayor is allowing them to do right now.



PRESIDENT'S REPORT CONTINUED FROM PAGE 5

It sends a really powerful statement when you're taking time out of your day to tell the family, "We understand. We're here. Our condolences." I would encourage every member, because we all know there's going to be another one at some point in the future, to stand in line and pay their respects. It matters for the family. An hour or two out of your day is a small price to pay for one of our brothers or sisters never coming back again.

In the midst of all the tragedy, we must give praise to Adrian, who was absolutely a rock from the moment at the hospital until we laid Enrique to rest. His eulogy for his younger brother was the best I've ever heard an officer give another one in my career.

I know he almost cracked a couple times, but he gathered himself and soldiered through. It was emotional. It was personal. For Adrian to be able to put those words together just speaks volumes to his character and the way he was raised, quite frankly. Hats off to the Martinez parents for raising a hell of a set of kids.

There are some simple takeaways from these tragedies, because otherwise you just get filled with sorrow, depression and just frustration. What did we learn? Hopefully, the little reminders that life is very fleeting. We had a kid who, like I said, was on the cusp of so many milestones and in an instant was gone.

For me personally, one of the major takeaways is going to be forcing uncomfortable conversations so we can get a resolution to this dilemma of who comes to funerals and who doesn't before we have the next one. Because there will be a next one. And I don't want it to be drama yet again like it's been the last two times. It's not fair to the family. It's 100 percent not fair to the fallen officer's memory, and it just really sours Department mindset when we are on a positive track, morale-wise at least, and it forces a step back.

The superintendent absolutely needs to come out strongly in sup-

port of his Gold Star family members. Period, full stop. When you know the family's wishes and you try and force them to go a different direction, you are now making it about yourself, whether you are the mayor or the Department. And that should never be the first kind of consideration. It should always be about the family.

And then you throw in the mix that it was very well established that Enrique was a very big Donald J. Trump fan. Does anybody think they would want a Democrat there speaking on behalf of a fallen member?

If you do make it political, the fact is his politics were 100 percent polar opposite of these people. I mean, they knew that the request was made by the family for the president-elect to come to the wake or the funeral. And we tried on multiple fronts to make that happen for the family. Our goal is to now get them an invitation to the inauguration. And hopefully have a private moment with President Trump after he takes the oath of office.

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A Holiday Message to My Fellow Officers and Retirees



**MICHAEL
METTE**

As the holiday season arrives, I want to take a moment to speak directly to all of you – my brothers and sisters in blue, both active and retired. This time of year brings a unique mix of joy and challenges, especially for those of us who serve or have served our great city.

For active officers, the holidays often mean time away from loved ones, working in the cold to ensure Chicago's streets remain safe for families celebrating the season. The sacrifices you make are significant, and the dedication you show every day is nothing short of heroic. Whether it's responding to emergencies, diffusing tense situations, or simply being a steady presence in our communities, your work makes a profound difference.

To our retirees, you have already carried the weight of this responsibility and left a legacy of courage and service that we are proud to follow. You laid the foundation for the work we do today, and your years of commitment to the badge and the people of Chicago are deeply appreciated. As you enjoy the well-deserved peace of retirement, please know that your contributions are not forgotten. Your

guidance, mentorship, and sacrifices continue to inspire us.

During the holidays, we are not just enforcers of the law, we are symbols of hope and stability. A simple act of kindness – a word of reassurance, a smile for a kid, or a helping hand – can leave a lasting impact on those we serve. For retirees, those same principles live on in the example you set and the wisdom you share with the next generation of officers.

I also want to remind all of you to take care of yourselves and your loved ones. The holiday season is a time to reflect on what matters most, to find moments of joy and connection, and to lean on the camaraderie that makes our law enforcement family so strong.

As we close out this year and look to the challenges ahead, let's honor the shared commitment that binds us together, past and present. Serving the people of Chicago is a privilege, and together, we've made and continue to make an incredible impact.

May this holiday season bring peace, happiness, and renewal to you and your families. Thank you for your courage, your dedication, and your enduring spirit. Stay safe, and know that your service, both current and past, matters.



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In Memoriam of Arbitrator Tom Sonneborn

Date of passing: November 12, 2024



DAN GORMAN

We came to know Arbitrator Tom Sonneborn when he began conducting Binding Summary Opinion (BSO) hearings in September 2021. Since then, Arbitrator Sonneborn provided additional services including Mediation services during contract negotiations, he conducted a number of full-arbitration hearings, and he was selected to oversee the last FOP election.

With respect to the BSO's, Arbitrator Sonneborn held 217 officer's discipline hearings, a total of 1929 suspension days, where Arbitrator Sonneborn issued 1597 days in reductions. More significant, of those 217 officers, Arbitrator Sonneborn expunged 77.

In my personal opinion, Arbitrator Sonneborn understood the challenges that Chicago Police Officers encounter in the course of their duties especially when enforcing the law in today's climate to COPA's questionable patterns and practices. Arbitrator Sonneborn's focus was clearly to correct bad behavior where it was necessary. His discipline was fair, and he never lost sight of that police officers are human beings.

Discipline Briefs

Below are examples of Arbitrator Tom Sonneborn's expunged discipline.

General Summary of Allegation	Original Recommended Penalty	Arbitrator's Award
Unjustified verbal during physical encounter	5-day suspension	Expunged
Disrespectful language during encounter with an armed robbery offender	10-day suspension	Expunged
Dislodged BWC during shootout	15-day suspension	Expunged
Unjustified street stop (narcotic "drop-case")	5-day suspension	Expunged
Unjustified altercation in traffic	5-day suspension	Expunged
Fail to report misconduct	10-day suspension	Expunged
Illegal search	10-day suspension	Expunged
Excessive force during riots	10-day suspension	Expunged

Quote from the seven-page arbitration decision re:

Alleged unjustified verbal (during physical encounter)

*"This neutral indicated there was a technical violation because there were mitigating circumstances to the occurrence. The Grievant did not call the offender a "dumb f***" in the abstract or in the quietude of a moment of conversation, but rather on the heels of a foot chase and struggle to subdue the offender, a struggle which included the offender striking the Grievant's neck and knocking his body worn camera off his chest."*

*"It is disconcerting that this case actually made it through the allegation, investigation, charging, processing and dispute resolution process given how inconsequential the interaction was and the volume of other much more significant matters with which all involved parties must deal. This could easily have been a teaching moment. A supervisor could have taken the Grievant aside and said, "In the future, don't call people a dumb f***." End of teaching moment. No charges, no investigation, no reams of paper, no hearing, no award. One simple admonition. "*

Quote from the 10-page arbitration decision re:

Alleged disrespectful language (during an encounter with an armed robbery offender)

"While COPA found, "it is incredible that Officer Kahn could believe that swearing at a person would cause that person to comply," this arbitrator finds it incredible to believe that given the life and death situation in which the Grievant and Officer Ruiz found themselves, and the fact that only through the professional efforts of the Grievant was Officer Ruiz spared great bodily harm or even her life, that COPA would focus on the fact the Grievant used profanity during the foot chase leading up to the shooting of the offender."

"The Grievant was confronted with an armed person who already had robbed a store and assaulted the officers by swinging the machete in their direction. Given the circumstances, any steps short of shooting the offender were efforts to diffuse the situation and whether the Grievant's words included profanity seems ancillary and insignificant to the much more significant point that the Grievant was trying to eliminate the risk to the officers and the public without having to shoot the offender."

"The three words he uttered were spoken during a foot chase involving an armed offender who had already robbed a store and who was brandishing a machete to those in his path."

Quote from the eight-page arbitration decision re:

BWC dislodged during shootout

"This case presents as a callous and robotic application of department rules and policies to officers who were subjected to a most painful trauma which no doubt will never be forgotten by those involved. They lived those horrific moments on July 30, 2020, when one was shot in the face to the shock of the other three of-

ficers present in the parking area by the sally port of the Second District, and all four were compelled to engage in a life or death gun battle with an offender intent on killing the police and securing his escape. “

“To suggest this Grievant should be suspended for fifteen-days because of speculation she may have violated a rule – a violation which cannot be proven by any evidence, but only supposition – is harsh, punitive, and incredibly disconcerting. What end, what purpose would be served by doing so? Even if she did fail to properly secure the camera, even if by some strained application of the body worn camera policy it could be determined she should have groped around, located the BWC, and remounted it during the gun fight, what value to the Chicago Police Department is there in taking fifteen days’ pay from her?”

“Even more astonishing is the suggestion that the officer who was shot in the face should face discipline for his mistakes that day. As noted during Command Channel Review, that officer will be reminded of this incident, and have the opportunity to reflect on what occurred, every day for the rest of his life. To claim he should be disciplined – even a reprimand – is incomprehensible.”

**Quotes from the nine-page arbitration decision re:
Alleged unjustified stop (narcotic “drop case”)**

“[COPA’s] conclusion ignores the reality of the street – i.e. that regardless of their markings, Chicago Police cars are readily discernible and widely known. In this instance, the Grievant testified the vehicle had police lights, siren, and a spot light, and the officers wore vests indicating they were the police. To suggest [the complainant] was unable to see they were the police from ½ to ¾’s block away in a high crime neighborhood with a brisk drug trade is to suggest [the complainant] was disconnected from his then present reality.”

“There is no indication in the file the COPA investigator went to the crime scene, conducted any tests or other investigatory procedures to test his hypothesis the officers could not have seen [the complainant] drop something...”

