

January

2008

# 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.

*“This is your organization and as important as it is to elect qualified individuals, it is equally important that we all participate in the process.”*

## President’s Report, By Mark Donahue

### Chicago Tribune

On December 5<sup>th</sup> and 6<sup>th</sup>, as most of you may know, the Tribune embarked on what was to be a series of articles that at first report was to be spread over several days. What they did was to publish seven articles over those two days in which they blasted the integrity of every member of this department. The Lodge responded immediately with an equally scathing letter to the editor [which was never published] which was posted on the paper’s forum section of their website as well as being posted on our website. The writer Steve Mills, stepped way over the line on this and his remarks (that were made at another forum) in which he states his feelings were included in the letter. He basically feels that if the facts don’t substantiate your articles, improvise, but get the story out. A copy of our letter to the editors is included in this newsletter on page 2.

Reaction to these and other issues that have erroneously been reported recently caused two of our usually supportive members of the City Council to sponsor an ordinance which would require all officers involved in shootings to take a breathalyzer within two hours of the shoot regardless of the circumstances. After numerous conversations with several parties over the days leading up to a vote on the ordinance being addressed in committee

and then the full Council, our position that this would constitute an unfair labor practice was agreed to. The appropriate forum for discussion on this matter would be at the bargaining table and that’s where we expect any further talks on this issue to take place.

### Negotiations

There have been several more meetings with the City since last month over our proposals and the relatively few that have been tendered by the City. We will continue to post theirs on our website but will not relate the discussions that have occurred based upon the agreement between the Lodge and the City to refrain from doing so. We have recently seen the media attempt to interject on several proposals but their comments on any of them are pure speculation.

### Illinois Parole Board

I attended a Subcommittee meeting of the House Judiciary Committee on December 12<sup>th</sup>. The subcommittee was formed to address the issue of what are referred to as “C” sentences. These are the long-term sentences that were handed down during the late 60’s and 70’s when the Courts were not able to impose the death sentence on those who were truly deserving of it. As you can expect, many of those offenders received the long sentences for killing Police Officers. There is a movement afoot to review these sentences now that many of the offenders are aged and no

longer considered to be a threat to society. At the meeting, the point was driven home that the reason for the imposition of these “C” sentences was that the Judge could not impose the Death Penalty as many of the Judges had expressed at the time of sentencing. To readdress the issue now due to an aging prison population, skirts the issue of the seriousness of the offense. The Lodge will have a presence at any and all upcoming Parole Board Hearings when the victim was a Chicago Police Officer. The Department has also made a commitment to do the same as does the States Attorney’s Office. We will also have a presence at future hearings that address “C” sentences to ensure that those convicts serve an appropriate length of time where they belong. Your assistance in this matter means a great deal. When you see those petitions floating around the stations and Units, take the time to sign them and make sure your partner signs them as well. Signatures of Police Officers do have an impact on the decisions of the Board.

### Political Action Committee

The Political Action Committee has met for the purpose of formulating a recommendation to the Board of Directors on candidates seeking the Lodge’s endorsement in the

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## President's Report Continued...

February primaries. To give you an idea of the importance of what the FOP endorsement means, please consider the fact that the Committee met to interview primarily judicial candidates on December 12<sup>th</sup> and they had an appointment every 10 minutes from 1500 to 1930 hours. Many came in beyond the deadline that was set for those requests and the Committee did its best to address

them all. When the Board makes their endorsements it is done based on several factors the most important of which is what is best for our members. Please take the time to review these endorsements and to give them your consideration. Just about everything we do in our careers is based upon what these lawmakers decide and we need to have an active

role in deciding who they are.

### Lodge Elections

Petitions were drawn at the December General Meeting for those wishing to run for office in the Lodge Elections that will be held in March. The Election Committee will conduct a candidates meeting in January to ensure that all are informed of the entire process. This is

your organization and as important as it is to elect qualified individuals, it is equally important that we all participate in the process. It is important, especially during the negotiations process, to express your concern for your organization and the easiest way and the most responsible way is to vote so that the message that this organization is important to us is heard loud and clear.

