

December

2007

F.O.P. NEWS

Committee: Rhonda Bullock, Chairman

Gerry Majerczyk

Bill Burns

Official Publication of Chicago Lodge No. 7



FOP, Chicago Lodge 7
1412 W. Washington Blvd.

“The IPRA does not conduct police investigations because they are not the police.”

President’s Report, By Mark Donahue

Contract Negotiations

There has been progress in negotiations with the City. All subcommittees have now met at least once with the City to discuss the issues that we have brought forward. At this time nothing has been agreed to on those issues and more meetings are scheduled. As in the past, we do not intend on signing off on any individual issues. The contract proposals that we have presented are a package. That package will become complete when we are given the City’s proposals to consider and once that process is complete, that package will be the one that will go to the membership or to an arbitrator. We have no intention of negotiating forever or of giving the City an endless timeline in making decisions. As soon as we get the City’s proposals, we will place them on our web site.

Prisoner Review Board

On November 15th, the Illinois Prisoner Review Board met to consider paroling the man convicted of the murder of Police Officer Ken Kaner in 1970. As we have stated in the past, the Cook County State’s Attorney’s Office has requested that the FOP get more involved in these hearings. Traditionally, a letter of request to deny parole for cop killers was sent to the Board chairman. Due to the change in philosophy of certain members of the Board, they now feel that those prisoners who have

received extensive sentences for their crimes should be addressed more favorably for parole consideration. Unfortunately they fail to realize that many of these killers who are now coming up for parole, received those sentences at a time when the death penalty was not allowed in the state and the extensive sentence was to ensure that they never see the outside of a prison facility for the rest of their lives. We know this because many of the States Attorneys and Judges that handled the cases have said so in their briefs. As for the case of Officer Kaner’s killer, there were detailed pleas both for and against release, but because of the solid presence of his family along with the support for denial that had been undertaken by the FOP, the killer’s parole was denied by a vote of 9 to 3. This is actually an increase of support for denial than in past years. The tide apparently can be changed so when you see a petition for denial of parole especially for a cop killer, please take the time to fill it out.

Change of Course

On May 5th, 2006, an off duty officer was arrested for DUI in the City of Chicago. While being processed for the arrest, the off duty officer refused to submit to a breathalyzer for the criminal proceedings. A short while later, IAD personnel ordered the officer to submit to a breathalyzer for the administrative

portion of the Department’s investigation. After being given the direct order, the officer complied. These results have been used in the Administrative process for discipline, but never have they been used for the criminal prosecution, due to the duress of being given an order under the *Garrity* Rule. In this case, the State’s Attorney attempted to use the administrative blow for the DUI charge. The Lodge’s attorney filed a brief on behalf of the officer and argued that the results of the breath test could not be used at the criminal trial. The Lodge outlined its argument in great detail and on November 15th, the Judge ruled in our favor that the State could not use the results of the breath test. The State announced that it will appeal the decision and the Lodge will again take the arguments to the Appellate Court. We’ll keep you posted on this very serious case before the court.

IPRA = OPS

There has been much in the media and on the bathroom walls relative to the new OPS, the Independent Police Review Authority, and their duties and responsibilities at police involved shootings. Unfortunately 90% of it has been wrong. The IPRA does not conduct police investigations because they are not the police. They are not conducting interrogations of our members at the scenes. They

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President's Report Continued...

can still only ask questions at the round table through an identified questioner. The protections that we have in our contract are still in place and the order addressing police involved shootings is still the same. The media, and even some of our members who have felt inclined to involve themselves in spreading misinformation, help to exploit the negative perceptions of those that are not our friends. Unfortunately, lies can race halfway around the world in the same time it takes truth to tie his running shoes.

Retiree Health Care

The Lodge has recently received the numbers on the costs for Retiree Health Insurance from the City for 2006. We will have an actuary examine the figures and reconcile

the amounts for any potential overcharges that may have occurred. This will be the third time the Lodge has undertaken this process on behalf of the City's retirees and we anticipate doing so for the remaining years of the Korshak decision.

New Feature In Newsletter

For Active and Retired members, the Lodge will include Health Tips starting with this Newsletter from certified personal trainer Joe Cullen. Joe is not looking for new customers, but wants to assist active and retired members of the Department with his offerings of advice.

2008 Handbook Packages

Handbooks, ID's and stickers for 2008 are in the mail for active officers. The packages

for Retired Members will be sent out in mid-December once we have all the information from the renewal forms.

FOP Board Elections

It's election time again. Anyone interested in running for an office on the FOP Board of Directors needs to be at the General Meeting on December 18th at 1200 hrs. The meeting will be turned over to the Election Committee to oversee the process of signing for Nomination Petitions. The Committee has decided that the petitions need to be turned into the Lodge by the close of business on Friday, December 28th. The ballots are scheduled to go out in February with the counting to occur on March 14th. Those who have held positions in the Lodge

realize what a serious responsibility and commitment it is in representing our members. If you can make that commitment please consider taking an active role in ensuring the safety and security of our members and their families by running for office.

During the Holiday Season, we expend a great deal of energy and finances in ensuring that we create the memories that make the Holidays what they are. The most precious commodity that can be spent is time, spend it wisely on family and friends. From the entire Board of Directors we wish you a Happy, Healthy and Prosperous Holiday Season.

First Vice-President's Report, By Bill Dougherty

Flexible Spending Account Reminder

If you have money left in your 2007 Flexible Spending Account, keep in mind that you have until March 15, 2008 to submit your claims. If you don't use all the money left over in your account by March 15, 2008 you will lose it.