“Absent some evidence of motive or reason compelling the officers to lie, this arbitrator finds the investigator’s conclusion they did so to be speculative at best and defamatory at worst. “

**Quote from the eight-page arbitration decision re:
Alleged unjustified altercation in traffic**

“The other driver “catalyzed” the encounter. The Grievant did not initiate the initial encounter while the two parties were driving on the street. The other driver did so. The Grievant did not initiate the verbal encounter when the other driver called him a “mother-fucker” while still driving. The other driver did. The Grievant did not initiate the other driver’s throwing an object against Grievant’s car. The other driver did. The Grievant did not initiate the encounter when the other driver came at the Grievant with his fists clinched or when he tore off Grievant’s i.d. The other driver did.”

**Quote from the eight-page arbitration decision re:
Alleged failing to report misconduct**

“The more alarming aspect of this case is the passage of time from

the incident to hearing. Nine years passed from 2013 before the day the Grievant had his opportunity to contest the charges and penalties assessed. The case managed to arise within the tenure of the IRPA, be concluded, reopened, and then languish for years at COPA before it finally determined in 2019 that the Grievant was guilty of misconduct. Six years had passed by that point in time. Another three years would pass as the case wound its way through the Department until the hearing in 2022. There is nothing in the file to justify the delay of nearly nine years from incident to hearing.”

**Quote from the nine-page arbitration decision re:
Alleged Illegal search (no probable cause in court)**

“COPA did not claim the Grievants were lying, but rather relied on the criminal court’s finding there was “no probable cause” for the search. Again, this search was based on consent, not on probable cause. While COPA claimed to have taken the Grievant’s personnel histories into account in forming its recommended punishment, it is difficult to understand how it did so. Both were highly decorated officers with unblemished records. There certainly was no consensus on the propriety of the search they conducted, as the States Attorney’s office believed the search was valid, with it only being struck down likely because the court was not fully informed of the facts.”

**Quote from the eight-page arbitration decision re:
Alleged excessive force during riots (alleged take-down)**

“Fifteen hours into his work shift on May 30, 2020, the Grievant saw several officers struggling to arrest an individual at the scene of a street protest turned bottle and rock throwing riot, while another individual was trying to interfere with the arrest. The Grievant grabbed the interfering individual to try to stop him and swung him away from the arresting officers at which time both tripped as they neared a bicycle which was behind the Grievant. The Grievant lost his balance and the individual he was diverting was thrown to the ground.”

“COPA claimed to consider the officer’s nineteen years of unblemished and meritorious service at the time of this incident which occurred during the greatest period of civil unrest in Chicago’s recent history – then it decided to take ten day’s pay away from him.”

“When one considers the penalties imposed for actual crimes in Cook County, to take one-half month’s pay would be excessive and violative of the principles of just cause. COPA had no issue with the Grievant’s conduct until he was mid-pull and started losing his balance.”

“As equally challenging is the task facing the Department itself – how does a major metropolitan police department in today’s instant communication real time video environment adequately prepare in advance for the chaos, rioting, and civil unrest that can be ignited by a single unforeseen event in another city and another state hundreds of miles away? It might be worthwhile noting just how well the Department and the officers performed under those most adverse circumstances, rather than continuing to sift through video to find something they did wrong.”

Rest in peace Arbitrator Tom Sonneborn, you will be missed.



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The Holidays Are a Time of Remembrance



ROB NOCEDA

Hello, Lodge 7.

I pray you are enjoying the Thanksgiving and Christmas season with family and friends. It is that time of the year for gatherings, with those close to us.

Our fifth annual military care package drive is underway. In the January magazine I will send pictures and thanks for those who helped in this endeavor. We send care packages each holiday season to our members who are away serving our country. They can't be here with their families. We send them some goodie boxes, so they know how much they mean to us during this time of year.

We have our Gold Star family members. These families have a very difficult time during the holidays. They can't ever be with their loved ones. Please keep them in your prayers and thoughts. This year we are devastated by the loss Luis Huesca and Enrique Martinez. These were very young men who had their whole future ahead of them. We must remember how they lived and what they accomplished through their lives and careers. They will never be forgotten.

To close, please have a safe and happy December.

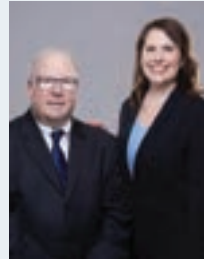
The Lodge will continue to fight your battles. We will continue to serve you with the utmost care. Thank you for all you do for our city. On behalf of my grateful family, God bless you, happy Thanksgiving, merry Christmas and happy New Year.

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Maintaining a Work Life Balance During the Holidays



JIM
JAKSTAVICH

Hello Officers, both active and retired. The holidays are upon us! For many of us this is a joyous time of the year. This gives us an opportunity to share some much-needed time to reconnect with family and friends. This job has its challenges, especially with shift work and time due restrictions put in place. I have spoken to so many officers who have been unable to keep a healthy balance between home and work life, specifically due to the demands put on us with our schedules and their unpredictability. I have tried to explain to many officers that sometimes you don't get to celebrate the holiday on the calendar date that it lands on, but the day before or after the actual holiday. The new generation of police officers finds this part of the job to be the most challenging to acclimate to and becomes difficult to explain this to their

young spouses, significant others, family members, children, etc. This can lead to undue stress, but let them know that as your seniority increases, so does the ability to get DOH (day off holiday). And things will get better as time passes. Our job is 24/7. We are the peacekeepers of this city.

I am asking all officers to remember their fellow or past co-workers who will be alone during the holidays. These times of the year can lead to depression and other issues (increased suicides). It would truly be in the spirit of the season to reach out and ask someone to join your family for a holiday dinner, brunch, mass or ethnic tradition celebrated within your family. We must look after each other. Please remember to keep the fallen Officers and their families in your prayers, as their families will be without their loved ones. We at FOP are a phone call away if anyone needs to talk.

God Bless all. Merry Christmas and happy holidays. Stay safe.

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Tis the Season



KENYATTA GAINES

While the holiday season can be filled with joy, family, and celebration, it's usually an emotionally charged time. In our profession, this time of year presents unique challenges. For officers, the holidays don't mean slow down. Calls for service increase—domestic disputes, mental health crises, DUIs—you name it. The calls don't stop. Aside from juggling crazy shifts, add in personal struggles such as divorce, the loss of a partner/friend, or the ache of spending your first holiday without someone you love and the holidays can become a time of significant emotional strain. Even when you're running on fumes, trying to survive the festive chaos, you don't have to do this alone. It is possible to emerge unburdened, a bit more resilient, and possibly with optimism.

This time of year can feel like a gut punch, and no amount of festive decorations or joyful songs can instantly make it better. But there's hope! These strategies can help Officers navigate this emotionally complex time:

- 1. Acknowledge Your Emotions** - Don't pretend you're fine. Grief is messy and so is heartbreak.
- 2. Set Realistic Expectations** - The holidays don't have to look the same as they did before. It's okay to skip the awkward family gathering if it's too much. Attend a gathering. Focus on what feels right for you.
- 3. Create New Traditions** - Understand that this holiday season may be different, and that's okay! Start something new, volunteer, take a trip (go somewhere you have never been), find an activity that makes you smile.

4. Honor What You've Lost - Light a candle, write a letter, or share a memory about your loved one. When you feel like it's your fault, forgive you. Let their spirit be part of your holiday.

5. Focus on Self-Care - Move your body! Go see a funny movie, prioritize healthy eating, get adequate sleep. If you're not comfortable sharing your feelings with someone close, consider professional counseling or a support group.

6. Set Boundaries - Protect your energy and mental health. People may try to help. Participate only in activities that feel manageable.

7. Set Boundaries - If a gathering or tradition feels overwhelming, it's okay to say NO!

Don't let the stigma surrounding mental health in law enforcement discourage you from seeking help. Officers often sacrifice personal holiday traditions to ensure the safety of others. You're human, and it's okay to need a lifeline every now and then.

Thankfully, Superintendent Snelling recognizes the importance of leadership and the need for PO's mental well-being. He constantly encourages the rank and file to access mental health resources like EAP, Peer Support, and outside clinicians. He understands that department holiday events foster camaraderie and evoke a sense of community. FOP President John Catanzara has equally expressed and cultivated the need for support, rather than stigma. With the help of V.P Mike Mette, the 2nd floor of the Lodge 7 has a space dedicated to Officer Wellness. Put CPD to work. Let them care for you. Take advantage of these services! Lean into support systems and create little moments of peace. Choose to let the holidays be a time of reflection, healing, then gratitude. Enjoy your greatest gift... Life!