December 5, 2007

Dear Chicago Tribune Editor:

The Chicago Tribune is biased against the Chicago Police Department. Its goal is, and always has been, to portray police officers in the worst possible way to its readership. In order to poison the minds of its readers, the Tribune needs a bridge to the public. This is where Steve Mills, house reporter to the People's Law Office and the Loevys, comes into play.

When reading Mill's articles, one must realize that the story is being told by a person who is clearly biased against the Chicago Police Department. Reputable news outlets rely on unbiased reporting. The Tribune does not subscribe to that philosophy. Mills is an out-and-out "police hater." At a national conference in New Orleans, Steve Mills was quoted as saying the following about Chicago Police Officers:

"It's very clear. It's us against them."

"I mean why not make it (the relationship with police) an all out war...It's our job to go after them."

When Mills writes a story, he misleads his readers by providing a slanted account of the details. He admitted to as much when he said, "So, well, we can't be as systematic as we'd like sometimes, if you can't get enough—as long as you, you know, you stay focused like a laser on what you're really trying to prove, *you can go far enough and get enough into the paper to make the points.*"

Make the points? What about reporting the entire story rather than bits and pieces which support your conclusion? The readers have no choice but to think poorly of police officers after reading his misleading stories. But then again, that is exactly what Mills and the Tribune want.

Mills talks about the tragic situation when a paraplegic was shot by police officers. After reading his story, a reader has no other choice but to conclude that the officers acted inappropriately. That is because Mills followed the Tribune script perfectly: "Present only the facts which hurt the police." What Mills failed to write, by design no doubt, was that the paraplegic was fleeing the police in a stolen car moments prior to the shooting. He did not mention that the offender was driving the wrong way down streets during his flight. He also failed to mention that the offender threw a second gun out of his car during the chase. He claims that a gun was planted on the offender. So the first gun was his, but the second one had to be planted?

Moreover, it is undisputed that the offender's family was outside when the shooting took place. It was a warm summer evening, with people all over the place. Surely someone must have seen the police plant this gun? Not one of those persons ever alleged that the police planted the gun on the offender. It was not until years later that someone concocted this story. Mills also failed to mention that the police explained that the offender pointed his gun at the officer who was standing outside his window when he was then shot by a police officer from the rear of the vehicle. Mills contends that since there were bullet wounds to the back of the offender's hands, it is obvious that the offender had his hands "raised in surrender." Mills neglected to mention that it was at least equally plausible that the wounds to the back of the offender's hand came as the result of his pointing his gun at the officer. But then again, why should Mills or the Tribune let facts get in the way of a good story.

His series, which will continue all week, will likely contain more fabrications, selective testimony and out-and-out lies. This disservice to the members of the Chicago Police Department and every citizen of this City will have lasting effects. When credibility is given to one man who builds bridges between fact and fiction, and misleads the public, the credibility of all members of the media is questioned, just as is the credibility of all police officers.

Sincerely,  
Mark P. Donahue

## Lodge Endorsements for February Primaries

**Commissioners for the Water Reclamation District:**

Vote for Three (3); Kathleen Therese Meany, Dean Maragos, Cynthia Santos

**Cook County Board of Review:** Joseph Berrios

**Cook County States Attorney:** Tom Allen [D]  
Edward Barron [R]

**Clerk of the Circuit Court:** Dorothy Brown

**State Representatives:**

2 <sup>nd</sup> District	Edward Acevedo	3 <sup>rd</sup> District	Luis Arroyo
6 <sup>th</sup> District	Esther Golar	9 <sup>th</sup> District	Art Turner
10 <sup>th</sup> District	Annazette Collins	11 <sup>th</sup> District	John Fritchey
13 <sup>th</sup> District	Greg Harris	15 <sup>th</sup> District	John D' Amico
16 <sup>th</sup> District	Lou Lang	19 <sup>th</sup> District	Joe Lyons
20 <sup>th</sup> District	Mike McAuliffe	22 <sup>nd</sup> District	Mike Madigan
25 <sup>th</sup> District	Barbara Flynn Currie	26 <sup>th</sup> District	Will Burns
27 <sup>th</sup> District	No Endorsement	28 <sup>th</sup> District	No Endorsement
33 <sup>rd</sup> District	Marlow Colvin	78 <sup>th</sup> District	Deborah Graham
31 <sup>st</sup> District	Mary Flowers	35 <sup>th</sup> District	Kevin Joyce