Notify BMO of Any Status Change

If you are getting married, divorced, adopting a child or expecting the birth of a child, keep in mind that you must notify the Benefits Management Office of these events. You have 30 days from the date of the family status change to notify the BMO. To change your benefits as a result of a family status change, you must submit a completed enrollment form and provide proper documentation. If your

enrollment form indicating your request for a change in coverage is not submitted within 30 days you won't be able to make the change until the next open enrollment period.

Subrogation

Whenever medical treatment resulting from an accident is submitted to Blue Cross/ Blue Shield for payment from a medical provider, it prompts a letter to the officer from the law firm of Coughlin, Kukankos and Cook. This letter serves as notification from the City that they are invoking subrogation rights. This means that the City can recover any monies that they paid for medical treatment. In addition to the letter, a questionnaire requesting certain information regarding the accident such as:

- Whether or not you have

retained an attorney to sue.

- If an insurance company or another party is responsible for payment.
- Whether there is any other means of recovery.

This questionnaire must be filled out and returned or payment of benefits may be withheld.

Injury On-Duty Referrals

When you are injured on-duty or have a recurrence of a prior injury on-duty, you must request a referral to a doctor from the Medical Services Section. You should be shown the list of doctors by your nurse and allowed to pick your doctor. If your doctor decides that he needs to schedule another appointment or needs additional tests done, you must contact the Medical Services Section and

get a referral for these services. **You need a referral for each and every time that you go to the doctor.** If you don't have a referral from the Medical Services Section the Committee on Finance won't pay your bill.

Medical Mediation

Once a month the Lodge meets with the City to discuss medical grievances that were filed the prior month. Grievances that we are unable to resolve at mediation go forward to the Grievance Committee. The Committee reviews the cases and decides to demand arbitration, withdraw the grievance or accept an offer on a grievance.

On November 16, 2007 the Lodge met with the City to discuss 14 medical grievances that were recently filed. In two of the cases the

First Vice-President's Report Continued...

grievance was granted, three of the cases settled, two cases we demanded arbitration, one case went to the grievance committee and six of the cases needed to be followed up for next month.

United Healthcare New Phone Number

The new number for the enrollment line is 1-866-201-2524. Retirees can call this

number for information on enrolling, packets, changes or additions for the dental or vision plan.

I want to take this time to wish everyone a safe and happy holiday season from the medical team here at Lodge 7. I would also like to say thanks for a job well done to my assistant Jessica for all her hard work throughout the year.

Thank You

We would like to thank Cook County Board of Review Commissioner, Joseph Berrios, for taking the time out of his schedule to host another property tax appeal outreach at our October General meeting. It was incredibly informative and helped many of our members complete appeals in the hopes of reaching a reduction in their property assessments. Thanks again to Commissioner Berrios and for those of you that missed it, there will be future outreaches scheduled.

Second Vice-President's Report, By Frank DiMaria

Weapons Discharge Incidents

Officers, if you are involved in a Weapons Discharge Incident, you should notify the Lodge immediately. The Lodge has office hours Monday thru Thursday, 0800 hrs until 1800 hrs and Friday 0800 until 1600 hrs. A Field Rep is available on call after business hours 7 days a week to assist with these types of incidents. For Police involved shootings, the Field Rep on call will respond to the scene and then to the Area assisting the involved officer throughout the process.

Officers, you are required to cooperate with the investigation and obey the Laws of the State of Illinois along with the Chicago Police De-

partment Rules, Directives and General Orders. You should be aware that in the event of a weapons discharge incident you should not be interviewed by representatives of an outside department agency (IPRA/OPS) on the scene or at the Area where the incident is being investigated. You are entitled to representation per the Contract and the Officers Bill of Rights if you are required to give a statement to anyone from an outside department agency (IPRA/OPS). Officers, you should always know the name and rank of those you speak with at a Weapons Discharge Incident. Don't give away your rights to anyone just for the asking.

Vest Safety Days

The Lodge will be hosting a Vest Safety Day at the Hall on

14 February 08 from 0900 hrs until 1700 hrs. There will be Representatives from the various Soft Body Armor Manufacturers who will display the latest models of their products for our members. Please mark your calendar and come down to the Hall to take advantage of another benefit the Lodge has provided for its members.

Employee Assistance Program (EAP)

The Holiday Season here and these festive times may also cause some persons to become depressed. During this time alcohol related problems arise, along with higher rates of suicide and general feelings of hopelessness. The Employee Assistance Program (EAP) is available to members of the Chicago Police Department (active and retired) and

their families. The services of the EAP include Professional Counseling Service, Alcohol and Substance Abuse Unit and the Peer Support Program. The services of the EAP are free and confidential to those that use them. Just remember that you are not alone during a difficult time you are experiencing and that there is someone willing to listen.

The EAP can be contacted at 312 743-0378 at their new location 1759 W Adams.

I would like to take this time to wish all of our members and their families a Happy, Healthy and Safe Holiday Season

Address Change Form

Effective Date: _____

Name: _____ Star Number: _____
(Last, First, MI)

New Address: _____ City/State: _____ Zip: _____

Telephone: _____ Cell Phone: _____

Return Form To The FOP – Unit 541 or 1412 W. Washington Blvd, Chicago Illinois 60607, Attn: Doreen

Third Vice-President's Report, By Greg Bella

Tracking Number

When a citizen's complaint against an officer is received, IPRA issues a tracking number. The tracking number can be investigated up to the point where the officer is to be interviewed or required to write a report. At this time an affidavit is required for the investigation to go any further. If an affidavit is not obtained the tracking number is deleted and the complaint goes into cyber space. If an affidavit is obtained then the tracking number becomes the C.R. number.

