



The Informer

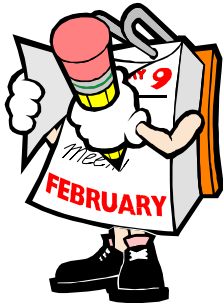
Volume 3, Issue 6

February 2004

Special Points

• NEXT MEETING

MONDAY February
9th 7:00 p.m.



- Awards Ceremony to be held
- 5th Annual Law Enforcement Officer Appreciation Night successful
- Law Riders Oyster Roast
- Officer Safety
- Last meeting highlights
- Design the lodge logo
- Margie F. Cannon Award
- Special thanks to sponsors

Have you recruited a new member this year?

Dues invoices for 2004 have been sent out. If you do not hold a 2004 active membership card - you are due.

**PAY
YOUR
DUES**

Award Ceremony to be held at Feb. meeting

Our February meeting will be dedicated to those law enforcement professionals, who by their efforts stood out among their peers in the year 2003. It is our belief that no higher praise can be bestowed than that coming from your fellow officers. To those so honored, we give a collaborative "thank you" for adding excellence to our profession.



If at all possible, make plans to attend this meeting and show your support. Our lodge is committed to not only assist our brothers when they are down, but to also recognize them when they are on top. We are proud to give honor to the recipients of 2003 awards. Awards will be given for Valor, Special Recognition, FOP Member of the Year, Lodge Service Awards and our newest award *The Margie F. Cannon Award for Judicial Excellence*.

5th Annual Law Enforcement Officer Appreciation Night



On February 1st (aka. Superbowl Sunday) the lodge hosted its 5th Annual Law Enforcement Appreciation Night. The attendance this year was excellent with a wide spectrum of law enforcement agencies represented.

Around eighty or so enjoyed a night of great food, fellowship and a surprising football game. The few Patriot fans (if there were any) were quiet amongst the throng of Panther fans....

A good time was had by all, with most winning a few nice door prizes. Brother John Wilson won the coveted Dillard's half-time free throw contest prize.

This event grows larger and better each year. If you have never attended our Law Enforcement Officer Appreciation Night, you are missing out. Plan to attend next year!



The evening meal was provided by Brothers David Lee, Jim Ward and David Johnson. A true lowcountry delight of deep fried turkey and southern side dishes. Second helpings by many was a testament to taste. Little leftovers this night... Great job!

9 names read for new membership.

V. Pres. Blackmon reports that our lodge website had 4958 "hits" the previous month.

Reggie Sharpe and Bill VanHorn won the prizes in the recruitment drawing.

Moment of silence for deceased Summerville Police Cadet Wayne Scott. S.C. State President Jerry Wright was guest speaker and officiated the installation of the new lodge officers.

Trooper J.A. Myrick spoke on upcoming plans for increased police fraternity through social contact and solicits input for ideas. Contact her at JAMYRICK@schp.org or 958-6050

Motion passed to provide \$1000 to send Police Explorer Post # 555 to the Police Memorial in Washington , D.C.

Motion Passed to provide \$200 to assist with upcoming meeting of the National Criminal Enforcement Association being held in Charleston.

Prayers out to the family of Chas. Co. Detention Officer Travis Dawson (who passed away,) and to Joel Gamble (bladder cancer), Eugenia Smalls (Berkeley Co.) still in ICU, Lester Eckert (upcoming kidney operation,) Debbie Cattell (recovering from suspect collision,) Sam Chapman (pending foot surgery from same incident) and the Honorable Margie Cannon (in ill health.) Keep them in your prayers.

The Margie F. Cannon Award for Judicial Excellence

Over the years, we have sought to give awards or means of recognition to our trusted Judges and Magistrates. From the judicial hierarchy, it was deemed that such given to a sitting judge from a police organization could be publicly construed as a conflict of interest. Rules are in place to prohibit sitting judges from accepting such awards. They do not however, apply to retired judges.

With this in mind, we sought to create an award to honor those who have given the criminal justice system fairness and integrity.

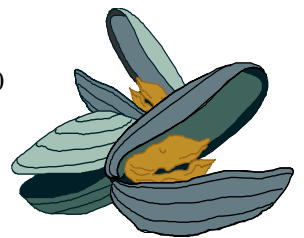
Collectively, we could think of no more obvious and worthy recipient than The Honorable Margie F. Cannon (ret.). In her name this award is born, to serve as a legacy of honor that we may recognize the cornerstones of the criminal justice system that we all play a vital role in.

Design the Lodge Logo

For the artistically inclined, we are asking for submissions for a logo design for the lodge. Specifically, something that may encompass some low-country flavor. If you have any ideas, please get them to us. It is not decided as of yet to hold a "contest" but either way the designer will eventually see his/her design be used on a large scale. Give it some thought.....

