

MFPRSI UPDATE

Fall 2025 Volume 63

Police Officer Serves Police and Fire Colleagues Throughout Iowa as MFPRSI Trustee

An episode of the reality television show “Cops” is what drew Eric Snyder to a career in law enforcement.

Snyder, now an officer with the Ames Police Department and a member of the Board of Trustees for the Municipal Fire and Police Retirement System of Iowa (MFPRSI), originally never considered becoming a police officer. He was an aerospace engineering major at Iowa State University and walked onto the ISU football team as a sophomore.

His experience on the team led him to develop a passion for fitness. After switching majors to health and fitness management, Snyder became a personal trainer. But he soon decided this was not the career path he felt truly called to follow.

One day, while watching an episode of “Cops,” inspiration struck. He applied to the Ames Police Department, and nearly two decades later, he built a lasting career in law enforcement.



Eric Snyder
Police Officer
City of Ames

Heeding the Call to Serve

During Snyder’s first year on the job, the local police association took delegates to the Iowa State Police Association’s (ISPA) annual conference. The experience was so impactful that the next year, Snyder ran for a position on the ISPA Executive Board. He steeped himself in legislation, pension and benefits issues, learning the ins and outs of the system in only his second year on the force. In 2013, Snyder was selected to serve as the ISPA board president.

In 2022, the ISPA appointed Snyder to serve as the sole active police officer on the MFPRSI Board of Trustees.

Just as he did on the ISPA board, Snyder dove into the details of MFPRSI to understand how the system maintains a strong retirement system for its members.

“We invest with an infinite horizon because the system is meant to be reliable forever,” he said. “People get worried about the daily roller coaster of the markets. We pay attention to these changes, but it doesn’t worry us because we’re looking at the long-term.”

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2026 Outreach

Outreach is a program offering individual retirement benefit counseling to members of MFPRSI. If you are interested in meeting with a senior pension officer from MFPRSI to discuss your retirement options, please contact us at least two weeks prior to the dates below at (515) 254-9200 or at pensions@mfprsi.org.

Cities	Dates	Senior Pension Officer
Clive, Des Moines, Urbandale, West Des Moines	March 2-6, 2026	Ryan Bartlett
Ames, Ankeny, Boone, Carroll, Creston, Indianola, Knoxville, Oskaloosa, Pella	March 16-20, 2026	Jill Hagge
Burlington, Centerville, Fairfield, Fort Madison, Keokuk, Ottumwa	April 20-24, 2026	Jill Hagge
Council Bluffs, Estherville, Fort Dodge, Le Mars, Sioux City, Spencer, Storm Lake, Webster City	May 18-22, 2026	Ryan Bartlett
Cedar Falls and Waterloo	June 22-26, 2026	Ryan Bartlett
Charles City, Decorah, Dubuque, Evansdale, Marshalltown, Mason City, Oelwein, Waverly	August 10-14, 2026	Jill Hagge
Cedar Rapids, Grinnell, Iowa City, Marion, Newton	September 21-25, 2026	Ryan Bartlett
Bettendorf, Camanche, Clinton, Davenport, DeWitt, Maquoketa, Muscatine	October 19-23, 2026	Jill Hagge

ERIC SNYDER, CONTINUED FROM PAGE 1

It all comes down to ensuring the retirement system remains healthy.

"The system has to be healthy for our members to be happy, if we're going to be a reliable source of promised benefits," Snyder said.

Maintaining a Healthy Retirement System

According to Snyder, every perspective is essential to ensuring the MFPRSI board functions effectively and thoughtfully considers all sides of an issue. That includes his viewpoint as the board's sole active police officer. The board consists of four representatives from active and retired fire and police membership, four representatives from member cities, and one private citizen.

"The job changes over time," Snyder said. "In 20 years when I'm retired, I won't fully understand the job of a current police officer at that time."

Snyder's goal for the board is to maintain the good work done by prior boards.

"We were handed a great system by the people before us," he said. "Our job is to keep it healthy and keep making improvements where we can."

He also said a healthy retirement system is essential for maintaining and growing Iowa's workforce of police officers and firefighters.

"Communities benefit from having long-term employees," Snyder said. "It's a job that you don't know anything about when you start, and it takes a career to get good at it. Our hope is to pass that experience and knowledge on to the next generation. To build and maintain safe communities, we need police officers and firefighters who serve for 20 to 30 years."

Kathy Fraise Approaches Retirement, Reflects On Decade With MFPRSI



Kathy Fraise
Sr. Pension Officer

When Kathy Fraise leaves the offices of the Municipal Fire and Police Retirement System of Iowa (MFPRSI) at the end of January 2026, she'll leave behind a legacy of care, precision, and unwavering commitment to Iowa's firefighters and police officers.