If the affidavit is obtained then the investigation can continue. A copy of the signed affidavit must be shown to the officer before the officer makes any statement or writes a report. If a supervisor is requesting a statement from you and there is no copy of the affidavit the supervisor can call the appropriate agency (IAD/IPRA) and they will fax a copy of the affidavit. Once you are shown a copy of the affidavit you must write the report or give a

statement. If any question arises over whether or not an affidavit has been obtained call the Lodge before you write your report.

Police Shootings

Once again the community activists are up in arms over police related shootings. The activists should be preaching the law. It is against the law to own or carry a firearm; it is against the law to point a firearm at another person. It is against the law to shoot at any person and against the law to wound or kill another person.

What they should be preaching is the consequence of possessing a firearm, a jail sentence if you shoot someone and possible death if you point the weapon at a police officer. To the reporters who love to fuel the fire, when are you going to ask real questions? Every person shot by the police was just starting to turn his life around, putting their terrible past behind them. The question is why did he have a gun? Why did he point the

gun at the police?

What we don't need is these so called activists being Monday morning quarterbacks because if you were in the same circumstances the outcome would be the same.

A recent study shows that in the ten-month period ending in October 2007 there have been 170 officers killed in the line of duty; this is compared to 145 for the entire year of 2006. This is the highest number of officers killed since 1978. Nationwide fatal shootings of officers is up 38% and officers involved in fatal vehicle crashes responding to calls are up 15%.

Some of the reasons for the increase is that gang members are heavily armed and out gun the officers. Another reason is repeat violent offenders. The system let's these violent criminals back out onto the streets and they have nothing to fear.

We are trained to shoot a person aiming or shooting at

us, period. In a fraction of a second our officers must make life and death decisions, we don't want our officer's to second-guess themselves. We want our officers to go home to their families after each tour.

Contract Negotiations

The discipline sub-committee met with the city on 19 November 2007 and the City submitted their proposals to the Lodge. These proposals have been put on the website.

I would like to take this opportunity to wish everyone and their families a Merry Christmas and a Happy New Year. Please don't forget the "Blue Light" in your window in memory of our fallen Brothers and Sisters.

What Is The Gold Star Families All About?

Gold Star Family Members have asked for an opportunity to explain to the active membership who they are and what they do. They are made up entirely of individuals who have had a family member killed in either the line or performance of duty. None of them volunteer for that honor, it just happens. Currently the organization is comprised of about 400 members and is overseen by a Board of Directors which operates by the provisions of their Constitution and By-laws. The Board is made up of six elected Officers and six appointed Trustees. The purpose of the Gold Star

Families is to offer support to those police family members who have suffered a loss of a police officer in the line or performance of duty.

The Organization is financed through the payment of dues and from contributions received; they do not do any type of solicitation. Fortunately, there are enough concerned groups and individual citizens who contribute in a way that allows the Organization to meet its described purpose. Some of these organizations solicit for the benefit of the membership and at times this causes the separation of the groups to become a little

fuzzy. Please know that the group ensures that any advertisement for funds being raised for the purpose of contributing to the Gold Star Families, are received by

them. The Organization is truly appreciative of other organizations that support them, most notably: the Police Chaplains Ministry and the Memorial Foundation.

**The Next General Meeting Is
Scheduled For December 18, 2007
At Noon**

**All Members Are
Encouraged To Attend**

Recording Secretary's Report, *By Sidney Davis*

Behavioral Intervention System

This is a follow up from last month on the BIS program and a meeting with Interim Superintendent Dana Starks. The Lodge has been told that a meeting is forthcoming, when the meeting occurs the results will be made known to Lodge members. A grievance has been filed on the issue. My report last month should have stated that a list of 25 officers names are scheduled for release from BIS, these officers have served the time required by Administrative Special Order 05-02. Each officer will be released subject to the member's exempt commanding officer certifying that the member has substantially complied with the Individual Performance Plan (IPP), ASO 05-02, 5C, and the Superintendent's approval.

Sell or Carry Over

The end of the year is approaching fast and members will soon think about either selling or carrying over Personnel Days and Baby Furlough Days. The amount of time you have on the job determines how many Baby Furlough Days, (BFDs), you get. All officers receive four (4) Personal Days, (P-Days).

- 15 years or more receive 6 BFDs
- 10 but less then 15 receive 5 BFDs
- 5 but less then 10 receive 4 BFDs
- 1 but less then 5 receive 3 BFDs
- Probationary Police Officers receive 3 BFDs days the day they complete 12 months of probation.

Officers who have an anniversary date during the year, which entitles you to an additional BFD day, will receive the additional day on your anniversary date.

At the end of the year, you may sell back all of your BFDs or you may carry over up to 4 BFDs.

You may sell or carry over all P-days

Probationary Police Officers completing the 12th months of probation this month will receive 4 personal days. Rate of pay for sell back is computed as of April 1st the following year. Checks are also received on or around April 1st.

P-days or BFDs cannot be carried over for more then 1 year. For example, if you carried over 4 P-days or 4 BFDs from 2006 to 2007, you must use the carried over days by December 31, 2007 or you will lose them.

Giants

Two gentle giants recently passed away, Sgt Willie Ware (Case Reporting / Training Academy) and Officer Toxey Hall, was a sparring partner for heavyweight champion Rocky Marciano. Rest in Peace.

Merry Christmas

It's the time of the year when family and friends purchase and receive gifts from one another. The true spirit of Christmas is giving and enjoying the blessings we have received all year long. For many Christmas will be just another day of hunger, joblessness, homeless, unwanted, unneeded, drug addiction. These are just a few things many face each and every day, step out of your box and help someone this Christmas. The United States Post Office has Santa letters each year from children across the City, they range from 1 child to as many as 14 children. We all have that ability to be humble and generous, actions speak louder then words, this will be my 8th year in providing for a needy family. Please join me, and provide for a needy family or charity of your choice.

