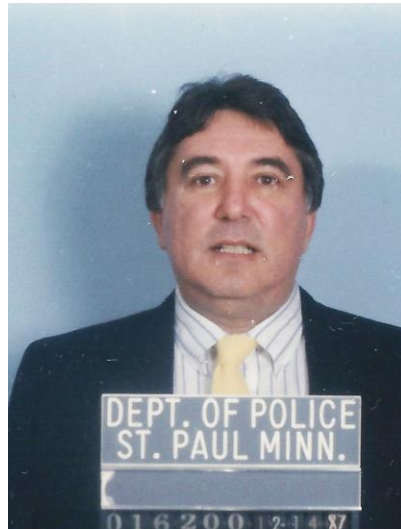


Transcript of a Saint Paul Police oral history interview with

Morris James Anderson



1963



1987

December 5, 2011

By

Kateleen Cavett

at

Sergeant Anderson's home outside of Turtle Lake, Wisconsin

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2012

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All pictures are from the Saint Paul Police Department collections and the personal files of the Anderson family.

ORAL HISTORY

Oral History is the spoken word in print.

Oral histories are personal memories shared from the perspective of the narrator. By means of recorded interviews oral history documents collect spoken memories and personal commentaries of historical significance. These interviews are transcribed verbatim and minimally edited for accessibility. Greatest appreciation is gained when one can read an oral history aloud.

Oral histories do not follow the standard language usage of the written word. Transcribed interviews are not edited to meet traditional writing standards; they are edited only for clarity and understanding. The hope of oral history is to capture the flavor of the narrator's speech and convey the narrator's feelings through the timbre and tempo of speech patterns.

An oral history is more than a family tree with names of ancestors and their birth and death dates. Oral history is recorded personal memory, and that is its value. What it offers complements other forms of historical text, and does not always require historical collaboration. Oral history recognizes that memories often become polished as they sift through time, taking on new meanings and potentially reshaping the events they relate.

Memories shared in an oral histories create a picture of the narrator's life – the culture, food, eccentricities, opinions, thoughts, idiosyncrasies, joys, sorrows, passions - the rich substance that gives color and texture to this individual life.

Kate Cavett
Oral Historian HAND in HAND Productions

Morris “Morrie” James Anderson
appointed patrolman January 21, 1963;
promoted to sergeant September 30, 1967;
resigned July 29, 1988.

Nominated for Minnesota Chief of Police Association Officer of the Year Award, 1984

KC: Kate Cavett

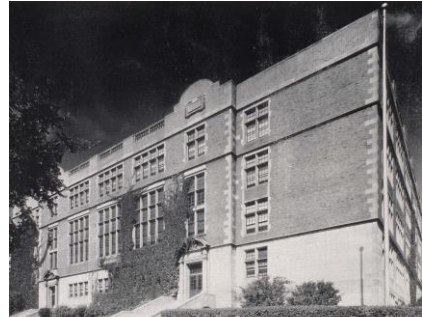
MA: Morrie Anderson

KC: We are sitting in a beautiful cabin outside of Tuttle Lake, Wisconsin. Tell me briefly about your early life before you joined the Saint Paul Police Department.

MA: Well, let's see. If we start at the beginning, I was born in Hayward Indian Hospital in Northern Wisconsin, raised on a small reservation in Balsam Lake, Wisconsin. We moved to the Cities just to survive. There was no work. Life was kind of hard. I went to Franklin Grade School and then I went to Mechanic Arts High School.

I come from a poor family, so I had worked even when I was in grade school. I worked throughout high school. After high school, I worked for about a year and

then I went into the Marine Corps¹ and served over in Okinawa. I returned home and was discharged, returned back actually to the job I had before I had left to go into the Marine Corps. A short time after that, I decided to take the Saint Paul Police Department's entrance examination, which took place at Mechanic Arts High School in Saint Paul. There was over three hundred and some people at the written test and a large number at the physical test. But there was only fourteen of us that passed the test and were accepted into the training program for the Saint Paul Police Department.



Mechanic Arts High School
located between
Central, Robert and Aurora
from 1911 – 1976.

It was the first I guess actual academy that they held. I remember Detective Tony Tighe²—at the time Sergeant Will Jyrkas³ and Larry McDonald⁴ were the

¹ Dates of Marine Corps service: 1957 -1959.

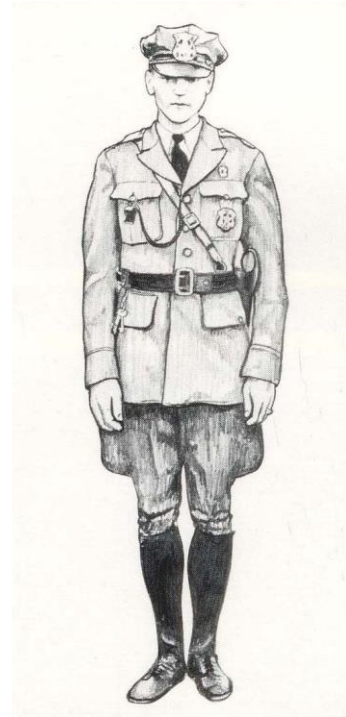
² Anthony "Tony" J. Tighe was appointed reserve patrolman March 10, 1941; patrolman full-time August 3, 1941; promoted to detective February 18, 1949; and retired July 30, 1979.

³ Wilfred O. Jyrkas was appointed patrolman July 29, 1949; promoted to sergeant August 11, 1960; lieutenant December 14, 1965; captain November 29, 1971; and retired August 28, 1986.