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October 2024

Name	Rank	Unit	Years	Name	Rank	Unit	Years
Juan C. Aceves	Officer	640	20	Kevin V. Howard	Officer	701	26
Ronald A. Bialota	Evid. Tech	277	26	Steven Jacoby	Officer	001	30
Sharon L. Catino	Officer	024	23	Timothy K. Lange	Officer	016	20
Christopher Chausse	Officer	001	26	Mark B. Mirabelli	Officer	145	29
Darryl L. Corter	Sergeant	025	30	Adam S. Ocampo	Officer	020	26
Donald J. Falk	Officer	650	29	Michael Rivera	Officer	544	29
Edger Hernandez	Officer	025	24				

Honoring Sisters and Brothers who have passed

Name	Status	Age	Date of Passing
Cesar Pinzon	Retired	78	August 26, 2024
John Paulson	Retired	77	September 5, 2024
Dennis Dykema	Retired	76	September 24, 2024
Lawrence C. Augustine Jr.	Retired	78	October 18, 2024
Enrique Martinez	Unit 006	26	November 4, 2024
Diane J. Olsen	Retired	77	November 11, 2024
Marshall B. Robinson	Retired	93	November 12, 2024

Retiree Meetings

Check the contact info listed with each location to confirm meetings are being held

<p>North First Tuesday of the month @ 9 a.m. D'Agostino's Pizza and Pub 7530 W. Oakton St., Niles Steve Marchfield 773-771-0877</p> <p>The Northsiders' Luncheon Third Wednesday of January, April, July, October @ noon Suparossa, Chicago Paul Vitaioli, 312-402-1040</p> <p>South Second Wednesday of month @ 10 a.m. Jedi's Garden, Oak Lawn</p> <p>8-Ball Luncheon Last Wednesday of month @ noon Les Brothers, Oak Lawn Dorothy Piscitelli, 773-972-</p>	<p>0139Bomb and Arson Second Monday of month @ 9 a.m. Fiesta Tapatia Restaurant Chicago Ross Horne, 312-613-9182</p> <p>Crime Lab, ETs, Forensic Services and Mobile Unit First Tuesday of month @ noon Flap-Jacks Restaurant, Oak Lawn</p> <p>Orland Park Law Enforcement Organization Third Thursday of month @ 7:30 p.m. Orland Park Civic Center Orland Park</p> <p>Survivors Lunch Second Saturday of month @ 11 a.m. Beverly Woods Restaurant Chicago</p>	<p>Public Housing Unit (North, South and Administration) First Wednesday of month @ 10 a.m. George's Restaurant, Chicago Maurice Brown, 773-577-0154</p> <p>Arizona Retirees Third Thursday of month @ 11 a.m. Eagle Buffet at Casino Arizona 524 N. 92nd St. Scottsdale, Arizona Brian DuFour, 623-521-6146 or bdu4@aol.com</p> <p>Arkansas Retirees Third Friday of month @ noon Elks Lodge Mountain Home, Arkansas Bob Zdora, 870-405-5407</p>	<p>Florida Retirees First Wednesday of month @ 1 p.m. Cop Shop, Cape Coral, Florida Tom Faragoi, 239-770-7896</p> <p>Michigan Retirees First Thursday of month @ 8 a.m. Macks on Main 101 W. Cedar Ave. Gladwin, Michigan John Nielson 989-324-0877 jnnielson@gmail.com</p> <p>Northern Illinois/Southern Wisconsin Retirees Second Thursday of month Herner's Hideaway N202 Williams Road Genoa City, Wisconsin</p>	<p>Hellenic American Police Association Northsiders Retiree Breakfast First Monday of month @ 10:00 a.m. Burgundy Restaurant 5959 W. Irving Park Rd., Chicago</p> <p>Hellenic American Police Association Southsiders Retiree Breakfast Second Monday of month @ 10:00 a.m. Valois Cafeteria 1518 E. 53rd St., Chicago</p> <p>25th District Retirees 1st Wednesday of the Month Tavern on the Point 6724 N. Northwest Hwy 7 P.M.</p>
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WE REMEMBER FALLEN CHICAGO POLICE OFFICER



ENRIQUE MARTINEZ

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END OF WATCH | NOVEMBER 4, 2024

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“Split Second Decisions” Under Review



PAT
FIORETTO

As we all know, officers often are confronted with having to make “split second decisions.” If an officer hesitates or makes a mistake and chooses the wrong action, that decision, at times, can result in the officer’s tragic death. Sadly, we have seen this situation way too often in our city, tragically losing too many officers.

Many in the public fail to recognize that “policing” is dangerous work, both for officers and the people they encounter. Until recently, the courts have acknowledged this inherent danger and provided law enforcement officers with some protections. The law has respected officers’ need to sometimes make quick judgments and respond decisively to threats, even if it results in a fatality. However, the current trend of vilifying all officers has led to far too many officers being reluctant to make a “split second decision” and sadly being murdered by criminals themselves.

The U.S. Supreme Court recently agreed to hear a case – *Barnes v. Felix* – which will be reviewing the concept of the “objective reasonableness” standard when evaluating claims of excessive force by law enforcement during an arrest, investigatory stop, or other seizure, as set forth in the seminal case entitled *Graham v. Connor*.

In *Barnes*, Officer Roberto Felix shot and killed a driver during a traffic stop after Barnes attempted to flee in his vehicle. The Fifth Circuit Court of Appeals properly upheld Officer Felix’s actions, applying the “moment-of-threat” doctrine, which asserts that officers should be judged based on their immediate perception of danger at the time force was used, without considering actions taken earlier in the encounter. This common sense approach is further enforced by police training all sworn officers receive throughout the country. However, in the *Barnes* case, the victim’s family argues that Officer Felix’s pre-shooting actions contributed to escalating the confrontation. The issue that the Supreme Court should be addressing is whether law enforcement officers should be judged solely on the moment they used force or if any of their earlier decisions should become part of the reasonableness inquiry. The outcome could lead to a seismic change in how officers deal with those “split second decisions,” resulting in a more dangerous situation for all law enforcement officers.

Many state police training organizations, including Illinois, through their Police Officer Standards and Training bodies (POST), emphasize the *Graham v. Connor* standard and the importance of reasonableness in their use-of-force training. The Chicago Police Training Academy trains its police officers that their actions will be evaluated based on what a reasonable officer would have done under the same circumstances – not what officers should have done with the benefit of hindsight.

As part of the “anti-cop” movement, a new academic theory, known as “officer-created jeopardy,” has gained traction in mainstream communities across the country, leading to increased pros-

ecution and civil litigation against officers and law enforcement agencies. Under this newly fabricated theory, if a law enforcement officer’s actions unjustifiably or unnecessarily created or increased the risk of a deadly confrontation, even if the subsequent force was reasonable at the time, the officer will be held accountable and unfairly bear civil or criminal liability. This creates an untenable situation for all Law Enforcement Officers who will inevitably face critical incidents in their careers. Officers will hesitate and second guess themselves, placing themselves and others in serious danger.

This pollyannaish theory fails to recognize that the tactical decisions made before executing any use of force tactics are shaped by limited information, evolving threats, and high-pressure environments, making it nearly impossible for law enforcement officers to predict all possible outcomes in the moment.

The current federal standard, found in *Graham v. Connor*, relies on reasonableness without the benefit of hindsight. The question is whether an officer’s actions were reasonable, not whether an officer could have made better choices after the fact. However, the growing trend of applying officer-created jeopardy will result in second-guessing and pretending that officers should have predicted the negative outcome and simply avoided escalation and violence as a matter of choice.

One of the most troubling aspects of officer-created jeopardy is the increasing effort to criminalize officers’ discretionary tactical decisions. Officers are trained to rely on their admittedly imperfect judgment in chaotic and evolving situations. This trend shifts accountability from the suspects, who should be held more responsible for their violent, illegal, or threatening behavior, to the well-trained officer, who is now expected to predict and mitigate the suspect’s unpredictable actions and escalating threats. This entire analysis is flawed.

In federal civil cases, qualified immunity has protected law enforcement officers for decades, shielding them from liability unless their actions violated clearly-established legal standards. Qualified immunity recognizes that officers must make difficult, split-second decisions in unpredictable situations. Unless the excessive quality of force would have been obvious to any reasonable officer (which courts have interpreted as “beyond debate”), officers are shielded from civil liability.

This dangerous trend has created a legal pitfall for all law enforcement officers, meaning their actions may be scrutinized not only for their legality at the moment but for every discretionary choice leading up to the use of force. Officers who act according to their training and federal law may nonetheless face criminal charges at the state level, judged by jurors who, with the benefit of hindsight, may fail to appreciate the complexities of real-time decision-making. Let’s hope the Supreme Court gets this one right. Be careful and stay safe.

Preventing, Avoiding Orders of Protection



TIM
GRACE

We are often asked, what is the most common way for an officer to find himself in a no-pay status or at call-back? Many would think it would be a use of force issue, like a shooting or when an officer needs to go hands-on with an offender. While it does happen, it is still rare. Some may say salty language or verbal abuse. While COPA does love those cases, it is still not as often as you would think. The most common obstacles that officers face is the dreaded order of protection. It hurts for a number of reasons, but the most devastating part is the no-pay status an officer will find himself or herself in. Interestingly enough, we find ourselves at that awful courthouse at 555 West Harrison St. more than any other place. We have written about this issue in the past, but with the holidays coming up, it must be revisited. The sad part with the order of protection case is that it could have been prevented and avoided. Those are called unforced errors. No different than jumping offsides in a football game.

Orders of protection are governed under the Illinois Domestic Violence Act and are only allowed if the court finds that there is some family or dating relationship between the parties. Orders of protection can be obtained in two basic ways: a criminal order of protection can be obtained in conjunction with an arrest and charge of domestic battery or some other crime and a civil order of protection can be obtained by filing a petition for an emergency order of protection in the Domestic Relations Division of the Circuit Court of Cook County, either on its own or as part of an existing divorce or custody proceeding. Both the criminal and civil orders of protection ultimately have the same effect upon the respondent and can result in much higher probability of arrest and prosecution for violations of the order of protection. What will happen is the petitioner will file for a plenary order of protection, or a complaint seeking to have an order in place for one or two years. At that point, no adverse action is taken against the respondent or officer. The matter is set down for hearing and based upon the result a judge will enter an order. However, when the petitioner also asked for an emergency order of protection, or to have an order of protection in place waiting for the plenary to be issued or denied, trouble has come. So essentially the officer is the subject of the emergency order of protection until the final hearing. That is devastating.