Website Report, *By Rich Aguilar, Chairman*

Here we are at the end of what has been a successful year. The FOP website has had some major changes with the retirees now enjoying a site dedicated strictly to retiree issues. Retirees can now keep in touch with old friends and former co-workers. There is even a photo page where retirees can show the rest of us just how great retirement can be. We could always use more photos. Healthcare, legislative, and retiree events are also listed on the site. Retirees are encouraged to make suggestions or submissions for the site.

The FOP Online Gift Shop

was completely revamped. The site offers an easy to use interface where members can view items and order specific sizes any time of the day or night. The new site has generated over \$2700 in sales, through mid-November compared with sales last year that

were almost nonexistent.

Plans for 2008 include expansion of the Discount Plan pages into a website of its own. This expansion will give vendors the opportunity to include more information in their listings. A member to member

sales site is in the works and should debut sometime during the year.

The entire Website Committee wishes all of you a Safe and Happy Holiday Season!

Chicago Police Memorial Foundation

The Foundation has expanded its levels of assistance to provide educational assistance for the children of CPD Officers who were killed or catastrophically injured in the line of duty. They are now offering tuition assistance for grammar and high school children of those killed in the line of duty. They are also offering tuition assistance for grammar, high school and college for children of Officers catastrophically injured in the line of duty, as well as educational assistance for Officers injured in the line of duty where the injury has impacted the Officer's ability to pay tuition. This is another step by the Foundation to ensure that the families of Officers killed and injured in the line of duty receive assistance as needed. The Lodge applauds the Foundation's persistence in recognizing and meeting its goal of assisting the Department's members and their families.

Financial Secretary's Report, By Tim Fallon

Duty Availability Grievance

On 11 July 2003, the Lodge filed a grievance on behalf of all probationary police officers who had completed the first twelve months of their probationary period. The issue was that these officers were entitled under Appendix P to a Duty Availability allowance of \$630.00 per quarter. On 10 July 2003, the Department issued the Duty Availability allowance checks to officers in the class in the amount of \$210.00. The Department arrived at this figure through pro-ration, from the time the officers completed their twelve months of probation until 10 July 2003.

The Department's initial position was that they had always pro-rated the Duty Availability allowance for probationary police officers. The Lodge requested documentation from the Department of this alleged past practice. At first the Department supported their position with documents showing that since 10 July 2003 all recruits had their Duty Availability allowance pro-rated. We again requested evidence that the practice of pro-rating Duty Availability for probationary police officers occurred prior to 10 July 2003. The Department then produced payroll documentation for probationary police officers prior to 10 Jul 03. After examining all of the Department's evidence it became clear that the practice of pro-rating probationary police officer's Duty Availability allowance began on 10 July 2003, not as the Department originally claimed. We also learned that there were some

probationary police officers that had received their full Duty Availability allowance, and some officers within the same recruit class received different pro-rations on their Duty Availability allowances.

The Department then changed their theory as to why they could pro-rate a probationary police officer's Duty Availability allowance. The Department asserted that due to an arbitration award from Arbitrator Steven Briggs they were allowed to pro-rate Duty Availability allowance. The arbitration involved a Lieutenant that was suspended for 30 days, and had his Duty Availability allowance pro-rated from \$555.00 to \$185.00. The Lieutenant filed a grievance and it proceeded to arbitration. In the arbitration the Department put forth the position that at all times since their initial implementation in 1990, the eligibility criteria have required that officers be in "pay status for at least 50% of the month. Those not meeting that threshold have been docked one-third (representing one month) of the allowance for that quarter. And there are many means by which they can remain in pay status while not being physically present on the job (furlough, benefit days, I.O.D., medical roll, military leave, etc.). The Department also testified that there are only three ways officers can become ineligible for the full Duty Availability allowance: (1) employment severance, (2) unpaid leave of absence, and (3) disciplinary suspension. And even in the latter two categories, the duration of the absence must be for more than 50% of the month. Arbitrator Briggs found the Department's argument compelling and de-

nied the grievance.

While Arbitrator Briggs upheld the Department's position in the Lieutenant's grievance, there is nothing in the Department position that applies to the grievance filed by the Lodge. Probationary police officers do not fit into any of the three categories cited by the Department (and upheld by Arbitrator Briggs), where an officer becomes ineligible for a full Duty Availability allowance. Moreover probationary police officers who have not completed twelve months of their probationary period are routinely used for field duty to supplement non-probationary officers at festivals, parades,

and special events.

The settlement of this grievance means that the Department now has to pay roughly 2,000 officers hired since July 2003, approximately \$400.00. Which means the Department owes approximately \$800,000.00 to the 2,000 officers. The bigger picture is that in the last six years since we have taken office, the Lodge has returned to the membership from the Department approximately \$3,000,000.00 through contract enforcement, the grievance procedure, arbitration decisions, and police board hearings.

F.O.P. Family Auxiliary's 16th Annual



Lunch With Santa

Saturday, December 8, 2007,
Noon - 3:00 pm

F.O.P. Hall, 1412 W. Washington Blvd, Chicago, Illinois

Officer Schieber Died In Chicago Marathon

A trust fund has been established for the children of Officer Schieber, the 12 year police veteran who collapsed and died while participating in the Chicago marathon from complications related to a heart condition. Please consider adding this trust fund to your Christmas Charity list.