⁴ Laurence Francis McDonald was appointed patrolman July 11, 1955; promoted to sergeant February 26, 1966; lieutenant January 14, 1971; captain July 5, 1989; lieutenant January 12, 1991; captain August 31, 1991; and retired March 31, 1995. Awarded the Medal of Merit Class B on August 26, 1993.

training officers. We had to wear a khaki uniform I remember, black necktie.

When we graduated from the academy, the police department was still wearing the old green uniform. I remember going to Forman and Clark clothing store to get our uniforms. We had to pay for them ourselves, I remember. Then we had to go buy revolvers—thirty-eight revolvers.



KC: You had to buy the revolver yourself, too?

MA: Yes, a .38 caliber revolver.

KC: Any particular stories that you remember in the academy?

MA: Well, let's see. In the academy. I remember there was a fellow in the academy, we were sitting talking and he was talking about how during the Second World War they made ships out of ice, so when they landed, they would not bog up the beach—that they could just melt. I thought he was nuts and then a short time later, when we actually got on a job, and he ended up getting fired for stealing. I remember that. I remember there were fourteen of us I think. A good group, good policemen.

KC: In your academy, your trainers in the academy class were Tony Tighe, who is infamous for being an innovator and laying the foundation for starting a new type of academy class. Larry McDonald, Will Jyrkas.

MA: I mean Saint Paul was being very innovative in creating a new type of training. I would have no idea of knowing about that. I know that we were the first academy and that we actually had to wear uniforms—the khaki uniforms. We had to buy our own uniforms, our own gun. It was like you are brand new. Our leather squeaked and our uniform was brighter green than everyone else's. But yes, I would have no idea knowing how innovative it was. Tony was very bright, meticulous. Will Jyrkas was a great, great trainer, an exceptional person. Will Jyrkas is one of those people that helped make Saint Paul Police Department what it is today.

KC: How was your training at Saint Paul ED different than your experience training in the Marines?

MA: Totally different. Marine Corps training was like 24/7. Saint Paul Police Department training was like eight hours, five days a week. It was in the classroom. There was some law, driving, shooting, crime scene kind of stuff, but even with that, I was totally unprepared for the street. If it was not for the older

officers and their experience and their help, that was actually working with experienced policemen. When our training came together.

KC: Did they have any formal field training officer where you formally work with him?

MA: No. No, but we worked with a lot of different officers, which is better than working with a training officer, because you would end up with that same person and pick up his good and his bad habits. Where if you work with a lot of different people, we had to be on a different car all the time, so you would end up with guys who are really good at finding stolen cars, guys who are really good at burglary, crime scene investigation, really good report writers, really good traffic enforcement, really good with domestics. You have got a much better, broader experience.

KC: How long did you feel like you were doing on-the-job training working with other officers, until you were put in a car by yourself or with a partner that was not training you?

MA: It was probably like a couple of years before I got in a regular car. That was kind of good, because then you could apply what you learned on there. Then it was also good—and then we had two-man cars. That to me is one of the negatives I see of one-man cars. Having worked one-man cars when I was a supervisor,

versus two-man cars are so much more efficient than a one-man car. Twice as efficient I should say. [laughs] But that is my personal view. Even when you were in your own car, you worked with other officers. You were on on-calls or chases or run into people that the other officers might have started an investigation or handle a call.

We use to get the reports from our district when they were typed up and after role call, you would pick up your reports so you would have the reports that were written by the officers on your other shifts. You could go through your log and read the reports, read about things going on in the district. Some are very good report writers and you could really pick up on it and get a sense of what had happened, because their reports were so well-written. I think as a police officer, you are always constantly working with others.

KC: Did you develop a specialty on the street?

MA: Oh, I liked felony arrests. That was my focus, on felony arrests. We were very successful at that by working traffic.

KC: Who were your partners that you worked with?

MA: Well I worked with a lot of them in squad 303. Bernie Benesch,⁵ Bernie Andert,⁶ Tom Foss,⁷ Bob Facente,⁸ Jerry Navara.⁹ Those were the partners that I had.

KC: Tell me some stories.

MA: You want to hear stories?

KC: I want to hear stories. I love stories.

MA: You love stories. I remember one day we were on Snelling Avenue, pulled over a car. I cannot remember why, but it was not serious. I got out of the car and I was talking to the driver, looking at his license and all that stuff. Then Tom Foss came up screaming and hollering at the guy for some reason. He had been sitting in the car. It was like the guy did not do anything. Somehow he thought that this guy was giving me a hard time and that he had to protect me somehow from this guy. [chuckles] So he comes up screaming and hollering at this guy.

⁵ Bernard Benesch was appointed reserve patrolman November 1, 1949; patrolman June 1, 1950; and retired January 29, 1982.

⁶ Bernard Andert was appointed reserve patrolman November 1, 1949 ; patrolman June 1, 1950; promoted sergeant October 1, 1964; and retired June 30, 1988.

⁷ Thomas Richard Foss appointed patrolman January 21, 1963; promoted sergeant October 14, 1972; and retired April 30, 1998.

⁸ Robert J. Facente was appointed patrolman March 28, 1955 and retired March 31, 1980. Deceased September 20, 2009.

⁹ Jerrell Lawrence Navara was appointed patrolman January 21, 1963; promoted to sergeant January 2, 1968; and retired July 23, 1989.