The Circuit Court of Cook County will grant a petition for emergency order of protection if the petitioner testifies to the court and presents enough evidence to convince the judge that the petitioner was abused by a family member or significant other, even if the responding party

has not been given notice and is not present in court at the time to assert a defense. If the court grants the petition for emergency order of protection, it will issue the order and continue the case for 21 days for the respondent to be served. If the respondent is not served during the initial 21-day period, the court will extend the emergency order of protection another 21 days and will continue to do so until the respondent is served or otherwise files his or her appearance. From then, the court will continue to extend the emergency order until a hearing is held on the merits. If, at the conclusion of the hearing, the court finds the petitioner's evidence credible it can issue a plenary order of protection for up to two years, which can also be renewable in some instances. The court will issue an order, on either an emergency basis or for one or two years that prohibit the respondent from all communication with the petitioner by any and all means; specifically prohibiting physical abuse, threats, harassment, intimidation, and interference with personal liberty, or willful deprivation, barring the respondent from entering or remaining in any shared residence, no matter whether or not the respondent owns the residence out-right or regardless of whether the alleged victim is on the lease or title; require the respondent to attend counseling; and award the petitioner physical custody of any minor children of the relationship and prohibiting the respondent from having parenting time. In fact, many of the divorce attorneys will use the emergency order of protection as a strategic measure against the respondent in an existing divorce or custody proceeding to gain the upper hand in a custody battle. I often wonder how the divorce judges don't see this, but that is a different story for a different day.

The most devastating consequence an order of protection has on Chicago police officers is that once an emergency or plenary order of protection is granted, the respondent officer will be immediately ordered to surrender all his or her firearms and FOID card to the state police. This will result in the Chicago police officer facing definite and certain consequences including being stripped of their badge and gun, being found to be unfit for duty, and being put in a no-pay status that could eventually lead to separation. As stated above, this can be compounded by the fact that the emergency order, whether based on factual or fictitious allegations, will remain in effect until the petitioner withdraws the petition or until after a full hearing on the merits has occurred, thereby potentially lengthening the time an officer is subject to no pay status and separation. That is why it is critical that, immediately upon learning of an alleged order of protection being granted against them, a police officer should obtain legal advice.

But more important, how do you avoid this? To be blunt,

you have to keep your house in order. If you are having marital problems or relationship issues, be proactive. Your job is stressful and there is a reason why the social consequences of being a first respondent can wreak havoc on the personal lives of those who serve and protect. If your partner is unhappy, if you are unhappy, don't let it fester. Don't just hope it will go away. Get counseling, have a sober conversation with him or her, but most importantly, be proactive. If they sneak into court, it is often too late to stop that train. Many times, the spouse doesn't even understand the repercussions of filing for an order of protection. How is the mortgage going to be paid, how is the tuition going to be paid and all of the other bills? Our partners feelings get hurt and sometimes it is our own fault, but you must approach this head-on. During the holidays we try to take a breath and enjoy but it also brings with it all of the financial and other stresses. Be smart as you know your partner better than anyone else. The best way not to be bitten by the lion is to not jump into that cage with it. Enjoy your holidays.



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An Update From Springfield



DAVE SULLIVAN

Veto session came and went without much fanfare, and an election in which we saw millions spent on state legislative races came and went without any changes.

So, what happened?

In the veto session, the super majority Democrats are still deciding what they want to do on public policy matters, and they are not ready yet. We do anticipate much activity in the early January lame duck session. Legislators have been advised to hold Jan. 2 to Jan. 8 on their calendars for this session. The new General Assembly will be sworn in at noon on Jan. 8. The Democrats are looking at ways to protect Illinois from the incoming Trump administration

on a variety of issues. We will know by early January what legislation they choose to pass.

Regarding the election, it appears that the under vote among Democrats nationally also occurred here in Illinois. This helped the underfunded Republicans withstand the influx of cash for Democratic candidates, so they were able to draw to a tie. None of the targeted seats by either party flipped. The Democrats held their couple of seats that the GOP focused on, and the Republicans won a few very close races. The tightest margin was in the Barrington area where GOP Representative Marty McLaughlin won by a mere 47 votes. That is a good reminder to all of us that your vote does indeed matter.

So, what's next? Both the House and Senate will reconvene in early January to address issues that Gov. Pritzker and the super majority Democrats in the General Assembly determine need to happen before Jan. 20 when Donald Trump becomes president again. We will be working with legislators on pension issues. Then, the new General Assembly takes office. They will need to address the state's projected budget deficit of over \$3 billion as well as the huge transit fiscal cliff that will occur next year if new funding and reforms are not implemented. Those huge financial issues are in addition to the other issues the legislature will need to address.

We wish you and your families a blessed holiday season.

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RABBI
MOSHE WOLF

As this goes to print, the Chicago police family mourns the tragic loss of one of our own, Police Officer Enrique Martinez, who was murdered in the line of duty. Our heartfelt and sincere sympathy, condolences, and prayers go out to all members and loved ones of the Martinez family. Officer Enrique Martinez was loved and respected by all who knew him. He was a true gentleman and friend to all those around him. He will be dearly missed and always have a place in our hearts. "Gone but never forgotten." On behalf of all your chaplains, a heartfelt thank you to each of you that showed up to the scene, to the hospital, the morgue, and the funeral. A special thank you to all the members of the Chicago Fire Department and outside police departments and law enforcement agencies who came from near and far to show their support and offer their condolences.

This reminds us of that one very important lesson in life – that there are moments in which it is not what you say, but your mere presence that gives support and comfort to the family and those mourning. We appreciate each of you and thank you for being there. It is at those moments that we are reminded of how precious every day of life is, and how quickly things can change. It reminded me of the story, "Lessons from my Teacher."

I had a very special teacher in high school many years ago whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there. With a gentle look of reflection on her face, she paused and said, "Class is over, I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important. Each of us is put here on earth to learn, share, love, appreciate, and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is the powers way of telling us that we must make the most out of every single day."

Her eyes, beginning to water, she went on, "So I would like you all to make me a promise. From now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see; it could be a scent - perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground. Please look for these things and cherish them. For, although it may sound trite to some, these things are the 'stuff' of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at any time it can all be taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester.

Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook. Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight, to get a double dip ice cream cone. Tell your family and friends how much they mean to you. For as we get older, it is not the things we did that we often regret, but the things we didn't do.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Some end of the year thoughts:

As we say goodbye to 2024, and enter 2025 we pause, to thank G-d for the year gone by. There were many trials and tribulations, as well as many blessings. The bottom line is we made it. So, we pray that the coming year brings with it the best of blessings to all of us for a healthy prosperous year. We also pray for a bit of extra strength and faith during those trying times. It brings to mind a memo that helps keep things in perspective – "A Memo from The Boss."

Today I will be handling all of your problems. Please remember that I do not need your help.

If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something for G-d to do) box. It will be addressed in My time, not yours. Once the matter is placed into the box, do not hold on to it.

If you find yourself struck in traffic, don't despair. There are people in this world for whom driving is an unheard-of privilege.

Should you have a bad day at work, think of the man who has been out of work for years.

Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend, think of the person in dire straits, working 12 hours a day, seven days a week to feed their children.

Should your car break down, leaving you miles away from assistance, think of the paraplegic person who would love the opportunity to take that walk.

Should you notice new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and pondering what life is all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness, or insecurities, remember, things could be worse. You could be them! As the saying goes on the street, "When life gives you lemons, make lemonade."

And please remember I am ALWAYS available for you 24/7. All you need is prayer, my door is ALWAYS open, your loving Father. Amen!

Before we close A little humor from the "Moshe Files" to keep you smiling.

"Grandpa's Patience."

A woman is following a grandfather and his badly-behaved grandson at the supermarket. He has his hands full with the child screaming for sweets, biscuits - all sorts of things. The grandad is saying in a controlled voice, "Easy, William, we won't be long ... easy boy."

Another outburst and she hears the grandad calmly say, "It's okay, William. Just a couple more minutes and we'll be out of here. Hang in there, boy."

At the checkout, the little horror is throwing items out of the trol-

ley. The grandad says again in a controlled voice, "William, William, relax buddy, don't get upset. We'll be home in five minutes, you'll have a sandwich and a drink, stay cool William."

Very impressed, she goes outside to where the grandfather is loading his groceries and the boy into the car. She says, "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandad."

"Thanks," says the grandpa. "But I am William. The little rascal's name is Kevin."

On behalf of ALL your chaplains, season's greetings, happy Chanukah, merry Christmas, happy New Year. May 2025 be one of your best ones yet! May G-d bless you and keep you safe. Should you need an ear to listen or a shoulder to lean on or perhaps have some good humor to share, please do not hesitate to give us a call. We are available 24/7. All our contact information available in your FOP books or on our website: WWW.chicagopcm.org

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FATHER DAN BRANDT

As we continue to mourn the tragic loss of Police Officer Enrique Martinez, I'd like to share the prayer I included in my homily at Enrique's funeral Mass on Nov. 18. I cannot take credit for this beautiful prayer, which was written by the parent of a CPD member:

Father, I ask your protection over our men and women serving in the Chicago Police Department. Guard them with your mighty hand as they serve and protect our communities.