The address for the trust fund is:
The Schieber Children's Trust Fund
c/o Christian Celebration Center
6100 Swede Avenue, Midland, MI 48642

September 2007 Retirees

Name	Rank	Dist.	Yrs
Cunningham, Daniel	Officer	016	26
Danzy, Jr., Curtis	Officer	701	25
Duffy, James	Officer	177	30
Lewis, Elizabeth	Officer	021	25
O'Connor, Michael	Officer	012	35
Prendkowski, Christopher	Officer	153	37
Pryor, Arthurine	Officer	019	26

Disability Report & Veterans Corner, By Carlos 'Sal' Saladino

Disability Report

Happy Holidays and best of health from the Disability Committee. We are available for calls at the FOP office Monday through Friday. Click on the Disability Page link on the FOP web site, www.chicagofop.org, for beneficial information. New email address: csaladino@chicagofop.org.

September Pension Board Update – Advocates present were Bill Dougherty, Det Steve Schorsch, Jim Bonk, Mike Shemash and myself. Disability Claims: *Ordinary* - 2 granted, 1 deferred, 1 continued. *Duty* - 3 granted. Past claims pending Board

action: 1 Duty denied, 1 Ordinary granted.

Special Board Meeting for disability hearings will be held Thursday, 13 Dec, 8:30 a.m.

Section 18.9 update. Again, submit copies of all out-of-pocket receipts relating to your duty disability injuries to: Chicago Police Department, Medical Services Section, Unit 231, Attn: IOD Unit, 3510 S. Michigan Avenue, Chicago, IL 60653. Be diligent, follow up, and if your matters are not resolved contact the Lodge.

PSEBA, Illinois Public Safety Employees Benefits Act, 820 ILCS 320/10. Update – Wid-

ows/widowers whose spouse was on Duty Disability, and has since passed, may also be eligible for this benefit. If you know of any, have them contact the Lodge or Pension Board for an application.

Veterans' Corner

Operation Enduring/Iraqi Freedom - Our thoughts and prayers go to the CPD members who are actively serving our country in the military.

I want to thank the donors and volunteers who stuffed Christmas packages at the FOP Hall for our 50 officers serving our country in the Armed Forces who won't be able to spend the holidays at home with their

families. *These officers will know they have not been forgotten.* Santa's elves were Father Tom Nangle, Sid Davis, Roger McGill, John Andres, Rick Batrich, Bill Burns, Nancy Mulligan, Dominick J. Kearns, Beth Atkins, Kevin Graham, Brian Leahy, Gary Wager, Dennis McKenna, Franz Schneller "Skip", Leroy Statt, Bill Whelehan and Nancy & myself.

"All those soldiers belong to somebody. They got moms, they got wives, they got kids...they got somebody who loves them." ~ Liz Allen, Vietnam Nurse

Airborne Sal

Monthly Awards



Distinguished Service Award
Pictured from left: President Mark Donahue, PO Craig Bady and 1st Vice President Bill Dougherty



Distinguished Service Award
Pictured from left: President Mark Donahue, PO Patrick Fahey, Jr. and PO Craig Brownfield

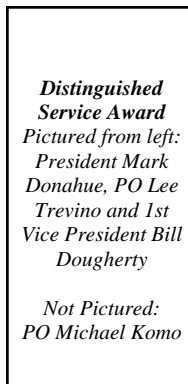


Distinguished Service Award
Pictured from left: President Mark Donahue and PO Del Pearson



Distinguished Service Award
Pictured from left: President Mark Donahue and PO Chris Saladino

Not Pictured: PO John Rudolph



Distinguished Service Award
Pictured from left: President Mark Donahue, PO Lee Trevino and 1st Vice President Bill Dougherty

Not Pictured: PO Michael Komo



Fitness For... “Our Finest”

Protect Your Back, Watch Your Backs

“Ouch! ... my lower back is killing me!” Sound familiar? The pain, tingling, or numbness down the leg(s) and “buttocks”. It can be very painful to get out of your patrol car, bed, walking, and running. This certainly can affect your job performance, attitude and stress level. Just sitting for a long period of time, can be quite uncomfortable!

Nearly 50 million people visit the doctor each year for *Lower Back Pain*, which causes absenteeism at work, and drives up our medical bills and health premiums. Most lower-back pain is due to the *lower* vertebrae’s, (L4, L5, S1) located by your back belt area, becoming inflamed and dehydrated. Your Sciatic Nerve attaches there, travels down thru your “buttocks” and down the back of your leg down to your foot area. The sciatic nerve is pinched or affected, thus sending pain across your belt and seat areas, like an electric current, and often travels down your leg. You should **always** seek the advice from a qualified physician (Orthopedic, for example) if you are experiencing pain for an extended period of time.

The leading causes for most, lower back pain are: (if not from an injury)

- Weak Abdominal Muscles,
- Weak Lower Back Muscles
- Tight Hamstrings (most folks don’t know this)
- Too much fat/weight in the stomach area

The solution: Exercising,

Stretching, and Realistic Eating (portion control). I will also be devoting future articles, in detail, to each of these areas. Some tips and suggestions for now:

Abdominal Exercises – Just 5 - 7 minutes / day, performing **Stomach Crunches** (sit-ups). Hold your stomach crunches for 3 seconds, don’t go fast, and only come up half way off the floor – head looking at the ceiling, not your knees. Stronger stomach muscles take the pressure off the lower back, and aid when lifting and getting-up. Yes, sit-ups will strengthen your stomach but do very little for reducing the fat in the stomach area. That only comes with proper eating, weight training and cardio workouts. When you are at a stop light – simply tighten your stomach for 5 to 7 seconds, then release and breath, repeat a number of times.

Another exercise - try sitting with arms crossed, then stand and sit back down, making a stomach muscle and do this for a minute or so (up & down) slowly, at home or at work.