Jerry Navara—we ended up at another traffic stop and for some reason we ended up in a fight with this guy, because we were going to arrest him for something and ended up pushing him down. He hit his face and he had just had plastic surgery on his nose. That was not good. [both laugh] It was one of these deals where again it was no big deal, but it just escalated.



1966

There was another one where Bernie and I went into this house. We were looking for this guy and it was on the second floor and the lights were out. We could not see. We took out the flashlights. We were in this room, and we were talking back and forth, and this guy says, "What do you want?" We turn around and he is sitting in the chair. Never saw him. [both laugh] Then we explained why we were there—real nice guy.

Another time it was when—we did not do a lot of arresting people when they were drunk, tried not arrest people that much and be more helpful. We got a call on this guy at a restaurant, and he was very intoxicated and was not really

coherent. He was really messed up. So we figured, well, we could give him a ride home. So he told us where he lived, and we took him there and brought him into the house and put him on the couch and we left. We drove around for about a half hour or so, and then we got a call back to his house. There was a strange man in the house. So we go back there and these people that lived there found this strange man on their couch. So we took him and said, "What the hell are you doing in here?" [both laugh]

KC: The police brought me to this house.

MA: Yes. We did not tell the people we had put him there.

KC: You came on in 1963 or you were authorized in '63 and in '67 you took the test for sergeant. Why did you decide to take the test for sergeant?

MA: Because everybody took it. Everybody took the test. It was just kind of assumed it is what you did. The problem was I passed it. Things would change. I really enjoyed being on a squad car, and I really enjoyed working patrol and doing that. I thought I was doing a good job at that and then being a sergeant—I had some experience as a supervisor when I worked in a factory and as an NCO, non-commissioned-officer in the Marine Corps. I did not have a vast amount of experience as a supervisor and that is the assignment I had, as patrol supervisor. This was in a time when they had changed the position where, when I came on,

if you took a promotion for sergeant, you were a street sergeant. If you took a promotion for a detective, you were a detective. This new sergeant position, you could go either way. You could go into investigative unit or you could stay in patrol in uniform. I ended up in patrol. I was probably younger than a lot of the guys I would be supervising.



KC: How did that work?

MA: Worked fine.

KC: You are a Native man. You look Native. Saint Paul is a very White city.

MA: Not anymore.

KC: No, but back in the Sixties it was tolerant and liberal, in that it is not openly racist, and yet when I interviewed John Harrington, he talks about in the Seventies when he and Willy Hudson, two Black men, would come on calls, there were some people that would not let them be the police officers. They would say, "Go away. Send real police." Did you run into any pushback from citizens?

MA: None whatsoever. No. The only thing that was even kind of racial was people knew I was Native American, so a couple of them would call me Chief.

KC: A couple of the other officers?

MA: Yes. Call me Chief. But it was not a putdown. It was just what they thought would be an appropriate comment or something, but there was absolutely no racism. I was not treated any different by anyone ever. Never an issue.

KC: Were you raised with traditional values and involvement with your Native traditions?

MA: Yes.

KC: Because we are sitting here in your house and I see all around us a deep respect for your Native traditions.

MA: I was born like I said earlier in Hayward Indian Hospital. My mother was sixteen when she had me. I grew up on a reservation and there was no electricity, no

bathrooms—pretty, what some people might call primitive, some people might call poverty. I just thought it was normal. There was a medicine man in our community and ceremonies were held all the time—pow-wows. So yes, I grew up traditional. But we had to leave Balsam Lake, Wisconsin, because we could not survive.

I remember when I was a kid I ended up trapping a fox and there was a bounty on foxes, so I ended up getting a check for thirty-five dollars. I mean, that fed everybody for like two months. That was a huge, huge amount of money. But we had to leave there to move to the Cities. I remember I moved in with my aunt, [Marion Saros] and stayed with her most of the rest of my life. She was not real traditional, but she was typically Native American, did not say much. Sweet lady.

KC: While you were on the police department, did you practice traditional ways?

MA: No. No, I had not ever really practiced traditional ways. I was a little kid. It was just normal and when we went to the Cities, I was still a young kid, so I did what kids do—hung out.

KC: So it is now in your mature years that you are making pipes and doing some of the more traditional crafts?

MA: Well yes, those are things that I have always done though. That is not—yes, I guess I am. In some ways it would be considered traditional; otherwise, it was just normal.

KC: Well, and that is what I am asking you to talk about is some of the *normal* of Morrie Anderson that might not take place in someone else's home and how that influences—

MA: Well, I live alone in the woods with a dog. Although I like people, one of the things I found out about myself is I always thought I was an extrovert, but actually I am an introvert. For me to be with people and to socialize—and I do that a lot, do not get me wrong, but to me it is tiring. For an extrovert, it is invigorating.

KC: Meyers-Briggs¹⁰ definition, yes?

¹⁰ The theory of psychological type was introduced in the 1920s by Carl G. Jung. The **MBTI tool** was developed in the 1940s by Isabel Briggs Myers, and the original research was done in the 1940s and '50s. In developing the **Myers-Briggs Type Indicator** [instrument], the aim of Briggs Myers, and her mother, Katharine Briggs, was to make the insights of type theory accessible to individuals and groups. Millions of people worldwide have taken the Indicator each year since its first publication in 1962. Hundreds of studies over the past 40 years have proven the instrument to be both valid and reliable. The MBTI asks: Favorite world: Do you prefer to focus on the outer world or on your own inner world? This is called Extraversion (E) or Introversion (I). Information: Do you prefer to focus on the basic information you take in or do you prefer to interpret and add meaning? This is called Sensing (S) or Intuition (N). Decisions: When making decisions, do you prefer to first look at logic and consistency or first look at the people and special circumstances? This is called Thinking (T) or Feeling (F). Structure: In dealing with the outside world, do you prefer to get things decided or do you prefer to stay open to new information and options? This is called Judging (J) or Perceiving (P).