**State Senate:**

2 <sup>nd</sup> District	Willie Delgado	5 <sup>th</sup> District	Amy Sue Mertens
8 <sup>th</sup> District	Ira Siverstein	9 <sup>th</sup> District	Jeff Schoenberg
11 <sup>th</sup> District	Lou Viverito	18 <sup>th</sup> District	Ed Maloney
20 <sup>th</sup> District	Iris Martinez, Rich Bradley (Both Qualified)	33 <sup>rd</sup> District	Dan Kotowski
39 <sup>th</sup> District	Don Harmon		

**Voting for Judges**

Although too many people just skip the judges; there are several methods that Chicagoans traditionally use when voting the judicial ballot that are equally as bad. Many employ the all Irish or all Italian surname method, more recently, the first or last man or woman on the ballot a kind of hit or miss method has become popular. On this February's primary ballot you will find all sorts of people, if you employ any of these methods you are sure to be disappointed in several of your choices. There are all different kinds of people seeking seats on the judicial bench, including attorneys who have represented cop killers for money. Make every effort to make good choices.

**State Appellate Court [Burke Vacancy]:** Alan J. Greiman

**Cook County Judges:**

6 <sup>th</sup> Subcircuit [Figueroa Vacancy]:	Nancy Hallihan Horodecki
8 <sup>th</sup> Subcircuit [Sheehan Vacancy]:	James Byrne
10 <sup>th</sup> Subcircuit [Morrissey Vacancy]:	John G. Mulroe
10 <sup>th</sup> Subcircuit [Pucinski Vacancy]:	Thomas F. Biesty
10 <sup>th</sup> Subcircuit [Kowalski Vacancy]:	Ursula Walowski
Countywide [Disco Vacancy]:	Lauretta Higgins Wolfson
Countywide [Lott Vacancy]:	Thomas J. Byrne
Countywide [Keehan Vacancy]:	Marilyn F. Johnson
Countywide [Thomas Vacancy]:	Joan Powell
Countywide [Healy Vacancy]:	Maureen Ward Kirby
Countywide [Montelione Vacancy]:	No Endorsement
Countywide [Murphy Vacancy]:	Paula Lingo
Countywide [Glowacki Vacancy]:	Jesse Reyes
Countywide [Nowicki Vacancy]:	Brian Sexton

**Endorsements Made By  
The Illinois State Lodge**

**United States Congress:**

3rd Congressional District, Dan Lipinski  
11th Congressional District, Tim Balderman

**Illinois House:**

71st Representative District, Jerry Lack

## Website Committee Report, *By Rich Aguilar, Chairman*

### Survivor's Handbook

A new year has begun as you are reading this. With each New Year, many of us make resolutions that we believe we will keep. I recently received a letter from a retired officer who had a young adult child pass away without any warning. This occurred in July of 2007 and this retired officer is still experiencing the pain of having to deal with the son's business affairs as the son, like most of us, was unprepared for his unexpected death.

I urge all of you reading

this to make and keep at least one resolution. Your age or health status does not matter. I am asking you to download and complete the Lodge #7 Survivors Handbook. This simple document can make things a lot easier for your family in the event something should happen to you.

This handbook can be found on the web at [www.chicagofop.org/Updates/links/survivorhandbook.pdf](http://www.chicagofop.org/Updates/links/survivorhandbook.pdf)



### Vest Safety Day

Representatives from the various soft body armor companies will be at the FOP Hall displaying their latest product models.

If you are in need of updating your current vest, take advantage of this opportunity and visit the Vest Safety Day.

All officers are welcome!

**Thursday, 14 February 2008**

0900—1700 hours

**The FOP Hall**

1412 W. Washington Blvd., Chicago, Illinois

*For more info, call Frank DiMaria at the FOP, 312-733-7776*

## Annual Pre-ACT Exam Offered At The F.O.P. Hall

The best preparation for the ACT Exam is a solid academic high school curriculum. However, in our competitive academic environment, students must also have test "SMARTS." Statistics have shown that the students who have had preparation in testing strategies, practice testing, test format and test instructions, substantially outperform others. The COLLEGE VISIONS STRICTLY STRATEGIES workshop that will be offered at the F.O.P. Hall focuses on these important test strategies and techniques.