Grant them wisdom, strength and courage in the face of danger. Comfort also their families and friends during this difficult time. Finally, Father, please bless our police officers and bring them all home safely at the end of each day.

In Jesus' name we pray. Amen!

May our brother Enrique rest in peace! His memorial card is available for downloading and printing on the chaplains' website: www.ChicagoPCM.org.

Last month, I joined Rabbi Moshe Wolf to offer prayers at the street naming ceremony for Police Officer Sam Jimenez on the sixth anniversary of his death. The event took place outside the 002nd District at 51st and Wentworth. Next time you're in the area, be sure to check out Sam's honorary street sign on the southeast corner.



For the 15th year in a row, I recently teamed up with FOP to send holiday care packages to our CPD members who are serving abroad in the military reserves. Let us keep in prayer our brothers and sisters (65 in number this year) who still serve, just in a different uniform. In a special way we remember them (and their families who miss them) during the holidays.

Thank you to Pizano's Pasta and Pizza at 21st and Indiana, who hosted our Nov. 26 Upper Room Club session. A wonderful time was had by all in attendance. If you would like to join this group of like-minded folks for dinner and discussion, please send me your email address so I can add you to the invitation list.

On Dec. 5, Police Chaplains Ministry hosted our beloved Gold Star Family members at the annual pre-holiday dinner at Soldier Field. What a wonderful opportunity for us to thank these families for the sacrifice they endured, and to reiterate that their loved one who died in the line of duty will NEVER be forgotten! Thank you to all our supporters who make this annual event possible!

On Dec. 17, we commemorate the six-year anniversary of the untimely and tragic deaths of Officers Conrad Gary and Eduardo Marmolejo. May they rest in peace, and may their families be assured of our loving, prayerful support!



During the Advent season, many people try to pray more intentionally. So, just a reminder: every Friday the Chaplains Section continues to facilitate a Bible study/prayer/faith-sharing group at the police academy on Jackson. No matter your faith tradition, ALL are welcome to share and hear words of encouragement at these brief Christian-based gatherings.

A similar (though more intimate in size) non-denominational Christian prayer opportunity is offered every Wednesday in the multi-purpose room at Public Safety Headquarters.



And Muslim (Jumma) prayers are offered every Friday at the academy on Jackson.

To confirm times, or if you'd like more information, please email Joseph.Jackson@ChicagoPolice.org, Kimberly.LewisDavis@ChicagoPolice.org, or Hysni.Selenica@ChicagoPolice.org.

Finally, in addition to our regular 2nd and 4th Sunday Masses at Mercy Home (11:00 a.m. at 1140 W. Jackson Boulevard), we'll gather for Mass on Christmas morning at 10 a.m. - note the difference in time for the holiday. More information can be found on the "Police Masses" link at www.ChicagoPCM.org

Fr. Dan Brandt, Directing CPD Chaplain
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Chicago Lodge 7 Awards



On Feb. 28, 2023, SWAT officers responded to a 10-1 call in the 005th District for a report of shots fired at and by the police. Upon arrival, the SWAT officers gathered intel from the on-scene supervisor as they donned their SWAT gear. The SWAT officers learned that the original call was a “check the wellbeing” and as responding units approached, they heard a female screaming from inside the residence. As they got closer to the front door, the offender opened fire on them. The responding officers tactically retreated and returned fire at the offender as they sought positions of cover. The SWAT officers formulated a plan as the 005th district commander began to speak with the offender over the PA system, even requesting that the offender call him on his cell phone. The SWAT bearcat armored vehicle arrived on scene and took a frontal position to provide cover for the officers. The offender screamed that his hostage would die if the armored vehicle was not moved and began a countdown from 5. The SWAT officers heard a single gunshot and began a rescue effort as they entered the residence. Upon opening the front security door, the SWAT officers were met with a hail of gunfire. The SWAT officers were behind a ballistic shield which provided cover and were able to fire back at the offender. The SWAT officers deployed a noise flash diversionary device (flash bang) to enter further into the residence. The offender fled to a rear bedroom with his hostage in tow. The SWAT officers could hear the female hostage screaming for help at which time they deployed a second flash bang. The offender was dazed by the flash bang and was immediately overpowered by the SWAT officers and taken into custody. The two hostages were relieved to see the police and were escorted safely from the residence. At the time of his arrest, the offender was wearing a ballistic vest and was in possession of four handguns, including two with laser sights and auto-sear switches. The offender was charged with multiple felonies, including aggravated kidnapping and UJW.

It is with great appreciation that Chicago John Dineen Lodge No. 7 presents these officers with the prestigious Award of Valor. You both truly lived up to the SWAT motto of “Respect All, Fear None.”



Chicago Lodge 7 Awards



On Jan. 24, 2023, an ongoing investigation began with Area 3 Detectives and the 019th District RBT Team of over 30 separate incidents of burglary and thefts from buildings that involved mail and packages. The detectives identified the burglary and theft pattern which spanned the 012th, 018th, 019th & 020th districts and were able to create a video seeking to identify the offenders using SDSC room pod video. The offender’s vehicle was tracked utilizing LPR and POD cameras to a location at 8400 S. Brandon Ave. On Aug. 22, 2023, the detectives notified the RBT team who set up surveillance on the block and placed the offender into custody. The offender was charged with seven counts of burglary, one count of



felony identity theft, one count of possession of burglary tools. The investigation continued and a second offender was subsequently identified and placed into custody outside the Skokie Court House. The second offender was charged with two counts of burglary and one count of felony theft/ unauthorized Control. Based off this extensive investigation of this pattern, more than 30 separate incidents were attributed to these offenders and the cases were closed.

It is with great appreciation that Chicago John Dineen Lodge No. 7 presents these officers with the Distinguished Service Award.

Chicago Lodge 7 Awards



On Jan. 30, 2024, 008th District officers responded to a call of three male subjects walking with guns near 83rd Street & Kedzie Avenue. Upon arrival, the responding officers observed three male subjects enter Hayes Park District, which is adjacent to Carroll Elementary School. As the officers approached to conduct a field interview, offender no. 1 attempted to flee but was apprehended after a brief foot chase. A blue polymer 3D printed 9mm Glock "ghost gun" (a gun with no serial number) loaded with 23 rounds in an extended magazine and a switch which converts the gun to fully automatic was recovered from his person. The offender made a spontaneous utterance to the officers that "he needs the gun for protection," as he was placed into custody. The other two male subjects fled eastbound, and a second offender was located hiding in a residential yard. The



officers backtracked his avenue of flight and located a 10mm Glock handgun with laser attachment inside a garbage can. The officers were able to obtain video surveillance which depicted offender no. 2 discarding the gun into the garbage can. Both offenders were placed into custody and transported to 008th District. Offender no. 1 was charged with felony/UUW-possession of a machine gun and offender no. 2 was charged with aggravated UUW because of their proximity to the school that was in session at the time of their arrests.

It is with great appreciation that Chicago John Dineen Lodge No. 7 presents these officers with the Distinguished Service Award.

Chicago Lodge 7 Awards



On Feb. 5, 2024, at 4526 N. Sheridan Rd., 019th District Officers responded to a well-being check. The officers were met by the property manager who said he could hear screaming and loud music coming from apartment 506. The officers made their way to the apartment and announced their presence. The apartment door remained locked, and the neighbor came out and reported that she could see her neighbor sitting on the window ledge with his legs dangling over the side. The officers attempted to create a dialogue with the subject at which time the subject shouted, "Fuck you, go inside or I'm gonna fucking jump." The Officers retreated inside and



notified a CIT officer. The officers began speaking with the subject from the adjacent fire escape stairwell. The officers had gained the subject's attention while other officers entered the apartment with a key provided by the property manager. The officers who entered the apartment were able to sneak up behind the subject and pull him back inside the apartment. The subject began to struggle but was restrained without incident and EMS transported him to the hospital for a psych evaluation.

It is with great appreciation that Chicago John Dineen Lodge No. 7 presents these officers with the Life Saving Award.

Chicago Lodge 7 Awards



On July 20, 2023, while in front of the 011th District station, officers heard multiple gunshots indicating high-capacity weapons coming from the area of Albany and Flournoy. The officers responded and were flagged down by a victim who had suffered gunshots to his chest, left arm, right hip, and lower back. The victim's breathing was labored and the officers cut away the victim's blood-soaked shirt and applied a HyFin chest seal. The officers applied the second HyFin chest seal to prevent an open pneumothorax (AKA sucking chest wound). These immediate

medical interventions allowed time for EMS to finally arrive on scene and transport the victim to Mt. Sinai Hospital. The victim underwent significant treatment and surgical exploration to control the massive amount of blood loss. The victim has since made a full recovery.

It is with great appreciation that Chicago John Dineen Lodge No. 7 presents these officers with the Life Saving Award.

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A CALL TO SERVICE

A stirring funeral service lets thousands of Chicago Police Officers feel what made Enrique Martinez exemplary

■ BY MITCHELL KRUGEL

■ PHOTOGRAPHY BY CHICAGO PD GRAPHIC ARTS SECTION

Rows and rows of Chicago Police Officers standing strong outside of St. Rita of Cascia Shrine Chapel on Nov. 18 formed an inimitable thin blue line that seemed to wrap around the entire City and beyond. Again.

