



MAWP REPORT

Greetings! I wish you a peaceful and profitable New Year. There is much to look forward to.

Mark your calendars and plan to attend the M.A.W.P. conference at the beautiful Grandview Lodge April 22nd through the 24th . There is an email coming out shortly with the agenda planned. It is a time of reflecting, fun and camaraderie. We have come away from past conferences with new ideas and an enthusiasm to use the skills learned and the contacts we made to help us perform our jobs better. The M.A.W.P. board has worked hard to bring gifted presenters to the conference on relevant issues related to our work.

Inside this issue:

Recipe Corner	2
Ask Mylan	3
Historian's Corner	3
Women's Health	4
Star Corner	5

I am honored to serve as the newly elected president of M.A.W.P. I am excited to infuse new ideas and enthusiasm into an organization that is committed to supporting women in Law Enforcement. We need your input on how to best help you reach your career goals. As a group, we have many resources among our members. We are all willing to share our experiences and knowledge in order to assist you.

I have worked in law enforcement for eighteen years and have loved every moment of it! I am currently a detective and work primarily family violence cases. My case load includes many child abuse, sexual assault and even several homicide cases. I am always very willing to share with any of you things I've learned along the way. I can be reached at my desk at 651-792-7216. Let me know what assistance you're looking for and I will find you the right person to help answer your questions.

Start planning for the conference. I look forward to meeting you and spending a rewarding conference with you.

Stay safe,
Maureen Sikorra

Save the Date:

47th Annual Spring
Training Conference

April 22—24, 2009

Grandview Lodge
Nisswa, Minnesota

Being the Only Male Board Member

Some people would probably think that I would be intimidated by being the only current male board member of such a meaningful, powerful, and successful organization of women police. However, I have felt welcome and accepted by everyone in the organization. Approximately seven years ago, Mylan Masson wrote an article about me in the MAWP newsletter expressing my employment capabilities and desires. Also at that time, she invited me to attend the MAWP conference in subtle effort to promote myself to the organization and the criminal justice field. Although no opportunities resulted, Commander Bev Hall encouraged and welcomed me right away by looking beyond my disability and believing that I could be a benefit to her police department in the future. Also everyone else made me feel welcome and accepted at my first MAWP conference by treating me well throughout the conference including at

(Continued on page 2)

(Continued from page 1)

the hospitality events (LOL) and by giving me a standing ovation the last morning when I thanked them for inviting me and accepting me. Little did I know that it was just the beginning of the acceptance, support, and benefits that I would receive from MAWP. Since my first MAWP conference, I have received many invaluable things such as assistance with my Master's thesis, several friends and criminal justice contacts, a position on the board thanks to Kerri Johnson for having the crazy idea (LOL), and recently gaining professional responsibility by redesigning and managing the MAWP website. Thanks MAWP for accepting me so well as the only male board member and for making me feel more average, valued, wanted, and needed! Hope to see all of you at the 2009 conference! By the way, honestly I did not get lost at Grandview last year; I just didn't understand where Mylan wanted me to meet her! So please don't worry about me getting lost (LOL)!

Sincerely,



Kirk Wetzlich

"However, I have felt welcome and accepted by everyone in the organization."

Recipe Corner

Mountain pancakes

- 1 stick butter
- 1 ½ cups flour
- 1/12 cups milk
- 1 tsp salt
- 4 eggs
- 1 cup berries or other fruit (optional)

Melt butter in a 9X13 pan in a 400 degree oven. Mix flour, milk, eggs, salt and fruit and pour in pan of melted butter.

Bake ½ hour or till brown.

Low Carb Option Deep Dish Quiche Pizza

- 1 4-oz pkg cream cheese
- 4 eggs
- 1/3 cup heavy cream
- ¼ cup Parmesan cheese (grated)
- 1 Tbsp chives
- ½ tsp. Italian seasoning
- 2 cups mixed Italian cheeses of your choice
- ¼ tsp garlic powder
- ½ cup Newman's Sockarooni sauce

Plus any or all of the following "toppings":

- Pepperoni •black olives •mushrooms
- onion •green peppers
- ham or bacon bits
- browned, seasoned and totally drained ground beef or turkey

Preheat oven to 375.

Microwave cream cheese for 30 seconds. Beat together cream cheese and eggs until smooth. Mix in cream, parmesan cheese, and spices.

