

INTERNATIONAL POLICE ASSOCIATION

REGION 11 - FLORIDA

(FIVE COUNTIES STRONG)

P.O. Box 970266

Coconut Creek, Florida 33097

(954) 650-3451



Final Issue for 2020
October, November, December



**1ST VICE PRESIDENT
MIKE ZIBRIN**

GRIZLY144@YAHOO.COM
(561) 248-6487



**SECRETARY /
TREASURER**

BOB HURLEY
561-301-2832
NYY789@YAHOO.COM



**2ND VICE PRESIDENT
DAVE BOROS**

REDWING501@AOL.COM
(954) 294-2062



**CHAPLAIN
TONY ROMANO**

ROMANO501@AOL.COM
(954) 605-6267



**3RD VICE PRESIDENT
NEWSLETTER EDITOR
RICHARD KREUTER**

RKREUTER@AOL.COM
(954) 290-4598



**SERGEANT-AT-ARMS
LASZLO POZSGAI**

LASZLO.POZSGAI@GMAIL.COM
(917) 588-0959

**HISTORIAN
[POSITION OPEN]**

REGION 11 WEBSITE
<http://www.iparegion11.org>
UNITED STATES SECTION WEBSITE
<http://www.ipa-usa.org>

Oct 3rd NewsFlash

It has come to my attention that my email has been jeopardized. It seems that someone is using my name to request that you send money. THIS IS A SCAM. THIS IS NOT ME AND BEWARE OF THE MANY SCAMMERS OUT THERE. Bob Killen

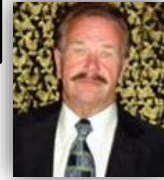
REGION 11 PRESIDENT

BOB KILLEN

(954) 650-3451

B47IRISHND@AOL.COM

PAST USA SECTION PRESIDENT



President's Message

Here we go for the final quarter of 2020 and it has been an unusual year for all of us. With COVID-19, the violence and protests in several states has been disheartening, to say the least. As most of you already know, the Region 11 newsletter comes out quarterly and is prepared by our longtime newsletter editor, the famous, one-of-a-kind, Rich Kreuter who keeps us informed of worthy info. (and who just had to type that embarrassing introduction of me. What do you want Bob? (RK).

I know all of you are concerned about how law enforcement officers are being treated by the media and citizens. Police are resigning in record numbers and applications to join the Force(s) have slowed to almost a stand still. The job of law enforcement officers, front line officers has never been so demanding as it is now.

We voted last year to change our meeting venue to GG's Italian Restaurant on State Road 7, south of Prospect Road in Fort Lauderdale. We used this location many years ago and they were successful. But, with COVID, no meetings have been held and won't be held for the rest of 2020. Now, even though Governor DeSantis has Florida in Phase Three, many cities and counties can still impose certain restrictions. They are: Social Distancing and Masks. GG's private room is not large and social distancing can be an issue unless we only restrict the meeting to only 10-12 people. In other words, no meetings until next year. Optimistically, on the horizon is a vaccine to possibly arrive in November or the end of the year.

It has been brought up to use the App, "Zoom", to hold virtual meetings for our region. If I receive a lot of feedback from our membership, (you there reading this newsletter), then we will attempt this for our November 18th meeting. Please call, text or email me (my information is above my beautiful face). Otherwise, the only other means of communication is via our newsletters.

The National Delegate Conference (NDC) will use Zoom for the annual meeting this year. Our Secretary/Treasurer Bob Hurley will be Region 11's delegate for the conference. He will obtain any important information that transpires which will later be placed in the January 2021 Region 11 newsletter for all to read. This will include the outcome of the six proposed Bylaws. A big Thanks to Bob Hurley for volunteering to be our region's representative.

This last quarter brings us many holidays including Halloween, Presidential Election Day, Thanksgiving, Veterans Day, Christmas, Hannukah and New Years to name a few. Happy Holidays to all.

I also want to thank Tony Romano. As the Region's Chaplain, Tony has sent out many Get Well and Sympathy Cards. The region recently lost a longtime member, Shirley Garrison. Member Garrison was also the father to Region 11 members, Jamie and Bill. (Please see page 4 for information pertaining to when and where Shirley's Celebration of Life will be taking place this month of October.)

