



~After the Badge~



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A Message from the Desk of the President John Schnittgrund

I'm sure that by the time you read this the elections will have past, we are excited to see a few new members eager to serve on the executive board. We encourage and anticipate more interest and involvement from our members and hope you are willing to come forth and serve on the board in the future. Even if you are not a current board member we appreciate your input on future activities and direction for the DPRA.



We have been successful in hosting a monthly Breakfast at the Lookin' Good Restaurant, the monthly dinners and the summer BBQ are always popular attractions. Last year we had a very successful Christmas Party and we will repeat that Christmas Party format again this year.

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Message from the Board

Cruising the Panama Canal



One of the few engineering marvels in the world with its own palindrome, the Panama Canal should be on everyone's list of must-see places. Celebrating its centennial in 2014, this link between two great oceans is as vital and vibrant as ever. It is also one of the greatest testaments to good old-fashioned Yankee ingenuity that the world has ever seen.

Travelers have always made their way across the 50-mile isthmus that connects North and South America, dubbed the "Crossroads of the World." But, until the canal was built, the trans-isthmus trek involved a winding path through jungle rivers. In 1880, the French began a canal-building project that, after twenty years, ended in failure and the death of an estimated 20,000 workers. The U.S. took over in 1903, poured \$352 million dollars into the project, and opened the Panama

(cont. on p. 4)



(Message from John p1)



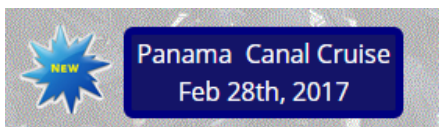
However, it is time to get things moving in the "Interest Generation" game. We have tried to get regular trips to Black Hawk going but they were cancelled due to lack of interest. We are not deterred by the lack of interest. I do not believe that there is any reason to worry but the absence of interest is a little concerning. We will this year try to get some other activities started and, with your help, we will have success.

We are always looking for new things to try. Maybe this is the year for some outside activities like golf, softball, or a local trip somewhere. There are probably a lot of things that might interest you so let me know what you think, contact me at: <http://www.dpra.info/contact.html> and leave a message, or email the board at denver@dpra.info or send me a letter. We can always use your input to make this organization more fun.

The Ship will be boarding... Again!!!

Join us on the next DPRA Cruise! The beautiful Panama Canal is the destination and will embark at the end of February 2017. You won't want to miss the fun, excitement, camaraderie, and adventure this cruise will bring.

Go to <http://www.DPRA.info> and look for the Panama Canal Cruise button to find more information about the cruise and book your room now before they are gone!



I must say that being at the Health Fair was an interesting experience. It became apparent that we need to keep up with the changing Health Care issues and the many other things that affect our lives as retirees. We have been approached by the Dept of Safety HR folks and they have requested that we partner with them to keep the retirees informed. I don't know just how that will happen but we will be ready when the time comes.

These are not very pleasant times for the law enforcement community. As retired police officers we have skin in the game and we will be ready to support the active officers if called upon. We will report to the membership anytime it becomes necessary.

The year ahead looks interesting, so stay tuned. You don't need to be a board member to get involved. If you think of anything you would like to bring up feel free to let us know about it. In the mean time have a Happy Thanksgiving and Merry Christmas. Bookmark the web site www.dpra.info and stay in touch.

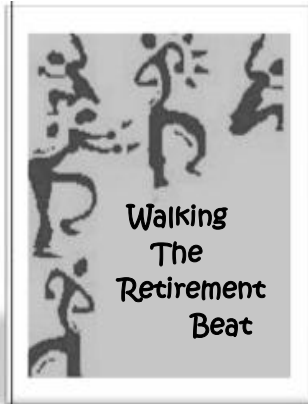
John S



Retirement Tidbit The Holiday Blues



By Lynne Mullen



Congratulations to the following members of the Denver Police Department who, after serving with exemplary dedication and pride, have been promoted to the rank of retirement!!