Spray 9" or larger glass baking dish with oil or PAM. Sprinkle 2 cups Italian cheeses into dish and pour egg mixture over it. Bake at 375 for 30 minutes. Remove from oven and let stand for 5 minutes.

Spread on pizza sauce, sprinkle on 1 cup mozzarella cheese and pile high with your chosen toppings. Return to oven and bake until bubbly and browning. Allow to stand 10-15 minutes before cutting.

Serves 6. 5 carbs per serving without toppings.



Ask Mylan

Q. I have heard that when officers get hurt on duty they have many problems with their job, insurance companies, doctors, and finally PERA. What advise would you give us now, before we get hurt.

A. Document, Document, Document. You have to remember that everyone is going to try to do what is best for them and their budgets. The insurance company is going to want to keep all of their money too. When you first get hurt no matter if you think it is minor or not tell your supervisor so it can be documented as "First Report of Injury". That is very important in the insurance business. Make sure you keep a copy of the report and your log for that day.

It is very important that you keep a folder or a three ring binder on all of the information you collect. Make sure you keep copies of all conversations with anyone regarding your injury. Write down dates, times, names, phone numbers, and address. If you go to the doctor get copies of the reports. Remember your department might have policies of how you are to deal with injuries so follow all of those procedures. I would also make a copy of the policy and put it in your folder.

Keep in mind that people (supervisors, doctors, and insurance people) may say they care but the bottom line is they are concerned with MONEY. They may deny you your first claim but be persistent, if you feel you have a case, if they deny you and you go away they have kept their money. Remember to DOCUMENT.

Q. I have been thinking about doing some teaching at the colleges, how would I go about doing that.

A. Teaching jobs are hard to find but not impossible. To get a full time job would be very difficult it is cheaper and easier to have adjunct faculty (Part Time) then full time. In the community colleges they are going to require that you have a minimum of a four year degree. If you are going to a four year college they will want a Master degree and maybe even require that you be working on your Doctorial degree.

An area that you might want to also look into is developing a specialty. Crime Investigations, Range work, interviewing, Legal issues, etc. That way you could get in and be able to teach a specialty class and get your foot in the door. You may also look to the "Skills providers", who might be looking for role players to be the bad person, victim, or suspect this would be another way to get your foot in the door.

*These are just opinions and every situation maybe different, but it is a start to answering your questions.

Historian's Corner

As a new member of the MAWP, and newly elected Historian, I find it ironic and amusing to be writing an article for the Historian's Corner. I wish this article could be about my own involvement in the MAWP over the past 13 years of my career with the Saint Paul Police Department. I have only myself to blame for my ignorance of the MAWP. While I was in the SPPD academy, a female officer spoke with the women recruits and attempted to explain all of the benefits of belonging to an association of women in law enforcement. At the time, I thought if I joined, I would be labeling myself as a radical. I was more concerned about what the officers thought of me, rather than building relationships with other women who could have made those first rookie years easier. I was talked into participating in last year's conference...and it was wonderful.

Look for the history of the MAWP, and Women in Policing in the next issue of the MAWP newsletter.

(Continued on page 4)



(Continued from page 3)

I am left wondering how many women law enforcement officers do not know about the MAWP; do not want to participate due to concerns of conforming; or are just not interested. The POST Board reports 1153 females who have fulltime active peace officer licenses. (This is out of the 10,248 fulltime active licenses.) The MAWP has approximately 200 active members. Huh! As a new member of the MAWP, I would like to encourage other members to pass on an invitation to women they know in law enforcement, to join us at the 2009 MAWP conference.

2009 Membership Drive

We are encouraging all members to renew today for 2009. As a member you receive a discounted rate to our Annual Spring Training Conference, informative newsletters, updated information on our website and many more benefits. Ask a friend to join too! To renew now go online or mail your check to us today!

Women's Health

What's the #1 killer of women in the U.S.?

If you answered breast cancer, you are wrong. The #1 killer of women is heart disease. Below are some little known facts about cardiovascular heart disease (CVD) and women:

- In 2003, CVD claimed the lives of 483,842 females; cancer (all forms combined) 267,902.
- In 2003, coronary heart disease claimed the lives of 233,886 females compared with 41,566 lives from breast cancer and 67,894 from lung cancer.
- CVD is a particularly important problem among minority women. The death rate due to CVD is substantially higher in black women than in white women.
- 38 percent of women compared with 25 percent of men will die within one year after a heart attack.