Some Important Information for those who wake up at night to go to the bathroom...

You must be careful and use the "One-and-a-Half-minute law" which is scientifically proven. By waking up suddenly for one's physiological needs normally, we often hear that someone "was well in good health and died suddenly during the night without reason." The most likely reason is that when that person woke up to go to the bathroom, he/she got up from bed in a hurry, but the brain needs greater blood flow, for having rested, causing a state of fainting and that is when the stroke happens. It is recommended to learn the "One-and-a-Half-minute law" that can save your life.

When you wake up to go to the bathroom, you must first: Lay for 30 seconds after waking up and then sit up in bed for 30 more seconds lowering your legs quietly and sit like that for another 30 seconds " and only then get up to go to the bathroom. With these steps the chances are gigantic to survive a sudden stroke, regardless of age...

A normal resting heart rate for adults' ranges from 60 to 100 beats per minute. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats per minute. Although there's a wide range of normal, an unusually high or low heart rate may indicate an underlying problem. Consult your doctor if your resting heart rate is consistently above 100 beats a minute (tachycardia) or if you're not a trained athlete and your resting heart rate is below 60 beats a minute (bradycardia) — especially if you have other signs or symptoms, such as fainting, dizziness or shortness of breath. To measure your heart rate, simply check your pulse. Place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute.

Keep in mind that many factors can influence heart rate, including:

Age; Fitness and activity levels; Being a smoker; Having cardiovascular disease, high cholesterol or diabetes; Air temperature, Body position (standing up or lying down, for example), Emotions, Body size and Medications.

Compatibility of blood groups

What's your blood type and how common it is by ration per person.

O+ (1 IN 3)	A+ (1 IN 3)	B+ (1 in 12)	AB+ (1 in 29)
O- (1 in 15)	A- (1 in 16)	B- (1 in 67)	AB- (1 in 167)



Water effect:

About the body We know that water is important, but you never knew the right time to drink! Did you know? Drinking water in the correct time maximizes the effectiveness of the human body:

Each one of the following lines are very important:

1 Glass of water after waking up, helps activate internal organs...

1 Glass of water 30 minutes before meal helps digestion.

1 Glass of water before showering helps lower blood pressure.

1 Glass of water Before sleeping may avoid stroke or heart attack.



In August we lost an important member of the International Police Association, Mr. Shirley Garrison. Mr. Garrison passed away on August 2nd, 2020. He was 85 years of age. His three sons, James, Todd and William all became law enforcement officers – an incredible reflection of the pride his three sons had for their father's profession. Shirley and Linda, his wife – a retired nurse – love their family and were proud to see their three sons carry on the family's historic tradition of law enforcement.

Shirley Lee Garrison, 85, died of natural causes August 2, 2020, at Hope Hospice in Cape Coral. He was born December 20, 1934, in Detroit, Michigan, the son of John T. and Sadie (Mastin) Garrison.

Shirley graduated from Redford (MI) High School, Class of 1953. Following graduation, he served for 34 years with the Michigan Air National Guard, where he retired as a Master Sergeant. While serving in the National Guard, Shirley wanted to follow in his father's footsteps who retired as a Detroit police officer. In 1956, he began as a police officer with the Livonia (MI) Police Department. During his time with the Livonia P.D., he found the love of his life, Linda M. (Lentz) and married a short time later. They would have celebrated 59 years of marriage on September 23. Shirley proudly served the city of Livonia for over 30 years, retiring as a Detective Sergeant in 1986.

Shirley and Linda quickly moved to Florida, where he began his second career with the Florida State Fire Marshall's Office, Bureau of Fire and Arson Investigations. He served another 20 years, and retired as a law enforcement Major, out of the Fort Myers Regional Office in 2006.

Shirley was a lifetime member of the Masonic Temple, Livonia United #152, the Moslem Shrine Temple, the Scottish Rite Valley-Detroit, and the Livonia Elks Lodge, #2246. In addition to his parents, he was predeceased by a brother, James T. Garrison and granddaughter, Arlen Soto, daughter of James M. Garrison.