We know you are looking forward to a well deserved and fulfilling retirement. We hope DPRA is included in your plans and you will join us at the DPRA dinners, the Laughlin trips and all the other new fun things the future will bring.

Welcome to the following retirees:

Tony Bruce P980207 Served from 1998 to 2015

Dikran Kushdilian P95019 Served from 1995 to 2015

Terryl Masterson P94019 Served from 1994 to 2015

Robert Shiller P00039 Served from 2000 to 2015

Sgt. Gregory Jones P85018 Served from 1985 to 2015

Maria Garcia P83043 Served from 1983 to 2015

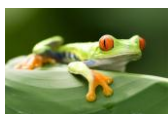


The holiday season is upon us, once again. When we look back over our lives and our experiences with holidays and seasonal celebrations, we often find ourselves wondering what happened to change the way we look at the festivities associated with the holidays. The holiday season is supposed to be a time of joy and celebration, and a reminder of the importance of family and friends in our lives. Unfortunately, for many of us, this is no longer the case. One psychologist, who deals with senior citizens and their issues of loss, has proposed canceling the month of December as this is the most difficult time of the entire year for many of us who have reached "senior" status.

For many of us, this time of the year becomes a time when the joy we see all around us becomes a source of sadness, and often depression. Television and other media portray celebrants of the season as perpetually happy, content, financially secure and completely surrounded by nothing but happiness with holiday celebrations. Many of us think we are supposed to be especially happy and full of good will during this time of the year. We tend to feel we are alone in our feelings of sadness. We are reluctant to acknowledge that it is acceptable to experience a change in our general emotional behavior from previous times in our lives.

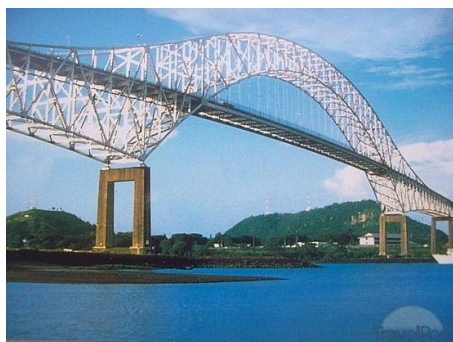
The expectations that we are unable to live up to can trigger gloomy feelings in many segments of the population, but those feelings are especially prevalent in older adults who have lost spouses, friends, family, pets and adequate incomes. Financial stress visits many seniors who now are living on fixed incomes and can no longer afford to

(Holiday Blues cont on p.5)



Canal in August of 1914.

Many cruisers consider a Panama Canal transit a bucket-list item, and for a long time, the itineraries drew mostly seniors, due to the length of a full-transit trip (which usually runs 14 days). While several ships bring lecturers onboard to talk about the canal's history, this is one trip where a little extra reading might add to your enjoyment. "The Path Between the Seas," by historian David McCullough, comes highly recommended.



Bridge of the Americas

Tied-arch bridge in Panama

The Bridge of the Americas is a road bridge in Panama, which spans the Pacific entrance to the Panama Canal.

Construction started: 1959

Total length: 5,427'

Opened: October 12, 1962

Body of water: [Panama Canal](#)

Location: [Balboa, Panama](#)

Bridge type: [Tied-arch bridge](#), [Through arch bridge](#), [Cantilever bridge](#)

Farewell for Now

It takes only a minute to say hello and forever to say goodbye

We would like to extend our deepest sympathy to the families of our retirees for their great losses:



- **Virginia Stallins wife of Don Stallins**, passed away August 14, 2015
- **Retired Officer John Garrison**, passed away August 21, 2015
- **Retired Officer Ray Libonati, 64012**, passed away August 29, 2015
- **Brenda Schuelke wife of Dan Schuelke, 72028**, passed away September 13, 2015
- **Retired Officer Julie Gimeno, 74047**, passed away September 2015
- **Marilyn Jean Mulvey, Widow of Kenneth Mulvey 59001**, 1959-1984, passed away November 1 2015.