Tight Hamstrings - Stretch those hamstrings, on-the-job and at home. All stretches have to be held for 30 seconds!, not 10 seconds, like most folks think. The looser your hamstrings are (back of your thighs) the less pressure/stress on your lower back. It works!

Reduce The Stomach Fat- This will also take lots of pressure off your back. This is accomplished by: Healthy Eating (portion control),

Light weight lifting (building muscle burns fat) and Cardio exercises (walking briskly, running, biking and more). You can almost eat whatever you want, but just eat less, split the meal with your partner.

For more details on many exercises for your Lower Back (core muscles) you can contact me or Google “Lower Back Exercises”. Try www.back.com. Nice website with free videos on lower-back exercises. Spending just 10 to 20 minutes every other day with some of these exercises, will bring results and pain relief in just a short time.

Please have a Healthy & Happy holiday, and stay tuned for January’s article: **“For 2008 - Get Energized & Feel Great”**.

If you have any questions on this article or suggested topics, feel free to call me at 773-857-7027, cell # is 312-972-2828 and my e-mail is jcullen@CertifiedHealthFitness.com. Or visit the website at: www.CertifiedHealthFitness.com

Thank you all,
Coach Joe Cullen, CPT
Certified Health & Fitness
Happy Holidays **

SuperCop Update

The SuperCop contest was held in Gary Indiana on October and CPD did very well, as a matter of fact, CPD stole the show and the belts!

Jim Klauba, Superlight weight Champion;
Mike Mulcahy, Middleweight Champion;
Joshua Purkiss Heavyweight Champion

Three other CPD officers took 2nd Place honors in their divisions: Chris Jackson, Mike Basile and Shawn Singleton.



All the fighters showed tremendous heart during the competition. As Jim Klauba said, “We want the Police to be viewed in a positive light, and that’s what this competition does”.

10-1 10-1 10-1

Benefit for Our Own

FTO Charlie Scott—006th District

(Medical Emergency10-1)

Thursday, 20 December 2007 7:00 pm—1:00 am

Mr. G. Supper Club

1547 West 87th Street, Chicago, Illinois

\$20 Per Ticket

Silent Auction Prizes Needed!

For more information please contact PO Mason, 773-294-9083

“Time Waits For No One”, *Compliments of Rabbi Moshe Wolf*

A man came home from work late again, tired and irritated. He found his 5-year-old son waiting for him at the door. “Daddy, may I ask you a question?” “Yeah, sure, what is it?” replied the man. “Daddy, how much money do you make an hour?” “That’s none of your business! What makes you ask such a thing?” the man said angrily. “I just want to know. Please tell me, how much do you make an hour?” pleaded the little boy. “If you must know, I make \$20 an hour.” “Oh,” the little boy sighed, head bowed. Looking up, he asked, “Daddy, may I borrow \$10 please?” The father was furious. “If the only reason you wanted to know how much money I make is just so you can borrow some to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you’re being so selfish. I work long, hard hours every day and don’t have time for such childish games.” The little boy quietly went to his room and shut the door.

The man sat down and started to get even madder about the little boy’s questions. How dare he ask such questions only to get some money? After an hour or so, the man had calmed down, and started to think that he may have been a little hard on his son. Perhaps there was something his son really needed to buy with that \$10, and he really didn’t ask for money very often. The man went to the door of the little boy’s room and opened it. “Are you asleep, son?” he asked. “No daddy. I’m

awake.” replied the boy. “I’ve been thinking, maybe I was too hard on you earlier.” said the man. It’s been a long day, and I took my aggravation out on you. Here’s that \$10 you asked for.” The little boy sat straight up, beaming, “Oh, thank you, Daddy!” he exclaimed. Then, reaching under his pillow, he pulled out some more crumpled bills.

The man, seeing that the boy already had money, started to get angry again. The little boy slowly counted out his money, then looked up at his dad. “Why did you want more money if you already had some?” the father demanded. “Because I didn’t have enough, but now I do,” the little boy replied. “Daddy, I have \$20 now. Can I buy an hour of your time?”...

As we are about to say goodbye to another year, let us take a moment to reflect. There have been some good times that made you laugh and times that made you shed a tear, but thank G-d you made it. You go out there everyday doing G-d's work "To Serve And Protect". Always taking care of others, don't forget to take care of those most important, yourself and your loved ones. Seasons Greetings and a very Happy New Year to my most deserving flock.

A Short New Year’s Blessing.

♥May the coming year bring you get a clean bill of health from your dentist, your cardiologist, your gastroenterologist, your urologist, your

proctologist, your podiatrist, your psychiatrist, your plumber and the IRS;

♥May your hair, your teeth, your face-lift, your abs and your stocks not fall;

♥May your blood pressure, your triglycerides, your cholesterol, your white blood count and your mortgage interest not rise;

♥May you find a way to travel from anywhere to anywhere in the rush hour in less than an hour, and when you get there may you find a parking space;

♥May you wake up on January 1st, finding that the world has not come to an end, the lights work, the water faucets flow, and the sky has not fallen;

♥May what you see in the mirror delight you, and what others see in you delight them;

♥May someone love you enough to forgive your faults, be blind to your blemishes, and tell the world about your virtues;

♥May the telemarketers wait to make their sales calls until you finish dinner, and may your checkbook and your budget balance, and may they include generous amounts for charity;

♥May you remember to say "I love you" at least once a day to your significant other, your spouse, your child and your parent;

♥And finally, may you fill your world with love even more than you have in the past.

May G-d keep you safe and always keep you in his loving care. Amen.