Law Riders Motorcycle Club to host their 8th annual Oyster Roast

Come join us at noon on February 28th, in the parking lot of the *Plex* - in North Charleston, for "all you can eat" oysters. Proceeds to benefit the Law Riders M/C, FOP Distressed Officer fund, and local charities. Tickets are \$10.00 in advance or \$15.00 at the gate. There will be Lots of door prizes, a 50/50 drawing, Music, Vendors, and a Bike Show. 6 Classes will receive first, second and third places. This is the 8th year for the roast and it will be held rain or shine (we have tents). If you don't eat oysters we will have BBQ also and water and soda (all included for the ticket price.) Come on out Eat, Drink and be Merry. If you wonder who the Law Riders are well:



The LAW RIDERS MOTORCYCLE CLUB was founded in Charleston S.C. in May of 2001 with 8 charter members as an independent non-profit organization. The LAW RIDERS m/c was established to provide the opportunity for increased camaraderie in the Public Safety sector between current and retired Law Enforcement Officers, Firefighters and E.M.S. personnel. LAW RIDERS mc chapter events are intended to promote safe activities that will appeal to the membership as a whole. The LAW RIDERS mc is a nonprofit organization dedicated to helping fellow Law Enforcement Officer's, Firefighter's and EMS personnel and their families in time of need. We also raise money for charity events such as TOYS FOR TOTS. We will see you there.....

Richard Dean - President Law Riders M/C

Officer Safety - On the job & off 24/7

by Tony Rahaim

Most of us think of officer safety when preparing for a tactical encounter. Whether it is a traffic stop, searching a ship, transporting a suspect, officer safety is usually one of our top priorities. What about the rest of your day, and your days off? Let us look at some commonly overlooked areas:

First – are you prepared for work? Mentally and physically? Be honest here – it may mean the difference between life and death. Have you been to your doctor within the last year to have a physical that included all of the uncomfortable poking and prodding, along with blood work? If not, schedule an appointment as soon as you are done reading this.

Speaking as someone who had bypass surgery at the age of 37 in Jan 2003, please be honest with your doctor(s) and get a good family medical history too. Little did I realize how much genetics played a role until I was in the hospital. DO NOT ignore repeated pains from the same area; that is your body trying to tell you something is wrong.

Along those lines, watch the junk food. Unless you have lived in a cave the last 20 years or so, most of you know what a healthy diet is. Because when you eat poorly, combined with the stress, hours, fatigue, adrenaline dumps, along with genetics, your internal operations are a time bomb waiting to explode.

Physically ready also means being an active participant in some sort of fitness program. 12 or 16-ounce curls do not count. After that check up from the doctor, start walking (the dog, your kids, with your spouse, etc.). Work up to a more vigorous routine that your doctor approves of. No one expects you to be an Olympian overnight, but ours is a profession where we must be able to depend on each other.

Mentally prepared means that distractions such as that fight with your loved one, child or a bill collector need to be set aside before you walk out the door for work. As many an athletic coach has stated, “Get your game face on!”

If you are having personal problems that are affecting your mental focus at work, tell your supervisor that you need a day or two off and be honest as to why. Use the time to straighten out these concerns, and speak with a close friend, family member or a minister of your faith. If the problem is long term in nature, consider seeking professional mental health therapy. Most agencies and health plans will pay for at least the first few visits. There is no shame in asking for help. Life gets to all of us eventually.

Second – financial security. Another aspect that most of us never want to talk about is financial safety, both for our families and ourselves. Where are you now financially and where do you want to be when you retire?

Do you have insurance? If so, how much and what types? Are you a veteran? God forbid something happens to you, do your spouse and family know your wishes? Do you have a will and where is it located? Does a trusted friend or family member that does not live locally have a certified copy? Are the beneficiaries to any policies or memberships current? Sit down with a financial planner or an estate planner at least once a year and review these items.

Are you a member of your unions or associations legal defense plan? If not, are you independently wealthy enough to afford up to \$50,000 in legal fees for one case? If you pay attention to public safety in the news, there is at least one critical incident per day somewhere in your area.

Third – personal and family security. Is your home telephone number unlisted and unpublished? Do only your supervisor and close friends/family have access to it? If you have a cell phone, make it is listed as your “home number” that may wind up on any emergency type call out lists.

Do not give out any number to a business just because they ask for it. Treat it much as you would your social security number, and ask why they need it. If it has to be provided, use your cell phone and then ask who has access to it and for what purposes? Tell your spouse and family members to do the same with your information and theirs. Do not forget to check your credit at least once a year. Make sure it is accurate. Identity theft is growing at an alarming rate worldwide.