(Holiday Blues from p.3)

indulge in the extra expenses of holiday celebrations. In addition, older adults may be dealing with the unkind passage of time, the absence of those close to them, and a realization that the holidays no longer hold the same meaning as in previous years.

Those who have experienced a life-changing loss of spouse or relationship, often experience pressure from well-meaning friends and family members to “get on with life” and “be happy”. It becomes difficult sometimes to reminisce about happier times with others and express grief about the loss of those times. Anniversaries and holidays are especially powerful triggers for feelings of grief and sadness. Those memories come flooding back everywhere in ones’ daily life and it is essential to be able to acknowledge that some of those times will never again be a part of life. It is also essential to be able to express to others that each of us grieves loss in a different way and no one is qualified to dictate how that process will be experienced by others. Some of us grieve for months; others grieve a loss for many years.

Depression is one of the most common outcomes of holiday sadness. It was once believed that depression was primarily a condition experienced by women. Research in recent years has revealed that men are nearly as likely to experience depression as a result of loss and grief as their female counterparts. While depression is a real factor which can result from a loss, there are ways to combat the severity of this condition. If, however, extreme sadness continues to dominate ones’ life, professional help should be obtained, and counseling as well as medication may help offset the consequences of serious depression.

Keep your daily schedule as normal as possible

during the holiday season. Frequent and drastic changes in routine can be unsettling and chaotic and may result in a tendency to avoid any social interactions. Spend time with family and friends who are supportive and accepting of your grief. Talk about your loss and feel comfortable sharing memories from happier times.

Begin a new tradition which will be easily accomplished. An outing with family or friends can be beneficial and perhaps more healing than spending the entire season at home. Arrange to attend a holiday function with friends that has never been part of a previous holiday experience. Recognize feelings of sadness and loss among friends and encourage them to participate in activities with you, as well.

Volunteering is a positive way to achieve a sense of purpose, once again. Arrange to work at a soup kitchen or a sandwich line. Provide transportation for others who are unable to drive or visit residents in a care facility.

Never feel guilty about not accepting invitations to functions that you are not comfortable attending. Allow yourself to inform others that you are not ready to participate in any activity which may be upsetting and stressful. Remember that you are in charge of your life and have every right to indicate what is positive for you. Feel comfortable about leaving an event if it triggers discomfort and sadness for you.

Maintain as healthy a lifestyle as possible. Carefully watch the amount of alcohol you consume, as the consequences of over-indulging can include worsening depression. Practice your everyday eating habits, and resist the temptation to skip meals. Get adequate sleep and try to include some exercise each day.



Do not be too hard on yourself for experiencing less happiness than usual during this season. Talk to others who share similar experiences and who will honor your feelings. Try to remember that the holidays will never be as they once were. Memories hold a special spot in your life and should be cherished. There is room in our lives for new memories. It is a positive challenge to enjoy the holidays in a different way with new traditions and a new perspective.

We seniors are a resilient group. We have all been faced with serious life challenges and we have experienced surviving disappointments, trials and tribulations. As with the rest of our lives, we are in charge of our behaviors, and finding a "new normal" is part of our journey through our senior years.

My wish for all of us is to find a reason to celebrate the coming holidays. I wish peace, hope and comfort for all of us and hope that the coming year will be filled with the love of friends and family.

~ Lynne Mullen

Laughter-The Best Medicine

The phone rings at FBI headquarters. "Hello? I'm calling to report my neighbor, Clifford. He is hiding marijuana inside his firewood!" "Thank you very much for the call, sir." The next day, FBI agents descend on the neighbor's house. They search the shed where the firewood is kept. Using axes, they bust open every piece of wood, but find no marijuana. They swear at the neighbors and leave. The phone rings at the neighbor's house. Hey, Clifford, did the FBI come?" "Yep." "Did they chop your firewood?" "Yep." "Great, now it's your turn to call. I need my garden plowed."