Compliments of your Police Chaplain, Rabbi Moshe Wolf 773-463-4780 or moshe-wolf@hotmail.com

Departed Brothers and Sisters

Bardo A. Tranchita, Age 67

John J. Paczkowski, Age 82

Walter F. Glocke, Age 61

Raul S. Lopez, Age 60

Robert W. Stevens, Age 66

John C. Volland, Jr., Age 71

Frank H. Szwed, Age 72

Jeffery A. Widlacki, Sr., Age 64

Zenon J. Pet, Age 66

Anthony P. Delgenio, Age 82

Toxey Hall, Age 79

Nineteen Paul, *By Father Tom Nangle*

The police officer was on his way home from a side gig at 0430, Saturday going into Sunday, when he saw a man with a shotgun slung over his shoulder, a cigarette dangling from the corner of his mouth. It looked like he was waiting for a bus. The police officer had no cell phone, so he went where he knew the police would be: the ER of the closest hospital. There was a blue and white Crown Vic outside, and the Real Police inside doing paperwork and coffee. He showed his button, told them what he'd just on-viewed, and the two said, "Let's go get him." They notified Zone 1, the three police drove to the bus stop, and arrested Shotgun Man. As the handcuffs were ratcheted on his wrists, he wondered in broken English why the police would harass a man who was simply going goose hunting. One of the policemen who came from the hospital's ER had exactly two and a half hours left on the job before he retired after 35 years.

Years ago, two detectives from the legendary CIU crept into a lakefront high rise one morning with the intention of putting a bug in the apartment of an Outfit chap. It took the expert lock-pick copper much longer than usual to get through the door; what normally took him seconds took almost twenty minutes. Finally, he quietly opened the heavy, ornate door. They went in and discovered Outfit Man sound asleep in his bed. They decided against installing the bug, but decided in favor of using his washroom because they'd had a lot of coffee. They didn't flush and they left very quietly.

The retired Chicago policeman awoke in his suburban home to hear the radio news say there had been a homicide in his suburb, the gunman was on the run on foot with a shotgun, and the police were looking for him. He could hear helicopters outside. He went into his basement and took his M-16 out of his hidey hole. When the mess was cleared up hours later, three of his neighbors told him the same thing: We were gonna come by you, you're a policeman, you'd know what to do. He wasn't terribly concerned about the homicide or the manhunt. What angered him was that his neighbors didn't know how to protect themselves and didn't have the means to do so.

As 2007 runs out, I have some high hopes for you: I hope you're proud of being the Chicago police (active, retired, or disabled); I hope you feel lucky to serve and protect God's people (as god-awful as it can get sometimes); I hope you always make a come-back from the burn-out that comes with the job; I hope you can look back on 2007 and find some deep satisfaction in those moments that only come to a Chicago police officer.

Happy holidays, and may the good God bless us all.
Respectfully,
Fr. Thomas Nangle,
CPD Chaplain, 312-738-7588

Information for the Police

-Your Police Chaplains Ministry just sent almost 40 boxes (with ten extra being held at the ready) to Chicago police officers in service to our country in Iraq and Af-

ghanistan. Thanks to all who helped, especially the FOP. It was a 100% police production: You gave the funds to pay the bill, you talked to officers who have returned from over there and got expert advice about what items are needed, you shopped for best prices, and you packed and mailed the boxes. No junk inside, only good stuff including MP3 players, digital cameras, good cigars, gun cleaning supplies, 75 minute phone cards, books, flash drives for computers, candy and gum, watch caps with CPD on them, etc. To all who helped and who don't need to see their names in print: Thank you very much.

-Your Police Chaplains Ministry will once again host your Gold Star Families at The Drake Hotel for the twenty third annual holiday dinner. Our intention has always been to host events throughout the year simply to let these survivors of CPD line-of-duty deaths know that we haven't forgotten them and never will. If you'd like to help us pay the bills that come in January, you can send your donation (tax deductible) to Police Chaplains Ministry, 1140 W. Jackson Blvd., Chicago 60607. Thank you.

UPCOMING EVENTS

The following events listed will occur from December 5, 2007 through January 12, 2008. For further information on any events posted below, contact the Lodge (312) 733-7776, log onto the FOP Website at www.chicagofop.org, or call the Hotline number at 312-733-2101.

December 2007

- 05 Dec 07 Furlough Selections Posted in Units and Districts
- 05 Dec 07 First Day To Submit for Watch Selection
- 06 Dec 07 13th Period Begins
- 08 Dec 07 Lunch With Santa, FOP Hall
- 12 Dec 07 Last Day To Submit for Watch Selection
- 12 Dec 07 First Day to submit for Unit Duty Assignments
- 13 Dec 07 Watch Selections in Units and Districts
- 14 Dec 07 Transfer Bids (Recognized Vacancies)
- 18 Dec 07 FOP General Meeting, 12pm-Noon
- 19 Dec 07 Watch Selections Posted in Units and Districts
- 19 Dec 07 Last Day to Submit for Unit Duty Assignments
- 25 Dec 07 Holiday / Christmas, FOP Office Closed

January 2008

- 02 Jan 08 FOP / Board of Directors Meeting / 10am
- 03 Jan 08 1st Period Begins
- 12 Jan 08 Couples Workshop, for info call Tom Cline or Tori Wilson at 312-746-8458



Store Holiday Hours:

Mon-Thurs 9:00 – 5:00
 Friday 9:00 – 4:00
 Saturday 9:00 – 3:30
 312-733-2344

Dec. 24th & 31st, 9:00—Noon
 Closed Dec. 25, 2007
 & Jan. 1, 2008

Happy Holidays To All And Let The Sales Continue...