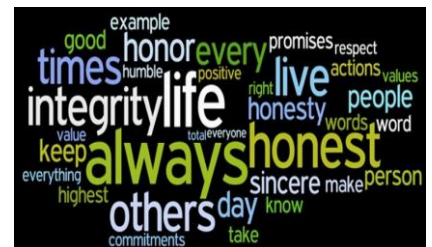
He is survived by his wife, Linda M. (Lentz), and sons, James M. Garrison and his wife, Sueli, of North Port; William S. Garrison and his wife, Madelaina, of Lake Worth; four grandchildren, Kelly Garrison, Kristy Garrison, Gregory Garrison, and Danielle Garrison; Todd R. Garrison and his fiancé Taylor Morgan, of North Port; two grandchildren, Brooke Garrison, and Mackenzie Garrison; many nieces and nephews.

A celebration of life will be held at 2 p.m. on October 17, 2020 at the Araba Shrine Temple located at 2010 Hanson Street, Fort Myers, FL 33901. Those who wish to remember Shirley in a special way may make gifts in his memory to the American Cancer Society or the Shriners Hospital for Children. Arrangements by Gendron Funeral & Cremation Services.

Garrison Blue Blood Family History

John Thomas Garrison Detroit Police Date of Service 1925 (Grandfather)
Leonard Lentz Detroit Race Commission Police (Grandfather)
Leonard Lentz Chief Northland Security Police (Uncle) Officers had full arrest powers
Michael Faith Retired Detroit Police Sgt (Uncle)
Steven Faith Active Dearborn Police Sgt (Cousin)
Rusty Faith Active Dearborn Police Sgt (Cousin)
Shirley L. Garrison Livonia Police Detective Sgt Retired 30 yrs of service
State of Florida Bureau of Fire & Arson Investigations
Retired Major 20 yrs of service
James M. Garrison Retired Broward Sheriff Sgt. 25 yrs of service (Brother)
William S. Garrison Retired Broward Sheriff Deputy 31 yrs
Retired Gulf Stream Police Officer
Madelaina Garrison Retired Broward Sheriff Lieutenant 30.5 yrs (Wife)
Todd R. Garrison Retired Lee County Sheriff Major 24 yrs (Brother)
Current Chief City of North Port Police 2 yrs

As you can see there has been no break of service from 1925 to present time. We have had a relative who died in the line of duty Leonard J. Garrison Paris Police Dept. Paris KY in 1964.



Chaplain's Corner with Tony Romano



Everything I need to know, I learned from Noah's Ark.

Don't miss the boat.

Remember that we are all in the same boat.

Plan ahead. It wasn't raining when Noah built the Ark.

Stay fit. When you're 60 years old, someone may ask you to do something really big.

Don't listen to critics; just get on with the job that needs to be done.

Build your future on high ground.

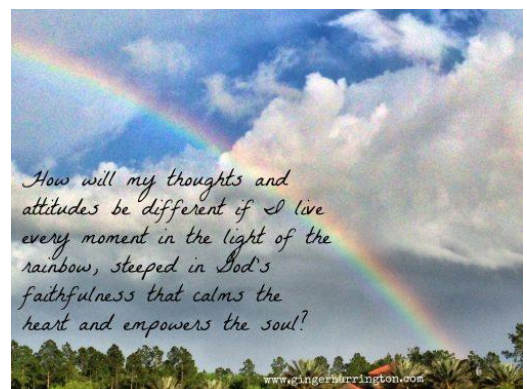
For safety's sake, travel in pairs.

Speed isn't always an advantage. The snails were on board with the cheetahs.

When you're stressed, float awhile.

Remember, the Ark was built by amateurs; the Titanic by professionals.

No matter the storm, when you are with God, there's always a rainbow waiting.



Halloween October 31st, 2020.....or Hallowe'en, also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs, and all the faithful departed.

The 2020 United States presidential election is scheduled for Tuesday, November 3, 2020. It will be the 59th quadrennial [presidential election](#). Voters will select [presidential electors](#) who in turn will vote on December 14, 2020, to either elect new [president](#) and [vice president](#) or reelect the incumbents [Donald Trump](#) and [Mike Pence](#) respectively. The series of [presidential primary elections and caucuses](#) were held from February to August 2020. This nominating process is an indirect election, where voters cast ballots selecting a slate of delegates to a political party's [nominating convention](#), who then in turn elect their parties' nominees for president and vice president. God Help Us All.