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"Code 7"

DENVER POLICE RETIRED ASSOCIATION

- 1st Thursday of each month
Breakfast - Lookin' Good Restaurant
- Nov. 11th – White Fence Farm
- Dec. 9th – Christmas Dinner/Party
Potenza Lodge

Coming in the next issue:

- ❖ Pictures from Laughlin and the
December Christmas Dinner/Party
- ❖ Upcoming Informational Seminars

25 Signs You Are A Cop

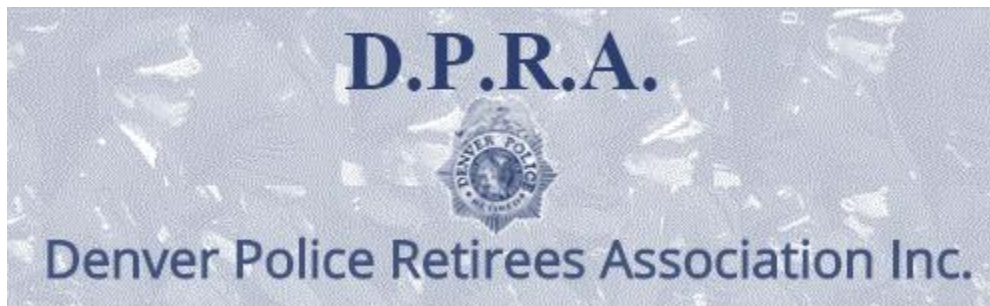
Doug Wyllie, PoliceOne Editor in Chief

When did you really know that you were a police officer? Was it when you realized that you found humor in other people's stupidity? Or was it when you knew for certain that unspeakable evils would befall you if anyone said, "Boy, it sure is quiet tonight." Was it when you left more meals on the restaurant table than you had eaten, or when you come to the knowledge that discussing human dismemberment over a meal is a perfectly normal thing to do? Maybe it was when you felt good when you heard someone say, "These handcuffs are too tight."

Here are 25 ways you can be pretty reliably sure that you were really a cop.

- 1.)** You have the bladder capacity of five people combined.
- 2.)** You have restrained someone and it was not a sexual experience.
- 3.)** You believe that 50 percent of people are a waste of good air.
- 4.)** Your idea of a good time is a "man with a gun" call.
- 5.)** You conduct a criminal record check on anyone who seems friendly towards you.
- 6.)** You believe in the aerial spraying of Prozac and birth control pills.
- 7.)** You disbelieve 90 percent of what you hear and 75 percent of what you see.
- 8.)** You have your weekends off planned for a year.
- 9.)** You believe the government should require a permit to reproduce.
- 10.)** You refer to your favorite restaurant by the intersection at which it's located.
- 11.)** You have ever wanted to hold a seminar entitled: "Suicide: Getting it right the first time."
- 12.)** You ever had to put the phone on hold before you begin laughing uncontrollably.
- 13.)** You think caffeine should be available in IV form.
- 14.)** You know anyone who says, "I only had two beers" is going to blow at least a .15
- 15.)** You find out a lot about paranoia just by following people around.
- 16.)** Anyone has ever said to you, "There are people killing other people out there and you are here messing with me."
- 17.)** People flag you down on the street and ask you directions to strange places...and you know where it's located.
- 18.)** You can discuss where you are going to eat with your partner while standing over a dead body.
- 19.)** You are the only person introduced at social gatherings by profession.
- 20.)** You walk into places and people think it's high comedy to grab their buddy and shout, "They've come to get you, Bill."
- 21.)** You do not see daylight from November until May.
- 22.)** People shout, "I didn't do it!" when you walk into a room and think they're being hugely funny and original.
- 23.)** A week's worth of laundry consists of five T-shirts, five pairs of socks, and five pairs of underwear.
- 24.)** You've ever referred to Tuesday as "my weekend."
- 25.)** You've ever written off guns and ammunition as a business deduction.

"If we couldn't laugh we would all go insane" ~Robert Frost



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