MA: Yeah. So I just enjoy peace and quiet, and I have had enough conflict in my life that I do not need that. I do not know that it necessarily evolved because I have always enjoyed fishing and being outside and being outdoors, but that is normal for a lot of men. But I do enjoy my retirement.

1968



KC: When you were on the department, would you do hunting and fishing with the other officers?

MA: No. Did not do much. Did a little bit of fishing, but that is all.

KC: So when you took the test to be a sergeant, what were some of the assignments that you got into and that you created for yourself in this new role as sergeant?

MA: Well, let's see. I was assigned to one of the shifts as a supervisor. I say it is like I was only on the job like four-and-a-half years and I was already a sergeant, so a lot of the guys that worked for me were older than me. But I never found that to

be a problem. But the role is totally different in that what I found was that if I gave some officer some information and they made an arrest, they would not mention my name. But if they were iffy about what they were doing, they would ask me, then I would tell them and they would write in the report, “per Sergeant Anderson” just to cover their behinds. I knew that I had to be helpful and part of a team, and not only I supervise but do some leadership and some support, some praise for positive results. That was good.

Then I went into the power shift as a supervisor. Power shift was two platoons run by two lieutenants and each one of the sergeants had ten to twelve men. We would base our work on—you know, if it was busy in the night we might be answering calls backing up the regular squad cars. Or if there was a particular problem, say there was a lot of burglaries in a certain area, we would concentrate on that, work on that. Some of the things that were unique to that were there was a motorcycle gang that was causing a lot of problems on the east side. The other platoon—I was not on this platoon, but the other platoon, what they did is they put all these officers on just following these motorcycle people. Every time they would turn around, there was a policeman there. It curtailed and actually totally stopped their activities, which was very successful.

There was another time when we were downtown Saint Paul. This was my group. There was a group of young people on the Seventh and Wabasha area. They were selling drugs, they were bothering people, they were begging for money, they were being obnoxious, disruptive to businesses. So what we did is we just put on plain clothes, and we went down in that area, and some of the officers were equipped with cameras and took pictures of them blocking the sidewalks and sitting in doorways and all this kind of stuff. Then we had a couple officers in uniform come in and warn them if they did not desist, they would be arrested, and documented each person that they had warned. Of course, it did not stop. They just continued to do it, and we documented more about what they were doing. Then we came in and arrested them all. They went to court, and they were all nailed by this judge and it ends up where this judge had seen what they were doing down there. Then they ended up in his courtroom.

It is like the old joke, you know the two judges are going to work and they are speeding and they look over and see each other and they look down and go, "Jeez, what if somebody sees us?" So they get to the courthouse and they are talking and they say, "Well, what if somebody saw us? We should probably do something. I'll hear your case and you hear my case." The first judge goes up before the other judge and he says, "I'm guilty of speeding." And he says, "We'll give you a warning and don't do it



1970

again." They switched places and the other judge gets up on the bench and the next judge says, "I was speeding." He said, "It'll be a two hundred dollar fine." He said, "Wait a minute." He says, "I just had—" He said, "Yeah, but it's the second case I've heard like that today." [both laugh]

KC: Were you on the power shift May 22, 1970? Were you still doing power shift then do you think? That would have been about three years into being a sergeant. That would have been the day that Jim Sackett¹¹ was killed.

MA: No. I was in Police Community Relations then. I was not on the street. I remember it, and I was there. We were working, but we were in Police Community Relations: myself, Ted Hunziker,¹² and Jimmy Mann.¹³

KC: And Police Community Relations was working in the Selby area.

MA: Right.

KC: And Jim Sackett was killed just a few blocks from your offices.

MA: Right.

KC: What was it like being an officer when a fellow officer was assassinated?

MA: It was terrible. It was terrible.

KC: So you are about thirty-three years old. You had been a marine, but it had not been during a war time. Had you had a lot of experience with death?

¹¹ James Thomas Sackett, Sr. (September 29, 1942- May 22, 1970) was appointed patrolman September 3, 1968, and fatally injured by a sniper while responding to an emergency call on May 22, 1970.

¹² Theodore C. Hunziker III was appointed patrolman November 2, 1964; promoted to sergeant December 12, 1969; and retired June 28, 1996.

¹³ James Oliver Mann was appointed patrolman January 2, 1957, and retired June 10, 1977.

MA: Well, yes. You are a policeman. You see death all the time.



KC: But personal, where it is—

MA: No.

KC: What were your feelings about Sackett being assassinated?

MA: Well, you know the whole grief process you go through. It is like you do not believe it. Confused, angry, the whole gamut.

Jim was really a nice guy. There were guys who were like arrogant, some guys are funny, some guys are business-like. Some guys are just real friendly. Jim Sackett was one of them, just nice, friendly guys. I mean he was the last person in the world that anybody would want to harm. The only reason they did it is because he was a police officer. But I knew Ronnie Reed from police community relations, Inner-City Youth League. Going to community meetings and being involved in a community, we would regularly run into Ronnie Reed. His slave name was Ronnie Reed. "That's my slave name," he used to say. But he always had a little edge to him, as did a lot of the Inner-City Youth League group.