The Gold Sale Will Continue Until December 17th To Ensure Holiday Delivery
 All Star Pendants & Rings **10% OFF** Our Already Low Price...

All Crystal Jewelry Now **10% OFF** Includes Blue Ribbon, CPD Initials, Heart Pendant & More

All Duty Gloves Now **10% OFF** Thinsulate, Spectra or Hipora Barrier Lined—Sizes XS to 2XL

Assorted Holiday Pins, Light Up Pins, Bracelets & Necklaces—**Price Range \$1.99—\$3.99 Each.**

Assorted Police Holiday Ornaments—Over 15 Designs To Choose From

Flex-Fit Style Cap In Small/Medium & Large/XL With New Star Embroidery From PO To Captain & Retired...
 Was \$11.95—**Now On Sale 25% OFF**—Brings Price To \$8.96 Each

My Dad's (Mom—Grandpa—Grandma) A Police Officer T-Shirt—Sizes 2/4, 6/8, 10/12 & 14/16...
 (Mom & Grandma Have 3T)...Was \$9.95—**Now On Sale 40% OFF**—Brings Price To \$5.95 Each

Special Star Scarf In Black With Gold Stars On One Side & Silver Stars On The Other.
 Was \$6.95
Now On Sale For Only \$4.95 Each
 Perfect Christmas Gift...



Black Long Sleeve T-Shirt With "Chicago PD" Down The Sleeve. Sm—2XL
 Was \$11.95 (\$12.95 For 2XL)
Now Only \$9.95 (\$10.95 For 2XL)
 Another Perfect Christmas Gift...

10% OFF Sale!

All FOP/CPD Novelty Socks
 Youth Rubber Ducky Slipper Socks

T-Shirt Of The Month—**30% OFF**
 "COPS Chicago"
 In Sizes Small—3XL
Prices Range From \$8.36—\$9.45
 Makes A Great Gift Item...

Need A Great Gift Idea?
 Don't Forget About Our Chicago PD Sports Team Shirts & Jerseys...

FREE Holiday Raffle

Free Ticket With Any Purchase...
 Enter As Often As You Like...
 Many Great Prizes...



Extended Saturday Hours

9:00am—3:30 pm
 Every Saturday Until Christmas
 Also, Special "Saturday Only" Sales...

The New 2008 Calendars Are Here - The Magnetic Style Sells For Only **\$2.50**, & The Flip Style Sells For Only **\$4.00**

New Low Prices On Coffee Cups With Pewter Star, Glasses, Beer Steins, & Cups. We Found A New Vendor With Lower Prices & Are Passing The Savings On To You! These Are Great Holiday Gifts, Hurry In!

Youth Size Polar Fleece Full Zip Jacket For Boys & Girls. In Light Blue & A Two-Tone Blue, Either Jacket Is **Priced To Sell At Only \$17.95** - Boys Sizes 7/8, 14/16 & 18—Girls Sizes 7/8, 10/12, 14/16 & 18

Merry Christmas, Happy New Year & Thank YOU. You Supported Us & Allowed The FOP Chicago Gift Shop To Celebrate Another Successful Year! Please Enjoy The Holidays & Be Safe & Healthy In The New Year.

Again, Thank YOU For Choosing Your FOP Chicago Gift Shop For All Of Your Gift Needs.

Sincerely, The Committee & Staff
Ken Watt, Chairman, Ted Macudzinski, Manager, Ina Zimmermann, Customer Service





**IS YOUR ADDRESS CORRECT?
IF NOT, PLEASE CONTACT THE LODGE.**

Retiree Breakfasts & Luncheons

North:

1st Wednesday of Month @ 7:30 am
Lone Tree Manor
7730 N. Milwaukee Ave, Niles
Joe Nalepa, 773-763-1362

2nd Tuesday of Month @ 8:00 am
Dappers Restaurant
3131 N. Thatcher Ave, Chicago, IL
John Sweeney, 630-690-0409

South:

2nd Wednesday of Month @ 10:00 am
Jedi's Garden Restaurant
9266 S. Cicero Ave, Oak Lawn, IL
Don Januszyk, 708-364-9903

Orland Park Law Enforcement Organization:

3rd Thursday of Month @ 7:30 pm
Orland Park Civic Center
14800 Ravinia, Orland Park, IL
Don Ade, 708-408-9308

Brothers Band Together:

3rd Saturday of Month @ 10:00 am
Pancake House
700 East 87th Street, Chicago, Illinois
Roosevelt Lowe, 773-779-4073

8th District 8 Balls:

Last Wednesday of Month @ Noon
Al Bilacki, 773-767-1885

Old School Deuce:

2nd Tuesday of Month @ 9:30 am
B.J.'s Market
8734 S. Stoney Island, Chicago, Illinois
Elbert Parker, 773-593-7743

Survivors Lunch:

2nd Saturday of Month @ 11:00 am
Beverly Woods Restaurant
11532 S. Western, Chicago

Arizona Retirees:

3rd Thursday of Month @ 11:00 am
Hometown Buffet
1312 N. Scottsdale, Scottsdale, AZ
Ed Plawinski, 480-502-1630

Arkansas Retirees:

3rd Friday of Month @ Noon
Elks Lodge
Highway 62 E, Mountain Home, AR
Dennis Dwyer, 870-431-4458

Las Vegas Retirees:

Every Thursday of Month @ 9:30 am
The Willows Restaurant
2020 W. Horizon Ridge, Henderson, NV
Jerry Rutkowski, 702-575-4301

Florida Retirees:

1st Wednesday of the Month @ 1:00 pm
Cop Shop
4423 S/E 16th Place, Cape Coral, FL
Tom Faragoi, 239-770-7896