By mandate of the State of Illinois Department of Education, all public and private high school juniors will be required to sit for the ACT Exam this April. By attending this workshop and taking a practice ACT Exam, your child will have a week or two to become more prepared in certain areas where they may not have tested as well as they would have liked, prior to the ACT being offered at their particular school. In an effort to prepare the children of "F.O.P., LODGE #7" members for this very important exam, the F.O.P. has invited

COLLEGE VISIONS to conduct their workshop for the daughters and sons of F.O.P. members. This workshop will be offered on Sunday, April 6, 2008 from 1300 - 1600 hours and will be held at the F.O.P. Hall, 1412 W. Washington Blvd. This program usually costs \$50.00 or more. The cost for the children of the F.O.P. will only be \$25.00 per child.

The presenters of this program are knowledgeable and experienced educators. They have prepared thousands of students in the Chicago area to be "test smart." The Lodge

encourages you to involve your child in this program. If your child only picks up one or two items that assist him/her in taking the ACT Exam, it is to his/her advantage.

There is limited space available at the F.O.P. Hall, so please complete the application and send it, along with a check or money order for \$25 made payable to College Visions, by Friday, March 28, 2008.

Ensure that your child has a seat at this important educational event that might very well effect his or her future.

## College Visions, ACT WORKSHOP, Strictly Strategies

**Session Time:**  
Sunday, 4/6/07  
1:00 pm – 4:00 pm

**Location:**  
Fraternal Order of Police, Lodge No. 7  
1412 W. Washington Blvd., Chicago, IL 60607

**Registration Fee:**  
\$25.00

**Please return this registration form and your fee (cash or check payable to College Visions) to Kathy Moore at F.O.P. Lodge No. 7, by Friday, 3/28/08.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ /City \_\_\_\_\_ /State \_\_\_\_\_ /ZIP \_\_\_\_\_

Phone: \_\_\_\_\_ /Year In School: \_\_\_\_\_ /Cash: \_\_\_\_\_ /Check: \_\_\_\_\_

## 1st Vice President's Report, *By Bill Dougherty*

### Department Moral

As all members know, 2007 was a rough year in the media for our membership. It seems that a day didn't go by without some negative police story being the lead story. Whether it was on the front page of the Chicago newspapers or the lead story on the television news, we became news and rarely was it positive. If you are fairly new on the job and you weren't aware that everything about our job can be front page news, you received a rude awakening in 2007.

The media is not our friend. Their primary job is to sell newspapers and/or sell ads on television. It never ceases to amaze me that our members would even take the time to assist these predators with their stories. Rarely do any of their stories attempt to portray us in a positive light. Most of the officers I talk to are either frustrated or angry with the lack of positive police stories in the media. We all know that for every negative news story, there are at least a thousand positive stories out there that are not being reported. When the Lodge responds to these negative stories with a press conference or press release, the media never prints the real version. So, starting in February, we will start printing some of those positive stories here in your newsletter. If you have a positive news story, please let us know about it by sending a copy of the report or e-mailing us the story. Officers, keep your heads held high and be proud of the quality work that you do everyday. We are the best police department in the country and, as the grunts of

this department; we do most of the work. Unfortunately, sometimes it goes unappreciated.

### Flexible Spending Account Reminders

Keep in mind that you have until March 15, 2008 to use up any monies that you have left in your 2007 Flexible Spending Account. Members then have until March 31, 2008 to submit receipts for reimbursement. Only 2046 out of 40,000 city employees signed up for the Flexible Spending Account for 2008. Every active member should be using this tax advantage for medical expenses. Members will be able to sign up again during open enrollment next year.

### Wellness Day

The Education and Training Division will be having a Wellness Day on January 31, 2008 from 0800-1600 hrs in the gymnasium at the academy. All department members and retirees are welcome to attend and no appointment is necessary. There will be a Nutritionist, personal trainer, Chiropractor, Physical Therapist and Massage Therapist available for consultations. Members can get screenings for blood pressure, cholesterol, blood sugar, bone density, foot scanning, pain assessment, muscle strength testing, BMI index, vision screening and hearing screening.