KC: If you were in Police Community Relations, you were involved in the investigation.

MA: No.

KC: No?

MA: No, Police Community Relations was established to improve communication in relationships between the community and the police.

KC: What was your role in Police Community Relations after Sackett's assassination?

MA: Well, a short time after that, I went back out on the street. My role during that time was meeting with community relators. There were a lot of problems in the community, so it was just keeping lines of communication open.

KC: We should probably back up and talk about the Police Community Relations office, because you were instrumental in creating that.

MA: Correct.

KC: Give me the story.

MA: The story is: around the country there was rioting, there was breaks of violence in Black communities around the country. Saint Paul Police Department hired Saint Thomas College to come in and put on a program, and they brought in psychologists, communications, business people, different professors to put on classes. There was a group of us. I was selected to attend those classes and we did. The main focus of the training was that sometimes we need to talk to one another to know and understand. They would give examples of, "Well, do you know Bill?" "Yeah, I know Bill." "What do you know about Bill?" "Well, he's got blonde hair, he wears glasses, he could lose ten pounds." "Bill, why don't you tell Morrie something about yourself?" So then Bill would tell me that he is an artist and he does painting and he is married and has three kids and one of his

kids is ill. So you realize, well, there is more. With that information in mind, I went out into the Dale and Selby community and I went to TCOIC, which was headed by a guy named Williams and just sat and talked to him about the community and the police.

KC: What is TCOIC?

MA: Twin Cities Occupation Industrial Training Center. I thought that went really well, so then I went and talked to other community groups and individuals in community programs. I kept doing that and then Chief Lester McAuliffe¹⁴ said, "Well, we want you to start this program." So I did. Then we had opened an office¹⁵ in one of the community organizations up on the Dale-Selby area. We continued to do the same thing and we would get information. There would be community meetings. We would go to them and see if we could be of help. If there was rumors or stories going around, we would try to get the information

¹⁴ Lester E. McAuliffe was appointed patrolman March 24, 1936; promoted to sergeant December 16, 1947; detective March 16, 1948; detective lieutenant December 1, 1949; assistant chief November 15, 1955; and chief May 23, 1961; and retired March 31, 1970.

¹⁵ Police Community Relations Office opened May 14, 1968 at 739 Iglehart Avenue. That later moved to 632 Selby Avenue.

and facts out before it turned into some kind of a big negative problem. So we did that constantly. Went to playgrounds, did all kinds of stuff like that.

KC: So there were three of you in police community relations?

MA: Yes. Ted Hudzinger and Jimmy Mann.

KC: Ted Hudzinger was a White guy? And Jimmy Mann was a Black man?

MA: Yes.

KC: So that is a lot of community work and a lot of night meetings for only three men.

MA: Right. We were busy.

KC: Did you get a grant or any special—?

MA: No, the department expanded the money in terms of providing us with a vehicle or a model and office. Got us a telephone. That was basically it. It was not a huge amount of expense.

KC: What was it like being a sergeant supervising Jimmy Mann?

MA: It was good. I mean he was very bright, very articulate, and very politically savvy. He loved attending meetings. But for him, a lot of it ended up being—it was about Jimmy Mann and not about the



Officer Mann
1975

police department. Goofy little things. Like I remember Jimmy Mann telling me a story about how his mother came up from the South and Jimmy was from the South. Jimmy says, "I'm gonna take her around and show her." He takes her around up on Summit Avenue to show her all the real nice houses and all that stuff and his ma says, "Well, where do the rich Black people live?" Because in the South, you have a lot of wealth in the Black community.

I remember another meeting was the guy got up and he was talking about, "White people think I am around here eating watermelons," and all that stuff and all this and that. Jimmy Mann stood up and yelled back at the guy. He says, "I love watermelon." He says, "You try to take my watermelon away from me.

I'm not gonna give up eating watermelon." With Jimmy, it was personal a lot of times. It was about him and about—

KC: He was a character.

MA: Yes. And a good guy, very social.

KC: How long was the Police Community Relations office open?



1972

MA: Ten years.

I started the program, was involved with it I think probably until after Sackett. I was back on the street in uniform again as a supervisor and a short time later went to robbery auto theft as an investigator. I loved that. I loved Robbery Division, chasing robbers. Yes, that was really fun.

KC: What is the best job as a police officer?

MA: The best job?

KC: The best job for you as a police officer?

MA: Patrolman.

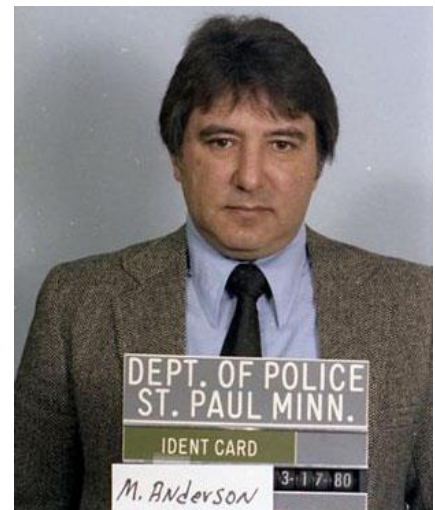
KC: What other assignments did you have as a sergeant?

MA: Well, let's see. I was a supervisor on a regular shift, and I was a supervisor on a power shift. I started a Police Community Relations program prior to the rioting period, back to patrol, then to Robbery Division. But then you are an investigator, so you are kind of doing a lot of stuff you do in a patrol car. Then I started to become a problem drinker—actually full-blown alcoholic.