So upsettingly tragic because of the loss of their brother, Enrique Martinez, who had that hunger and thirst for righteousness, a hunger and thirst that wanted to go on for decades of service. The defining moments of this heartbreaking muster for “Quique” came when his big brother, Chicago Police Officer Adrian Martinez Garcia Jr., spoke at the cathartic funeral service.

“He was murdered on a cold, dark, forgotten street,” Adrian began. “You may not know it, but that night my brother saved countless lives as he was pierced by multiple bullets. Every bullet that struck my brother could have taken the life of someone’s mother, father, sister, brother or friend.”

The tribute to his baby bro still reverberates, and please, please, please dial up Adrian’s homage on any digital platform and take it all in. It includes more words like this:

“A part of us died that night,” Adrian continued. “Because of my brother’s strength and courage, we are all able to see another day, embrace loved ones, create more memories and live without fear. Because of my brother, I know there are 10,000 more Enriques who will take the place to protect the people of this City. Because of my brother’s sacrifice, a mother can watch her son grow up to become a hero, just like him.”

Adrian’s eloquence crescendoed a funeral service meant to

touch the hearts of all 12,000-plus Chicago Police Officers. And so the tribute to Enrique Martinez, Star #8314, reverberated at this service.

Note how the remembrance community came out for the funeral: Gold Star family members like Elizabeth French; Dionne Mhoon, mother of Aréanah Preston; Andres Vasquez Lasso’s wife, Milena; Gold Star Families Chair Maria Marmolejo; and, of course, support from Carlos Yanez Jr. and Joshua Blas, Ella French’s partners.

When the ceremonial helicopter flyover reigned over the gathering of officers that included so many from throughout Illinois and the U.S., rain started to drizzle. When the 16 rows of pipes and drums marched past the throng, the rain picked up. But there was not an umbrella in sight.

The hundreds of Chicago Police Officers who filled the church to the brim, and the thousands more who stood outside, felt the inspiration from truly personalized eulogies. Beginning with Father Dan Brandt, the Chicago Police Department’s directing chaplain.

Choosing the fifth chapter of St. Matthew’s Gospel, also known as the Sermon on the Mount, Father Dan advocated how this could have been especially written for Enrique.

“One who chooses his most profound profession has to show mercy from time to time, has to be clean of heart, both on duty and off,” he declared. “Somebody who chooses the most noble profession this world knows he needs to have these attributes.”

Capturing another theme of the day, Father Dan praised that even with his almost three years on the job, Enrique served as a



role model to those with almost 10 times his police experience. And then he extolled another theme of how Adrian Martinez and Rosa Mayen raised a family that has espoused these attributes.

When tragedy crashes the Department, it often becomes a time for members to talk about public opinion deriding their profession until residents actually need a police officer. But this was a time for Chicago Police Superintendent Larry Snelling to emphasize during his funeral remarks that it is just the opposite.

"The bulk of the people want to see people like Officer Enrique Martinez because they know that he's there to keep them safe," Snelling said.

The superintendent's comments that echoed through the Department the way his voice did in the church included fortifying statements on several fronts. First, of course, was in tribute to his fallen officer.

"How did he become an exemplary officer?" Snelling offered. "You first have to be an exemplary human being. I've had an outpouring of condolences from everywhere across the country. His death resonated with everyone because of who he was and the service that he chose."

And then he spoke to another one of his charges.

"To Adrian Martinez Jr., your shoulders are strong," Snelling hailed. "You carried yourself well, and you've done your brother proud. Continue to do so."

And then to officers who stood shoulder to shoulder with Quique, as they called him in 006 where he worked.

"The Sixth District is a very dangerous place to work," Snelling continued. "Even with the loss of Officer Martinez, they continue to do it over and over again in his memory and for the safety of the people in our City."

And finally for the entire Department.

"Officer Martinez understood that we have to continue to work when we see our fallen," Snelling whispered. "It is a reminder of how important we are and how much more we need to do to make sure this doesn't happen again."

The blessing of Enrique was described with grace and impact from his partner, Francisco Nunez, who was on the call with Enrique that night of Nov. 4. Finding the blessing within the pain compelled Francisco to share how he could never remember his partner being in a bad mood at work. And how Enrique would often use Francisco as an excuse to order and eat a whole Domino's large pizza.

Francisco wanted everybody to laugh a bit on this day, because he said Quique could always make people laugh. But he also wanted to relate the valor Enrique brought to the job up until that very last moment.

Francisco's story told of responding to a "shots fired" call at 79th and Halsted. He said Quique drove like a maniac toward the shots.

The shooter, he continued, was in an alley east of Halsted. They spotted him hiding in the bushes and detained him. Enrique found the gun, yelling out "Aqui está."

There it was, indeed.

"He walks away from the gun in an attempt to avoid recovering it and receiving credit," Francisco added. "He argued with us because he wanted us to receive the credit. His excuse was that he didn't know how to process the gun, and he did not want to go to court. I think even the bad guy was telling Quique to get the gun already. This is one of the many stories that remind me of how Quique was a hard charger. He was humble, crazy and cool."



CONTINUED ON PAGE 34

The accolades of Enrique being the real police, the best cop in 006, seemed to be never-ending on this day. Officer Abdullah Saleh, who rode in a three-person car with Enrique when he worked in the district, expressed how Quique’s humor, generosity, loyalty and sense of honor were the qualities that made him the man they all knew and loved.

Abdullah related how Enrique looked up to Adrian “more than you know.” That he wanted his big brother to see him “as the man who could handle anything. Just like you.” How he told Saleh that he knew his fiancé, Lesly, was the love of his life. And Abdullah thanked Mrs. Martinez for always sending them food and that they loved her home-cooking.

“Enrique’s love for his family and his friends and his work was evident in everything he did,” Saleh added.

To feel how magnificently stirring the funeral was, go the point in the video where Adrian talked about how his baby brother was the most amazing person in the world to him. He told the story about how his parents let their oldest boy name the new baby. He called him Enrique after Enrique Iglesias and recalled how he would often carry the baby to his bedroom to sleep beside him.

Rosa Mayen wanted them to become doctors and lawyers, like every Latino mom. But Adrian said respectfully how they had other plans.

“My mother tried her best to shield us from this profession, but as hard as she tried, we realized it wasn’t just a job — it was our calling,” Adrian related. “We wanted to live the life of a hero. Becoming police officers was not just a job title to us, but who we were supposed to be.”

Adrian then put an exclamation point on the service by asking his blue family for a favor. The superintendent asked all officers who were at the ME’s office on the night of the murder to honor Enrique by saying his full name. Adrian had not been able to do that. Until now.

So he asked everybody at the church to repeat after him.

Enrique...

Martinez...

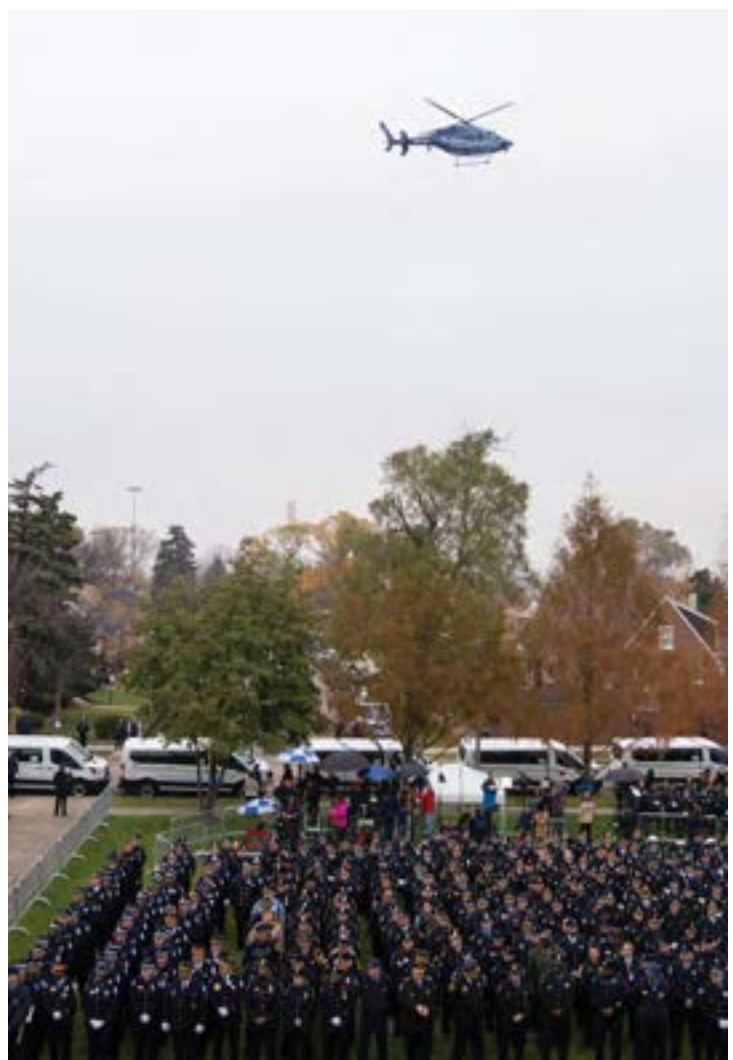
Star number #8314...

We see you...

We hear you...

We feel you...

You will never be forgotten...!