If your department allows it, register your property and or vehicles using the agency’s address. If you are married, consider putting your spouse’s name first on all the joint accounts.

With today’s information access, you can no longer make yourself invisible; but you CAN make it harder for someone to find you. There are two good books out on this topic. The first is by Dave Spaulding of the Montgomery County Ohio Sheriff’s Department titled “Defensive Living”; the second is by Lawrence Sulc, a retired CIA officer (and recent acquaintance) titled “Law Enforcement Counterintelligence”. Spend the money on two decent books or borrow a copy.

Last – professional security. How do you get professional security? You earn it. You earn it by being a professional – all the time. Continue your education, at least one class a year. Seek out and mentor officers with less experience. Admit your mistakes and learn from them. Seek constructive criticism and feedback from your peers and your leaders. Talk to your supervisor (and theirs) about your career ambitions. Ask for their guidance and assistance. You will be pleasantly surprised in most cases.

Network. Attend conferences and workshops. Join work related associations (there is a good chance they are tax deductible). Some of the more known ones are:

- Fraternal of Police at <http://www.grandlodgefop.org>
- Police Benevolent Association at <http://www.sspba.org>
- National Rifle Association’s Law Enforcement at <http://www.nrahq.org/law/index.asp>
- Int’l Law Enforcement Educator’s and Trainers Association at <http://www.ileeta.org>, - - Int’l Association For Counter terrorism & Security Professionals at <http://www.iacsp.com/>
- National Criminal Enforcement Association at <http://www.ncea314.com>.

There are also numerous online organizations that are good sources of networking.

Two law enforcement related groups that I highly recommend are BADGES at <http://www.1badge.com/> and LEANALYST at <http://www.inteltec.com/leanalyst/> I have been a member of each since the fall of 1998 and the collective resources are amazing. The cost is nothing but time and internet access.

In closing, and adapting some lines from the actor Sean Connery’s film role in “The Untouchable’s”, I have developed the following philosophy towards public safety work:

Rule #1 – go home at the end of your shift! Battered, bumped, bruised, late (with a phone call) but go home.

Rule #2 – do whatever it takes to accomplish rule #1!

Stay Safe!

Tony is a Senior Inspector with U.S. Customs and Border Protection in Charleston, SC. He has been in law enforcement since 1984 and has served as a military, local and now federal officer. He has had assignments including: patrol, training officer, tactical team member, negotiator, intelligence, shift supervisor and several staff positions. He also serves on the legal defense and legislative teams for his FOP lodge, is a union steward at his office, and is working on his Masters degree. He may be reached at arahaim@leo.gov The views expressed are the authors alone, and are not the official views of any U.S. Government official or agency

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Tri - County Lodge # 3

"Serving the Lawmen of the Lowcountry"

We are on the web!
www.scfop3.org



The Tri-County Lodge (founded in 1976) is chartered to serve those law enforcement officers working in Charleston, Dorchester and Colleton Counties. Currently we have 368 active members and we are steadily growing. Our mission - both local as well as national, is to better our profession through fraternalism and legally by way of legislation. We work from the bottom to the top and value the ideas and opinions of all our members.

The "Informer" is an evolving lodge endeavor. Any comments, criticisms, ideas for improvement or member submissions are welcomed. ****Disclaimer**** This publication does not necessarily represent the views of any or all of our members or affiliated lodges. Editorial comment solely that of the editor.

Special "thanks" to our Sponsors



This year's Law Enforcement Officer Appreciation Night was successful, thanks to the diligent efforts of our members and more importantly to the generosity of local businesses and organizations. As an added treat to those in attendance, these businesses and organizations provided many door prizes that were given away throughout the evening. We are grateful for their contributions and wish to formally recognize them. In random order:

Omni Fitness Center, Peninsula Grill, Cypress Gardens, Logan's Road House, Sears, South Carolina Stingrays, Rivertown Golf Course, National Criminal Enforcement Association, Brittney Dulin, Red Lobster, Charleston County Aviation Authority, Henry J. Lee Distributors, David Gobel, Stono Ferry Golf Course, North Charleston Coliseum, The Plex, Applebees, Stylettes, Long Horns, Pride Station Car Wash, The Guilded Lilly, Law Riders Motorcycle Club, Patriots Point, Papa John's Pizza, Sticky Fingers, Comedy Zone, Gerald's Tires, Edwin Watts Golf, Pearlstine Distributors, Movies at Azalea Square, Hilton Hotels and Dillard's (Northwoods.)

Please show your appreciation to these establishments and remember to thank them for their continued support. They truly add to our annual event. It is comforting to know that we are held in high regard by these businesses and that they are willing to show this by adding to our night of appreciation for lowcountry police.