KC: About how old were you then?

MA: About forty.

KC: You had a family?



1980

MA: I had a family, got a divorce. I and my ex are both alcoholics, so it was like a double nightmare.

KC: Do you have children?

MA: Five.

KC: How did you being an alcoholic affect your children?

MA: Well, let's see. One, two, three, four of them are alcoholic.

KC: [sighs] Wow.

MA: But doing well. Not practicing. [chuckles]

So I ended up, I think, becoming a liability to the department. Once I had to be controlled by Minneapolis Police and then turned over to officers in my department. There were incidences that happened that never would have happened if I had not been drinking. I don't remember most of those circumstances, and I don't want to focus on that part of my life, as that is not who I am. My goal was always to be the best policeman and to help others. Then crazy things started to happen as the drinking got out of control.

It was never, never, never my intention to be an alcoholic or have those kind of problems. In fact, I remember as a kid saying, "I am never going to be like them."

There was alcoholism in my family, so I was never going to be like them. But it never dawned on me that alcoholism was a disease.

KC: How long were you an active alcoholic?

MA: Oh I would say a good—I was a problem drinker for a while and an alcoholic for 15 years.

KC: How long were you a liability to the department?

MA: About four years I would say, to the best of my memory.

KC: What did they do to you?

MA: Well, they suspended me once for conduct unbecoming an officer.

KC: Did you ever go to work drunk?

MA: Yeah. Left there drunk, too. It was when Chief Rowan¹⁶ said, “You’re a problem. You’re going to treatment and if you leave before you finish, you’re fired.” So I volunteered for treatment.

KC: Where did you go to treatment?

MA: Hazelden. The best thing that ever happened to me. That was thirty-five years ago.

KC: Treatment worked for you?

¹⁶ Richard H. Rowan (1922-2005) was appointed patrolman October 13, 1947; promoted to detective June 20, 1965; deputy chief April 17, 1964; chief June 30, 1970; and retired December 31, 1979.

MA: Absolutely.

KC: You have a drink after Hazelden?

MA: Nope. No, I have been sober thirty-five years.

KC: Congratulations! What was the best part of your experience at Hazelden?

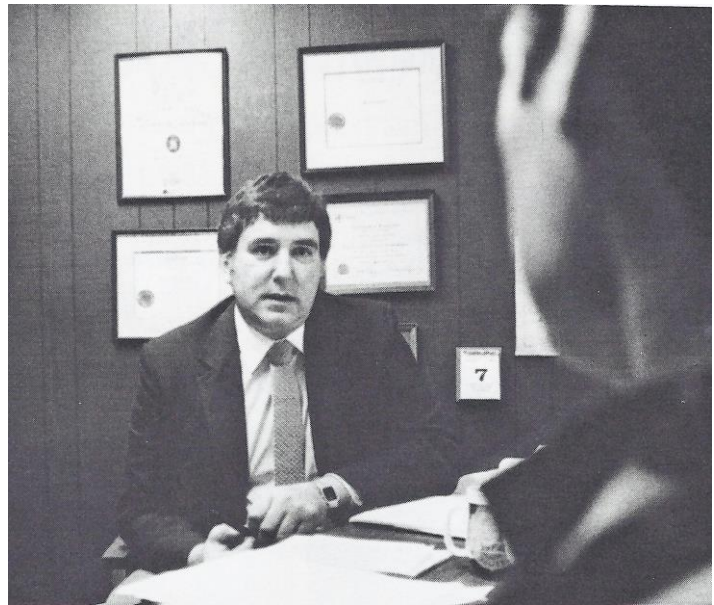
MA: It probably took me two weeks of treatment before my thinking started to come around. I was real defensive, justifying, blaming, chip on the shoulder kind of a deal. Then when I started getting really honest with myself about what I was like and what my drinking was like, what my life had turned into, I was pretty ashamed. When they showed me that there was a solution, a very simple solution, and that the answers were not just physical or psychological, there was also a spiritual component, that helped me. So I left treatment, but it was another one of those deals where it is like you get the training so to speak, but you are really not prepared for the real world. I mean I remember walking back in the police station, and there was nobody with a drinking problem then. You know what I mean?

KC: Or acknowledged drinking problem. Or also wanting to work on recovery.

MA: Right. So they kind of looked at me like I had some disease or something. Now all the sudden, I was not one of the boys anymore kind of thing. One of the boys walked up to me and he says, "You're really not gonna quit drinking are ya?"

[chuckles] I said, "Well, I'm not drinking today." Let it go with that. After a while, it becomes more normal [not to be drinking]. But you still have all your bad habits from before. I had to keep working, keep working, keep working. And just stay in tune, that the most important thing I had to do was not take a drink and just be the best person I could be. That was my goal.

And I think I became an asset again to the department. I was asked to start the Saint Paul Police Department's Employee Assistance Program¹⁷ [EAP].



KC: How long after you returned as a recovering alcoholic did they ask you to start the EAP?

¹⁷ The Police Employee Assistance Program began June 1981. It was founded under the guiding philosophy that most effective counseling for police is by specially trained police officers, offering officer and family counseling in chemical dependency, emotional, psychological, critical incident trauma, PTSD, and relationship issues. SPPD's EAP served SPPF and other agencies. Nationally, SPPD's innovative model was copied by other agencies.

MA: Well, after I became sober and I was not the same person anymore and they thought maybe they could trust me again.

KC: Was this months or years?

MA: Years.