### Medical Grievance For 2007

In 2007 the Lodge filed 140 Medical Grievances for contract violations against the Committee on Finance, Medical Services Section and the Benefits Management Office. Eighty-seven (87) were for IOD's that were

denied by the Committee on Finance, twenty-six (26) were for officer's being placed on the medical roll for psychological and physical evaluation, seven (7) were for medical bills not being paid and twenty (20) were for other medical contract violations. When a member files a grievance the grievance goes on the next month's agenda at Medical Mediation. Some grievances are granted or resolved at mediation. If the grievance can't be resolved it is sent to the FOP grievance committee. The committee will demand arbitration, withdraw the grievance or accept an offer from the City. The grievant will be able to address the committee in person if the grievant wishes too.

### Healthfair News

On February 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>,

28<sup>th</sup> and 29<sup>th</sup>, Interactive Health Solutions will be offering health screenings at the FOP Lodge. These tests are more comprehensive than those given during a typical visit to your physician. The entire testing process takes about thirty minutes of your time. Your health and the health of your loved ones should be a top priority. Please review the description of the various screenings on page 11. To schedule an appointment for yourself and/or eligible family members (age 18 and above), simply call HIS at 1-800-840-6100 between 8:30am and 5:00pm, Monday through Friday.

### FREE Debt Consolidation Home Buying Workshop

- Learn how you can pay off your high interest debts and lower your mortgage payment and/or term at the same time.
- Get all the information a first-time home buyer needs to know to make the right choices.
- Currently have a home equity loan? Is your current home mortgage an ARM? Find out about refinancing and locking in a low fixed rate.
- Think you can't afford a home? Learn about all your financing options.

Financing Available in Illinois and Wisconsin

**Wednesday, January 23, 2008**

1000—1400 hours

**FOP Hall**

1412 W. Washington Blvd.  
Chicago, Illinois

Call the FOP Office at 312-733-7776 to register.

## 2nd Vice President's Report, *By Frank DiMaria*

### Long Term Prisoner Study

The Long Term Committee Study was formed by State Rep Art Turner Chicago and State Senator John Cullerton Chicago with the intention of formulating a new system of determining release for convicted murderers many of them cop killers who were convicted of their crimes prior to 1976 when there was no death penalty or life without parole but were sentenced 25-125 years. These convicted murderers are referred to as C Inmates. The Long Term Prisoner Study (C Inmates) Committee met on 10 December 07 at the Thompson Center to discuss changes in how these inmates could qualify for early release. President Donahue and I attended this meeting. I spoke representing the Lodge telling them that we the Law Enforcement Community oppose lowering or changing the current standards that would entitle a cop killer to an early release. Victims/Family Members of these crimes also testified strongly opposing any changes in the system of how the C Inmates are released

Below are some of their recommendations to the Legislature on how this should be implemented:

-No consideration of the seriousness of the offense for which the inmate was convicted or the impact of the early release would have on the Victims;

-A Report Card giving an inmate points for not getting "tickets" while institutionalized and obeying the rules;

-Earning a degree or going to trade school;  
 -Changing the requirement of a quorum of IPRB present to only a Majority of Illinois Prisoner Review Board (IPRB) Member present not a quorum as now required;  
 -Annual Hearings for these convicts

The recommendations of the Committee will be presented to the Legislature. We will keep you informed of any future proceedings. There are currently 279 C Inmates in prison and this committee wants to return them back to society. We must follow and keep a watchful eye this type of bad legislation and attempt to stop the early release of any murderers of police officers.

Please continue to sign the Petitions to Deny Parole for these cop killers whenever you see them in your Unit/District. The signatures on these forms are recognized by the Illinois Prisoner Review Board by their numbers that Citizens of the State of Illinois protest the early release of a murderer now or any time in the future. WE WILL NEVER FORGET!

### Vest Safety Day

The Lodge is going to host a Vest Safety Day at the Hall on 14 February 08 from 0900-1700 hrs. We have contacted all of the soft body armor companies and they are all interested in participating in this event. If you are in need of a new vest take advantage of this event which the Lodge has organized for your benefit.

### Stress Management Class

Due to an increase in demand, the Lodge and the Employee Assistance Program (EAP) has been successful in obtaining additional dates for the Stress Management

Classes for 2008. The new location for the classes is the Hartgrove Hospital 5730 W Roosevelt Road. The Classes are for 2 days from 0830 hrs - 1630 hrs and you must attend both.