The misperception that it is a serious problem for women is serious! Researchers from the American Heart Association report that most women 55 years and younger who have heart attacks don't recognize the warning signs:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

Wear Red Day is also the time to make an important promise to yourself – the promise to love your heart by doing everything you can to reduce your risk factors. St. Paul Police is participating this year and I hope you will look into getting your department involved.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Go Red for Women is the American Heart Association's movement to raise awareness that heart disease is the No. 1 killer of women. At their website, GoRedForWomen.org, you can get information on National Wear Red Day which is on February 6, 2009. By wearing red on that day, and making a donation of \$5, you can help raise money for heart research and education programs. Plus, you get a very cool red dress pin for signing up.



Star Corner

Greetings. It is very exciting for me to finally send my first newsletter to print. My deepest thanks to all of the contributors to this effort. My plan is to highlight one female officer who shines each time we go to print. Our goal is quarterly newsletters, so look for the next segment early summer. If you have someone you would like to see featured in the Star Corner e-mail me at tracie.mcharg@ci.stpaul.mn.us

This addition we are interviewing Commander Shari Gray, of the St Paul Police Department. Shari is currently assigned to the Central District Investigations Unit. If you have seen the website lately you will notice Shari is featured with our newest President of the United States. I got to chat with her about meeting the president and her role in the RNC.

(T) How long have you been with SPPD?

(S) I started as a police officer in Prior Lake Minnesota and was hired at the St. Paul Police Department in 1995.

(T) How long have you been a commander?

(S) Including working out of title, prior to receiving the job officially, I've been a commander two and a half years.

(T) Great picture of you with the new Pres! How did you get to meet him?

(S) I had the honor of meeting President Obama on the campaign trail. My first meeting was when he spoke at the Target Center in February of 2008, and then I met him again last summer when he had an engagement at the Hilton Hotel in Minneapolis. I received the invitations due to my role as the Dignitary Protection Committee Co-Chair with the Secret Service. This opportunities were quasi-prep experiences.

(T) What was your role for the RNC?

(S) I was the Co-Chair with the Secret Service for "Dignitary Protection / VIP Sub-Committee". We had eighty-eight Ambassadors, twenty one Republican Governors, numerous Senators and Congress Officials and Celebrities that needed oversight and coordination. It was an honor working with groups federally and locally to achieve this task. The contacts have been invaluable: Secret Service, Diplomatic Security Service, FBI, Capital Police, State Patrol, Airport Police and local agencies to name a few. I worked directly with Senator McCain and Governor Palin Secret Service team. I did three motorcades in three different routes for Senator McCain in/out of St. Paul. It was an honor, he actually told me, "I wouldn't want your job", and said we (police) had an impressive presence after our first motorcade to the Xcel Center. It was humbling hearing that from a POW, but I felt it was nice that he recognized the work of our profession.

(T) You have already achieved tremendous success at a young age. What do you see for your future?

(S) Goals are important and I took it one step at a time. I begun policing with a two year degree and slowly went back to College to receive my Masters Degree. I went to a command school at the Southern Police Institute to ensure my opportunity to become a Commander if I passed the test. I also diversified my working resume, attended courses in a wide-array of subjects and made community contacts, and joined boards and organizations.

My goals for work have been achieved, and now I look forward to spending more time with my family.

(T) I know you are a two cop family with two kids, it must be hard to balance.

(S) It's a team effort.

(T) What advice do you have for women that are just beginning careers in Law Enforcement?

(S) You can find support and/or mentoring from other women at MAWP. You are never alone.



**MINNESOTA ASSOCIATION
OF WOMEN POLICE**

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We've Redesigned Our Website!

Thanks to Blake Johnson (www.blakeanthonyjohnson.com) and Kirk Wetzlich for many hours of work in redesigning our website! The new site is easier to read with a whole new look.

www.mnwomenpolice.org

The Minnesota Association of Women Police exists to ensure equity for women in the criminal justice field. We will strive to achieve this mission by utilizing, investing, and celebrating the individual strengths, talents, and skills of our members.