MA: So then I went in training and Hazelden in their counselor training program and went into Hazelden's employee assistance counselor training program, did a short internship there. Came out and did not quite know what to do. What I did was I went around and I actually asked hundreds of the Saint Paul police officers what should we do? Or what can we do? Or what do you think should be done? To a man, they all said, "Well, we need a program for those other guys." So I was a hundred percent certain that we needed a program.

We started an office, and I went around to roll calls and I went around and talked to people, and slowly but surely, people would show up. It was not a lot to begin with. And wives would begin showing up. One of the things that was the key to our success was that police officers want to help other police officers. That is what policemen do—they help one another. So we started a peer counseling program in training the officers in the helping skills—attending, eye

contact, body language, listening skills. The program took off and we started groups.

We had a post-traumatic stress group, all the guys that had had post-traumatic experiences. When another officer would experience that, we would hold a meeting and invite them to it and talk to them about our experiences and what happened and what to expect and what their resources were. We had two police AA groups. We had a group “group” just for people who wanted to discuss their problems. The only rules of that was you could not mention who was there and that if you are going to talk about somebody, you are free to say anything that you wanted, but you would have to find something nice to say about them. You could not just be negative. That was real successful. So the program took off. Minneapolis came over. They started a program modeled after ours and Minneapolis guys actually came to Saint Paul because they did not trust the Minneapolis program. [both laugh] It was real successful.

I retired from the program. So when I was in EAP, that was something we wanted to do. We wanted to intervene as much as we could, to help.

KC: Were there a lot of officers that were alcoholics that needed intervention?

MA: Bob Hobart, who used to be the psychologist for the Saint Paul Police Department, estimated it is like thirty-five percent could have a problem.

KC: Whoa.

MA: It has to do with who we hire. The kind of people who want to become police officers are also at high risk for alcoholism.

KC: Want to take risks, want to live a little bit on the edge.

MA: Yes.

KC: Cowboys.

MA: Yes. Strong. Confident.

KC: Cowboys, cowgirls now.

MA: Can make decisions, in control.

KC: Did you—before the department put their foot down, did you see yourself getting out of control?

MA: Yeah, yeah. But that was my denial system, too. It is almost like insanity. It is like—and the definition of insanity is when you think by doing things in the same way, you will end up with different results. With alcoholism, it was like I would not quit drinking, but I would just drink beer, or I would not go out. I would stay home. Changes like that without stopping drinking. So you think that you are doing something, you think you are in control. You think nobody

knows and then getting worse and worse, still trying to control it rather than give it up, quit it. The goal is to control it—control the situation, control your drinking. Control is always ongoing. It is a lot of work. But it does not work, because you are still drinking. The first thing that goes when you drink is your judgment, so your thinking is not real good.

And yet somebody says, “Well you’re screwed up.” “No you’re screwed up.” [chuckles] “It’s not me.” So the whole psychological defensive, justifying, blaming, kind of insanity keeps going on, but you are working real hard not to get in trouble, you are working real hard to control your drinking. Yes, once you start drinking, forget it.



1984

KC: And it is not unusual for highly intelligent people to work real hard to justify their addiction.

MA: Oh yes, your intelligence has nothing to do with how you manage alcoholism. You could be Albert Einstein and be an alcoholic. Of course, there are lawyers and judges and doctors who are alcoholic. It does not matter. It is not an intellectual process.

KC: [laughs] The highly intelligent are harder to

break through to get to look at it, I think sometimes.

MA: Well, the worst are priests, because they speak directly with God. Doctors do come around. The problem with docs a lot of times is medications, too, though. Lawyers—my experience is that they tend to be intellectual as opposed to feeling. So they think as opposed to feel.

In the EAP, one of the problems was the whole issue of control, where in a counseling program the ethics are totally different than your law enforcement ethics. What I asked Chief McCutcheon¹⁸ at the time was if we couldn't get some autonomy. But they wouldn't do that, so I figured, "Well, I have done everything I could." So I retired.

KC: They would not let you have any autonomy with the EAP?

MA: The program.

KC: The program, not having to report to him everything you might hear.

MA: Oh, I refused to.

KC: Ah.

MA: I could not without a release discuss anything with him.

¹⁸ William Wallace McCutcheon served the Saint Paul Park Police 1948 to 1954, appointed patrolman January 4, 1954; promoted to sergeant August 22, 1960; lieutenant December 12, 1965; captain June 20, 1969; deputy chief February 4, 1972; chief April 1, 1980; and retired July 15, 1992.

KC: And he expected you to?

MA: No, it was more I had to have logs. I had to furnish logs, not to him, but to like Mike Smith.¹⁹ I had a training he put under him, so I had to see him every day and talk to him about what I was going to do, yet I could not tell him—

KC: —who you were seeing.

MA: Yes. So I would just give him these generalities, the same stuff all the time and it was like I am not sure what they were trying to accomplish by doing that to me.

KC: Was your EAP office in headquarters?

MA: No, it was up at Mounds Park Hospital actually.

KC: Because it is still in a building in the Midway.

MA: I am not hearing good things about the program now.

KC: Did you leave frustrated?

MA: No. No. I think we accomplished a lot. I did a lot and very successfully. It was a great program. And the EAP, one of the things it needed was a certain amount of autonomy, because the ethics values are totally different, the concepts are different. On the other hand I understand why the police department--if

¹⁹ Michael T. Smith, was appointed patrolman January 23, 1971; promoted to sergeant March 10, 1978; lieutenant October 23, 1981; captain February 23, 1987; and retired December 31, 1998

somebody is going to be my supervisor, they really have to know what I am doing. It is like a catch twenty-two.