LOVE LINE

As colleagues, classmates, friends and thankful residents waited for their moment to pay their respects, they shared what they will never forget about Enrique Martinez

■ BY MITCHELL KRUGEL

Chicago Police Officer Lucas Michaels waited in the line leading into Blake-Lamb Funeral Home on Nov. 17. He had been there for more than an hour and was at least another hour from seeing the family of his beloved academy classmate, Enrique Martinez. Michaels carried a custom challenge coin he made to honor Enrique, part of a fundraiser he started for the Martinez family.

The line for the visitation to offer respect and say farewell to their fallen brother stretched more than two hours along Keating Avenue from 103rd Street to at least 104th, and some say a couple blocks more. As darkness overtook the scene, The Brotherhood for the Fallen walked the line offering hot dogs to the officers, neighbors, friends and family who wanted to salute Enrique and get one of the hugs that his older brother and officer, Adrian Jr., father Adrian, mother Rosa Mayen, sister Angelica and Enrique's fiancé, Lesly Hernandez, gave by the thousands.

This was a thick blue line, thick with blue love and an outpouring of reverence. Walking the line for several hours on this Sunday afternoon and evening warmed by Enrique's touch revealed what made him special — awesome, goofy and cool, just to start with the accolades flowing here.

From those in his 21-7B academy class to those who knew him in 006, where Enrique served for nearly three years, to those who knew him through his older brother, they reveled in his relentlessly positive way to see life. And the way he would stay back on runs to help academy classmates. And his passion for the highest tech gear. And bringing the lunch Rosa Mayan packed for him every day that they all shared. And his German Shepherds, particular preferences about his coffee and, of course, his love for Lesly.

"So this is the best because it shows that the community still cares about officers and not only just officers in general, but Enrique because he truly was a great man and an officer to this community," Michaels appraised as he waited in line.

Let's take a walk, then, and see how much love and tribute there will always be for Enrique Martinez, End of Watch: Nov. 4, 2024.

Jacqueline Alvarez, Yeseli Delgado, Katarzyna Trazz, Karla Perez and Marina Miloshevski were about to turn the corner and go into the chapel when they paused to share some moments they cherished with their academy classmate. These were some of the fellow officers who would take food from his plate — they loved how Rosa always packed the lunch with protein — laugh at his goofiness and swoon over his smile. They all seemed to wear that smile to the visitation.

Alvarez remembered when she was at the back of the line on those academy training runs.

"So he was very athletic, and I am not," she described. "He would wait for me when we would do runs, he would pace me, and he was the only one that stayed back with me. He's like, 'Come on, you got this.'"

Abdullah Saleh, who worked in a beat car with Enrique in 006, shared a story about the day they were responding to a series of domestics. On the run, Saleh had split his pants. Enrique pulled his phone and started recording, adding his loud laugh as the soundtrack.

"That's Enrique — even in the middle of chaos, he found a way to make it all a little lighter," Saleh commented.

Getting out of line — a tactic Enrique apparently deployed on occasion in the academy — Kamila Kresymon disclosed what happened on those early mornings before class started. Enrique always was there by 5:30 a.m., running in the halls or lifting. Kresymon became his workout partner. She recalled what made people gravitate to Enrique.

"It was so easy for him to blend in with everybody. I think that was his thing," Kresymon added. "He had the look for sure. I mean, he was awesome. He was a goofball. Goofy good."

CONTINUED ON PAGE 36



LOVE LINE CONTINUED FROM PAGE 35

The words “selfless,” “thoughtful” and “kind” echoed throughout the line when they talked about Enrique. And how he was a very proud American, a true patriot.

So Enrique could carry his patriotism with him, Lodge 7 President John Catanzara arranged for a MAGA hat autographed by President Donald Trump to be presented to the family. And they reportedly included it in the casket.

Perez, who now works in 011, presented her memories of Enrique, standing on line with a longing smile and bright eyes. It’s easy to imagine how that look will come on often as they recall their brother.

She gushed about the pictures they took, some showing how Enrique loved to play with his glasses. Just part of him making fun of himself if lost something or if he wore white socks on a day in the academy when everybody was supposed to black ones.

“Everyone laughed at him, but he knew how to play it out,” Perez continued. “So he didn’t get mad or offended.”

Adrian accentuated how his brother’s love for animals was unparalleled, how he would have rescued every dog on his beat if he could. And how he always went to work with a smile, anticipating the opportunity to make a difference.

But oh, that laugh.

“There wasn’t a day where this guy was not laughing or cracking a joke,” recounted Francisco Nunez, Enrique’s longtime partner, who was on the call that horrible night. “Even if his joke wasn’t funny, his laugh would make you instantly laugh as well.”

When he was deep into the learning of the job, Enrique pursued that passion of spreading knowledge with an edge. Upbeat to the core and always finding a way to connect with everybody. That’s probably why there were so many standing on the line.

“He always wanted to make fun of me because of my accent. And he’s Mexican, too,” Delgado mused. “So I’m like, ‘Bro, what are you talking about?’ They always said he was the male version of me. We were happy, but quiet, but crazy.”

There were many members on line who shared their brief but memorable interactions with Enrique. They didn’t necessarily meet him or talk to him, but they witnessed his impact. Like one who was part of the same group with Enrique working the DNC and noticed that he was always at the front of the bus on the way to the work site.

He wanted to be known as a hard worker to measure up to Adrian’s footsteps, as well as follow the path of big brother working in SWAT. He also shared Adrian’s passion for gear, often showing up with a new pair of pants with the support in the knees and all the pockets where he put his gadgets. Even in the

academy, he could sometimes be seen with the holster strapped around his leg.

“I would think of him as the Inspector Gadget because it seemed like every week he would always whip out a new police toy,” Nunez recalled. “And, somehow, that piece of equipment, no matter what it was, always turned into a knife.”

Kresymon reported Enrique’s goal to get rid of bad guys and take guns off the street. Michaels had a firsthand view of this after the academy when he was working in 007 and paired with Enrique from neighboring 006 on an SDI initiative.

When they had to respond, well, here was what made Enrique extra special.

“The way he would react would be, he would inhale and exhale firmly,” Michaels described. “It was always like, ‘Oh man, here we go.’ He was always ready to go. He was always up to the task and always willing to put anything on the line for whomever.”

Reading between the line offered confirmation of how Enrique went above and beyond for his family and, of course, Lesly. He would spare no expense on Mother’s Day cards, decorations and gifts to give somebody he loved something they would love.

Saleh praised Rosa Mayen’s home cooking and how much they appreciated what she sent with Enrique to work. And, yes, they finished it all, even though it was a lot. He related how much Enrique emulated his father’s work ethic.

And up and down the line, his friends, classmates, colleagues and others knew how much Enrique loved Lesly. It was a love made over 10 years since meeting her in high school at 16. They related how Enrique always showed them pictures of their trips and walks with the dogs.

“I’ll never forget when I asked him, ‘Is she the one?’” Saleh divulged. “Without hesitation, he told me that he made up his mind a long time ago. She was it. It was clear how much he loved her.”

And some of them knew that Enrique had received an email the day he was lost that the engagement ring he had ordered for Lesly was ready. He planned to pick it up the next day.

Overwhelmingly, word from the line confirmed how they will carry on for Enrique. He became renowned for wanting to get guns off the street, cleaning up the streets and serving out justice.

Michaels spoke what most were likely thinking that day, what will resonate forever to honor Enrique.

“I’m going to be thinking about him every day from the rest of my career,” he explained. “On a daily task, daily jobs, whatever I do, I’m just going to have him in my head.”

And, no doubt, in their hearts.



HELPS Federal Tax Break for Retired Fire/EMS/Police

■ BY JAMES MCNAMEE AND DANIEL RYAN

ILLINOIS PUBLIC PENSION FUND ASSOCIATION (IPPPFA)

Retired fire, EMS, and law enforcement personnel may reduce their taxable earnings by up to \$3,000 for medical insurance premiums paid during a calendar year. This is made possible under the Healthcare Enhancement for Local Public Safety Retirees Act, also known as the “HELPS” Retiree Act.

Previously, there was a requirement that the premium had to be deducted from the retiree’s pension check in order to qualify for HELPS deduction. That is no longer the case following the 2022 adoption of the Secure 2.0 retirement law. Qualified premiums paid directly for health, accident, or long-term care insurance now qualify for the benefit.

The \$3,000 reduction does not appear on the annual 1099R form that is sent out by a pension fund. The retiree must claim the reduction on his or her personal 1040 tax form on line 5B or similar adjustment. Instructions on claiming the reduction are included on page six in 2023 version of IRS Publication 575. This page reference may change in 2024 or future editions.

As noted in the IRS publication, a retiree may not use this cred-

it for income that is already excluded from taxation. So, if a retired firefighter gets his or her medical coverage through a new employer or his spouse’s employer plan, that premium deduction is likely excluded from income, so no HELPS reduction would be allowed. Similarly, if a retiree is self-employed and takes a schedule c or similar deduction for medical coverage, then the HELPS credit cannot be used.

It is recommended that pensioners consult with their tax preparer to properly claim the reduction.

Note that married couples in which both the parties are retired police/fire/EMS may take a reduction in income of up to \$6,000. Finally, the HELPS tax break is not available to surviving spouses of retired or active public safety professionals.

The existence of this tax break is not well known and IPPFA does not want it going unused by any retired law enforcement officer, fire/EMS professional, or other qualified public safety officer.

Jim McNamee is retired from a 28-year law enforcement career and is the president of the Illinois Public Pension Fund Association. Dan Ryan is a project coordinator for IPPFA and is retired from careers in municipal finance and union benefits.