For the past 10 years, Kathy has been a Senior Pension Officer for MFPRSI.

With nearly 5,000 active members and 5,000 retirees, her role has been as much about people as numbers. She has answered countless calls about retirement, disability, and benefits, and traveled across the state of Iowa for outreach meetings in fire stations, police departments, coffee shops – even in rental cars when an emergency cuts the meeting short and they have to regroup later.

“I have loved meeting with members and hearing their stories,” she says. “For firefighters and police officers, their work isn't just a job – it's an identity.”

Kathy has helped them navigate life-changing decisions, from filing for disability to planning for retirement. She's also worked with families, ensuring widows and widowers receive benefits, and children of deceased members receive benefits through college.

“What's amazing is we are just 10 people who do this for the entire state of Iowa,” she says of her colleagues with pride.

In high school, Kathy earned extra credit by volunteering on a political campaign. By her senior year, she was serving as a page in the Iowa Legislature, balancing her duties with accounting classes.

“I thought I would be the first female U.S. senator from the state of Iowa,” she says. “At the time, there were only a handful of women in the U.S. Congress.”

College brought a shift in focus. While political science had once seemed appealing, Kathy saw the grueling hours campaign work demanded and opted for a more stable path. She majored in accounting and computer programming at the American Institute of Commerce in Davenport, understanding early on how technology would shape her future career. That decision proved wise as her skills in software and human resources systems have made her a go-to expert throughout her career.

After college, Kathy worked as an accountant for the local Miller beer distributor for 11 years, managing millions of dollars in orders and tracking shipments from across the U.S. and Europe.

Then came a 22-year chapter with the City of West Des Moines, where she oversaw payroll as the city grew from 150 employees to over 800.

Her connection to MFPRSI began during her time in West Des Moines, when she got to know the system while working on payroll. When she later saw an opening for a pension officer position, she applied – and ultimately found the role that allowed her to combine her financial expertise with her desire to help people. Ten years later, Kathy has become a trusted guide for Iowa's firefighters and police officers.

“Firefighters and police officers are our VIPs,” Kathy says. “They've made a huge commitment, so it's our job to take really good care of them, their families, and their children.”

Now, as she looks ahead to retirement, Kathy is ready for a new chapter: leisurely lunches with friends, a growing stack of books waiting to be read, long-awaited travels to Europe, cruises, and – most importantly – cherished time with her husband, parents, boys, and grandchildren.

“I'm thankful for the opportunities I have had at MFPRSI,” she reflects. “It's been an honor to get to know our members professionally and personally.”

Board of Trustees

The Board of Trustees consists of nine voting members and four non-voting members.

Voting Members:

Marty Pottebaum, Chair
Duane Pitcher, Vice Chair
Corey Goodenow
Frank Guihan

Laura Schaefer
Nickolas Schaul
Jennifer Sease
Eric Snyder
Pending Firefighter Appointment

Non-Voting Members:

Sen. Tim Kraayenbrink
Sen. Thomas Townsend
Rep. Christian Hermanson
Rep. Kenan Judge

Contact Us

Telephone: (515) 254-9200 or (888) 254-9200

Email: pensions@mfprsi.org

Website: www.mfprsi.org

Open Monday-Friday, 7:30 a.m. to 4:00 p.m.

2026 MFPRSI CALENDAR



SIGN UP FOR MY411!

My411 offers online access to members of MFPRSI! Members can currently sign-up and view a snapshot of their MFPRSI account and access various pension documents. My411 is available to all members. If you have not already signed up, contact us to register your account!

BENEFIT PAYMENT DATES

JANUARY 30, FEBRUARY 27, MARCH 31, APRIL 30, MAY 29, JUNE 30, JULY 31, AUGUST 31, SEPTEMBER 30, OCTOBER 30, NOVEMBER 30, DECEMBER 31

BOARD OF TRUSTEES MEETING DATES

JANUARY 8, FEBRUARY 26, APRIL 9, MAY 14, JULY 9, AUGUST 20, OCTOBER 8, NOVEMBER 19

HOLIDAY SCHEDULE

JANUARY 1, MAY 25, JULY 3, SEPTEMBER 7, NOVEMBER 11, NOVEMBER 26-27, DECEMBER 24-25

Benefit payments are tentatively dated the final business day of each month. MFPRSI intends to send benefit payments on the referenced dates listed. Each benefit payment constitutes payment for the month concluded. The Board of Trustees meet in formal open session at regularly scheduled meetings throughout the year. All meetings begin at 10:00 a.m. Central Time unless noted otherwise. MFPRSI will be closed on the dates listed under Holiday Schedule.

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