KC: There has to be a lot of trust.

MA: I am just saying that the values and systems are totally different and that if my supervisor were like a social worker, for example, he would know what I was doing. As a captain of the police department, the people coming into the police department do not want to see him. But I totally understand. It is like the two systems are unique to one another.

KC: The model that you created ended up being a model for police EAPs nationally.

MA: Well, there was some stuff we stole. Peer counseling came out of Boston. It was a little different than the Boston model, but basically the same. What ours did is evolved from what the officers told me that we needed to do. They had very good insights, good understanding for the other people. And they were right on. We also had a female psychiatric nurse. It was her background to work with women.

KC: The women officers? Or the wives?

MA: The women spouses, because the EAP is a family program, so spouses were coming, so we needed to deal with that.

KC: Did you find that you did a lot of the counseling with the officers? That they started coming to you even though they said it would be for other people?

MA: Yes, they did come, but the way our program worked was more of a self-help program, but then we did have referrals. So if your problem was something we could not deal with, we referred you out. Because I came from this alcoholic background. Later Conroy,²⁰ who ended up taking over the program years and years later.

KC: Denny Conroy.

MA: Right. He called our program an alcohol program. Well, it was not, but that was his impression, that we did not do therapy.

KC: Denny Conroy had gotten a PhD, so he was a licensed psychologist, and it sounds like your program was a peer counseling program and we know that research says that peer counseling, AA groups, Alanon groups, the peer groups are showing that more people make changes through peer counseling groups than through therapeutics.

MA: The only kind of counseling that works is self-counseling, is counseling you do yourself. Like if I was the most brilliant psychiatrist in the world and I tell you,

²⁰ Dennis Lee Conroy, PhD, was appointed patrolman May 22, 1972; promoted to sergeant June 6, 1978; and retired November 29, 2002. He was awarded a Doctorate of Philosophy in Psychology September 5, 1987.

“You need to change your behavior.” And you are sitting across from me saying,
“Fuck you, I’ll do whatever I want. You don’t know me. I’ll do it if I want.” So I
have counseled yes, and you have counseled yourself.

KC: And therapy is the psychologist develops a treatment plan and tells you —

MA: —tells you what it is. Unless they are Freudian and then they talk to you for
twenty years.

KC: After you there were other —Bill Snyder²¹ was in the EAP.

MA: Yes. Dan Carlson,²² and Bill Snyder.

KC: And he went through the Hazelden program, too.

MA: Both of them did.

KC: In 1984, our department nominated you for the Minnesota Chiefs of Police
Association Statewide Officer of the Year.

MA: This was an honor. I was humbled by this and greatly honored, especially after
having been a liability to the department. The administration gave me the

²¹ William Arthur Snyder was appointed police officer September 8, 1975; promoted to sergeant April 8, 1988; resigned January 8, 1999. Appointed Ramsey County deputy sheriff January 11, 1999; deputy sergeant July 2002; and retired January 1, 2010.

²² Daniel Thomas Carlson was appointed community liaison officer September 12, 1994; appointed to police officer October 28, 1995; resigned December 7, 2000.

opportunity to recover, and then to share and help others with the new skills I was given. Then when they recognized I made a contribution, it was an honor.

KC: You were fifty-one when you retired from Saint Paul?

MA: Fifty-one, yes.

KC: Why did you decide to retire?

MA: Well, it was time. It was just time.

KC: Time to move on to other adventures?

MA: Well, counseling. I stayed in counseling. It is what you do. You go in the police department, you get promoted, then you retire. I think police work is a young man's business. I think there are guys that hang on and hang on and hang on. Some are productive.

KC: What are you most proud about? What would your legacy on Saint Paul Police Department be?

MA: I do not know if there is one. I was real proud of my record in Robbery. I made a lot of robbery arrests.

KC: What was your key to being able to make a lot of robbery arrests?

MA: I have no idea. [Kate laughs]

I mean I worked real, real hard. I worked real, real hard. I had good observation skills. But yes, I was real successful in Robbery. I arrested a lot of robbers. Starting the Saint Paul Police Community Relations Program, I am proud of that. That was a first. Starting an Employee Assistance Program, that was a first ever. Surviving—I think because of the department. They cared enough about me to intervene rather than fire me. So when I was in the EAP, that was what we wanted to do is we wanted to intervene as much as we could, to help.

I think the police department on the one hand was probably the greatest experience of my life. I met and worked with some of the greatest people in the world. I am very lucky to have had that life experience. Matter of fact, awhile back when Officer Vick²³ got shot, I was sitting watching the news and I wanted to go in to work. Isn't that crazy?

KC: No way. Having listened to the stories—

MA: I got all fired up, you know? Weird.

KC: Did you come down for the funeral?

MA: No, because I did not know him.

²³ Gerald Dennis Vick appointed police officer September 18, 1989, promoted to sergeant July 31, 1999; fatally injured by gunfire May 6, 2005. Receive the Metal of Valor 1991, 1997, and 2005.

KC: But you are part of the police family.

MA: Well, I have been gone for three hundred years and it is like the police department today is different than when I came on—different place.

KC: How is Morrie Anderson going to be remembered?

MA: I have no idea.

KC: How would you like Morrie Anderson to be remembered?

MA: Hm. [Thinking]

Probably as a friend. Simple!

KC: Thank you, Sir.

MA: You're welcome.

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