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Being Present is the Present For Your Family



BRIAN
MCVEY

Being present with others means more than being there physically – your being must be present, too. Many officers work overtime and side jobs to pay their bills and seemingly never get a day off, which is a clue that one is living beyond their means. Many officers are working in short-staffed departments and overtime is always an available temptation. They say the money is good, however, their spouse often has a different take and would rather have them home more. Take a day off! Give yourself, your spouse, and your family the gift of your presence. If you can't afford a day off, you are living beyond your means. Stop spending! Your family needs you more than the money if your finances are in proper order.

Some law enforcement officers develop a disordered dedication to the job that leads to neglect of more important things, family, and appropriate stress management. Have you ever said, "I can't believe they're paying me to do this shit!"? Face it, what is more fun – chasing a bad guy, using skills and power to subdue bad guys in the name of truth, justice, and the American way, or changing diapers, reading *Cat in the Hat* for the 600th time, and listening to a spouse's mundane, daily story? As fun as the job is, cops on their deathbeds do not wish they would have made another felony, gun, or narcotics arrest. They regret not giving proper attention to loved ones and wish they would have focused on the family and relationships more. The lure of the job is strong. Overcome it, or it will overwhelm you.

Are your priorities in order? Take this test to find out. **WARNING:** It takes guts to complete the test.

- Write five things to which you assign high value in your personal value system, and one sentence explaining why each is valuable to you.
- What are the five things that consume the most time and/or effort in your life? Measure the hours spent in each activity, exercise, social with family, reading, internet, videogames, TV, etc.
- The job will be first on this list because, including travel, it is likely that 60 hours per week are used. Write the other four.

Now, the big question: Do the lists match? They ought to, with the job being the outlier. There are negative consequences for inconsistencies in the lists. Are the things you claim to highly value given high effort and/or time? If the lists do not match, you won't need a crystal ball to see your future, just honesty with yourself.

Being divorced has taught me how precious my time is with my children. They must be my priority. Today's culture is grooming children to be comfortable alone as both parents increasingly work and are exhausted when they need to be present for their children. Their devices groom them even more for unspeakable things. Fathers must get off the couch and engage with their children. In this ever busy, evolving world, it would seem this should come naturally for most dads to give at the very heart of our human life. But some of us are damaged from our fathers and they are damaged from their fathers and the cycle continues.

Perhaps it comes "naturally" in the sense that true love calls for our presence. But that does not mean it comes easy. It requires effort. Even when we love, we can still be distracted and fail to be there for loved ones in basic ways.

From the perspective of a husband who must spend a significant

amount of time away from his wife and children, there is a simple exercise that has amazing fruits. If you are gone for the day or for a week, a simple note by the sink or nightstand with, "I love you dear" or "I'm sorry" can go a long way. Try NOT to use technology to send those types of messages. A handwritten note sends a more powerful and heartfelt message than a digital version. It engages your loved ones in a special way.

I am grateful to have a father that was present. My father taught me and my brothers the importance of being-present. To my dad, being present meant we worked next to him most weekends painting parking lots. We NOT only learned to paint, but we also learned the benefit of going to bed early because we were going to be up before the sunrise. We learned math quickly by looking at the blueprints for those parking lots, we learned the city by traveling all over for these paint jobs without a phone or Google Maps.

It was a gift to be with him and understand hard work, while learning life lessons. He taught us the gift of being up before sunrise and we learned tremendous lessons about life while working with him. We learned what to do and what not to do. After a long day of work, we would sit together and eat dinner as a family. Following dinner, there was night in which we would watch a football, hockey, or basketball game together. I am very grateful to my dad for being present.

"Being mindful isn't something you do one time and you're done," says Michelle Gale, author of Mindful Parenting in a Messy World. "You have to practice in order to get good at it."

We don't need research studies to prove that our phones and tablets are distracting us from basically everything, but here's what I didn't know: Kristen Race, Ph.D., founder of Mindful Life, an organization that trains parents, schools, and businesses to practice mindfulness says, "Just being around an electronic device can be

detrimental. Even hearing a phone vibrate makes your brain go someplace else."

Try implementing these rules with your family today!

Dr. Race suggests starting small.

- In 2025 we shall not pick up our phones after 6 p.m.
- Put your phone in a drawer during meals.
- Stick it in the glove box for short car trips.
- Leave it at home when you all walk the dog. Try listening for five different sounds along the way, pointing out five different things that are blue, or checking out the cloud formations.

If possible, eat dinner together as a family. Kids that eat dinner with the family regularly have higher grades in school. This was important in my family. If you can't make dinner, have a nighttime routine, whether it be reading to your kids before bed or reviewing your day with your spouse. Whatever is important to your family, turn it into a routine, so being more present with your family becomes a regular way of life. Also, be grateful, if you are not a believer, simply take a moment for everyone at the table to give thanks for something in their day. It may stimulate a topic for discussion at dinner.

You must look for ways to carve out airplane mode for your family. Again, most of us know that on your death bed, nobody will ask how many arrests you made or how many awards you received. Make moments now, give time to your family, and create these moments that turn into incredible lifetime memories.

Brian T. McVey, MAP,

Proud Dad, Chicago Police Officer injured in the line of duty in 2012. Brian has a master's degree from Adler University in Chicago. Email him at: btcvey77@gmail.com.



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Dios De Los Muertos



Photography by George Gill



Friendsgiving 2024

On Sunday the 24th of November the Lodge hosted the Annual Friendsgiving, a gathering and meal for the Families of Fallen Officers. Although joyous and happy, the Holidays remind us of those we have lost, so the Lodge invites the families to sit down, relax and leave the cooking to us. President Catanzara was frying turkeys, baking hams and preparing beef on the grill, with Dave Di Santi manning the bar and Mike Cosentino assisting with the food. There were two different types of stuffing, a tasty corn casserole, mixed vegetables and some delicious cakes for dessert. After the President welcomed everyone, they dug right in and enjoyed. We were glad to see the Families of Enrique Martinez and Luis Huesca attend the event along with the other families of the Fallen Officers. As we know, everyone of these families have been through the worse times of their lives, so the Lodge wants them to know we will never forget the sacrifice that was made by the Officers. Thanks to Rabbi Moshe Wolf for the welcoming message and impressive joke. The day and food were peaceful and pleasing, we hope it brought some time for the families to stop and unwind. We thank you all for coming. You are not forgotten.

Photography by Michael Garza



Not Goodbye but See You Later

Four years ago, I started working at the Lodge and let me tell you time does fly. I never used to think it did until I got older and realized years happen in the blink of an eye. During these four years I have experienced a lot, including working baseball games, going to benefits and events, meeting people I never thought I'd have the privilege to meet and communicate with, reuniting with old school mates and more. The list can go on, but I will get to the point where I want to say thank you. Thank you for what you have taught me, thank you for what I have experienced, and thank you for letting me help you. For some, it may have made your day, for others not so much and that's OK. I did what I could to help you and the membership in the ways I thought was right. This was why I was here I wanted to help the ones who help the city of Chicago.

I was the administrative assistant that focused on legal defense while working at the Lodge and there were circumstances in which I knew I was fulfilling my purpose. Long story short, I used to help assign attorneys when officers had a statement at COPA, BIA, etc., amongst other tasks. I will never forget one of the biggest cases we encountered when I first started was during the COVID-19 pandemic. I had a few months on when the pandemic hit, and it was a shit show having officers called down for the portal and officers getting stripped for not complying. That whole situation was tough. The third vice president at the time and I were nonstop for a few months, and the attorneys busted their asses. The whole office was on overdrive with the questions, the not knowing, what's going to happen, the what ifs. This one event alone made me proud of what can be accomplished when working with a team and remembering the purpose of why I was there. Of course, there have been more situations throughout the years that weren't as severe, but working with my team has always been a privilege to help you, the attorneys, and the fellow representatives in any way we could.

The city of Chicago and its people forget that you are people, too. You have families you want to get back to at the end of your shift, a social life you want to enjoy, and more. Most will never be able to step foot in your shoes and experience what you have gone through, work the long hours you have worked, and sacrifice their personal lives the way you all have for this city. I want to make sure you all know that you are appreciated, and you matter and what you do matters. Never forget that. I know this job can be shit at times but only the right people are meant for it. As I finish up this article, I want you all to stay safe out there as you live your lives and keep fighting the fight. Even though I'm leaving the Lodge I will never forget it as I move onto a new chapter in life. This isn't a goodbye, it's see you later! Thank you.

Maria Flores



MARIA FLORES

A graphic advertisement for Sassetti LLC. The top section is white with the company name 'Sassetti' in a large, bold, green font. To the right of the name is a logo consisting of a blue square with a white grid pattern. Below the name and logo, the text 'CERTIFIED PUBLIC ACCOUNTANTS' is written in a smaller, blue font. The middle section is a solid blue background with white text that reads: 'Sassetti LLC has been providing audit, accounting, tax and consultative services to FOP Lodge 7, The Grand Lodge and affiliate lodges for over 30 years, as well as the business community of the Chicagoland area for over 100 years.' Below this text, the phrase 'Experience Counts' is written in a green font. The bottom section is a solid green background with white text providing the address '2107 Swift Drive, Suite 210, Oak Brook, IL 60523', the phone number '708-386-1433', and the website 'www.sassetti.com'.

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¹ Stroke Facts, Center for Disease Control and Prevention

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