Veterans Day is a federal holiday in the United States observed annually on November 11, for honoring military veterans, that is, persons who have served in the United States Armed Forces. It coincides with other holidays including Armistice Day and Remembrance Day which are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.

Thanksgiving is celebrated on Thursday, November 26th, 2020 (for us here). Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Brazil, Grenada, Saint Lucia, and Liberia, and the sub-national entities Leiden, Norfolk Island, and Puerto Rico. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States and Brazil, and around the same part of the year in other places. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.

Hanukkah 2020 begins on Thursday, December 10 at sunset and ends Friday, December 18 at nightfall. Hanukkah is a Jewish festival commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire. It is also known as the Festival of Lights. Eight candles represent eight nights. The center candle, the shamash, lights the others. First and foremost, Hanukkah is a historical holiday. It commemorates the successful rebellion, in the second century B.C.E., of a clan of Jewish freedom fighters called the Maccabees.

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is preceded by the season of Advent or the Nativity Fast and initiates the season of Christmastide, which historically in the West lasts twelve days and culminates on Twelfth Night. Christmas Day is a public holiday in many of the world's nations, is celebrated religiously by many Christians, as well as culturally by many non-Christians, and forms an integral part of the holiday season centered around it.

New Years Eve Dec 31-New Years Day Jan 1 – Don't Drink and Drive; Have a Safe and Happy New Year in 2021. Hopefully, this will be a better year than 2020. Stay Well.



INTERNATIONAL POLICE ASSOCIATION

International Police Association - US Section

PRESIDENT'S UPDATE

Hello everyone,

I hope this edition of the online president's newsletter find you all well. I am sure we are all wondering what the rest of 2020 will bring.

In this edition of the President's Newsletter we are sending out a few updates to the membership regarding the upcoming virtual NDC and the process that we will use to run that meeting.

We also have a change on the national board which will be introduced to all of you.

If anyone is aware of any US Section members struggling during this unforeseen situation please reach out to us, we have a few options through the IPA that we can try to use for assistance.

**Thanks,
Joe Johnson
IPA US Section
National President**

2020 NDC - Virtual Meeting

Due to the Covid-19 situation we will be meeting virtually for the first time in our history for our annual NDC meeting. We will be using a Zoom platform to hold both the NEC and NDC

meetings. The board will be sending a information packet to all regions that are sending a delegate to the virtual event.

We have most of the Delegate forms for regions that are qualified to vote and be represented. If you have not submitted your form please get it in right away.

There will be two types of participants for the virtual meeting. We will have "delegates" and "observers". If you are interested in being an observer we will need to have your information submitted to us (preferably through your region) no later than October 24th. This gives us time to set up the meeting room and get everyone that wants to participate an invite to the meeting and an information packet.

Delegates will get by-law packets with meeting details as we get closer to the meeting.

Meeting times are as follows:

NEC Meeting: October 27th at 12:00 eastern / 11:00 am central / 9 am western

NDC Meeting: October 28th at 12:00 eastern / 11:00 am central / 9 am western

Any questions please let me or Ellwood Cushman know.

New National 3rd Vice President

We would like to welcome to the National Executive Committee (NEC) Anton Dreher from Region 5. Anton will be joining us as the new 3rd Vice President. He will be working with the Western regions and handling scholarships. Anton will also be helping me with forming some new recruiting ideas to assist with recruiting and retention.

Please welcome Anton to the board!!

Carmen Alvelo will be the 2nd Vice President, and Bob Rogers will be the new 1st Vice President.

We would like to thank Cory Freadling for his years of dedication and hard work on the NEC. Cory had to step down for personal reasons, but his hard work and dedication can not go unrecognized.

Other U.S. Section activities: For your information, based on the COVID-19 pandemic, we have requested that International send out an email to other Sections stating that, until further notice, we will not be accepting or processing travel requests or requests related to the International Learning and Development Exchange Program (ILDEP). The US Section Training Program for 2020 has also been rescheduled for Summer 2021.

A number of other Sections are still under similar restrictions.