The Dates for the 2008 Stress Management Classes are:

- 24 & 25 January 08
- 28 & 29 February 08
- 27 & 28 March 08
- 24 & 25 April 08
- 22 & 23 May 08
- 26 & 27 June 08
- 25 & 26 September 08
- 30 & 31 October 08
- 4 & 5 December 08

There are no classes in July August or November.

### Peer Support

The Peer Support Team Program offers assistance and appropriate support resources to police officers (active and retired) with personal or professional problems. They are accepting applications for their Spring Peer Support Team Training. Anyone interested should contact the Employee Assistance Program (EAP) at 312 743-0378 to receive an application. This is a voluntary program and a serious commitment to the program is a must. The deadline for the application will be 9 March 08.

### October 2007 Retirees

Name	Rank	Dist.	Yrs
Barrins, Patrick J.	Detective	620	21
Conneely, John T.	Officer	009	12
Gamble, Lorenda M.	Sergeant	015	25
Heil, Michael E.	Officer	018	34
Jacinto, Virginia I.	Officer	004	7
Jackson, James C.	Officer	002	25
Kowalsky, Joseph	Officer	059	31
Mickel, Anthony C.	Officer	002	30
Moriarty, John J.	Officer	013	25
Musso, Philip	Officer	014	38
Pajowski, Lawrence D.	Officer	051	30
Perry, Leonard	Officer	015	27

### November 2007 Retirees

Name	Rank	Dist.	Yrs
Bradley, Juanita	Officer	701	37
Breier, Michael D.	Officer	051	30
Busch, Jr., Richard E.	Officer	701	38
Daly, Eileen M.	Detective	075	34
Garrity, Patrick	Commander	022	31
Graziano, Philip	Detective	620	30
Isakson, Roy A.	Officer	011	32
Maher, James D.	Officer	543	40
Martinez, Angelo M.	Officer	020	41
Medici, Salvatore L.	Officer	009	40
Miller, Horace F.	Officer	010	23
Munger, Robert C.	Officer	016	35
O'Donnell, James J.	Officer	013	41
Peterson, Sharon R.	Officer	003	21
Puzas, Larry D.	Sergeant	057	28
Quinlan, Michael	Officer	001	34
Sherden, Victoria R.	Officer	011	22
Smith, Marva O	Officer	276	31
Stewart, Fred L.	Officer	001	26
Sutor, Yvonne N.	Commander	606	30
Thompson, Thomas B.	Officer	017	40
Tovar, Robert M.	Officer	177	41
Triplett, Frank	Officer	001	41
Zylvitis, Debra A.	Detective	650	21

### 3rd Vice President's Report, *By Greg Bella*

#### Roundtable for Police Shootings G.O. 02-09

The round table occurs after the detectives do their preliminary investigation. The purpose of the round table is a preliminary fact-finding session used to provide a forum for the interview of witnesses and review the available facts relevant to police related firearm discharge incidents. Present at the roundtable are your F.O.P. representative, the ADS, IPRA (OPS), an ASA, the Area Detective Commander and the District Commander. Contrary to the media's perception the results of the roundtable are not made public. The Department releases a statement usually within 5 to 10 days after the shooting announcing the findings of the shooting incident.

Before the roundtable starts the F.O.P. representative will ask the ADS and IPRA if a C.R. number has been obtained or is anticipated in the incident. If a C.R. number has not been obtained or anticipated the members present can ask questions of the officer. If a C.R. number has been obtained the officer has 72 hours to retain counsel before answering any questions and the officer does not participate in the roundtable. Once a C.R. number is obtained that ends the officer involvement and the officer can return in 72 hours with counsel to answer any questions. The reality is, when a C.R. number is obtained IPRA (OPS) or IAD questions the officer weeks to months later in a question/answer statement with counsel present.

This is why when you are involved in a shooting, an F.O.P. representative responds. If an attorney was to respond to the shooting then, if a C.R. number is obtained, you will be required to talk immediately because counsel is present.

#### Why should we give up any of our rights?

Our Detectives always do a professional job investigating police shootings and the Lodge's concerns are first and foremost the officer's well-being and secondly the prosecution of the offender.

Maybe it is time to reconsider when the roundtable convenes because time is needed to process evidence. The Detectives can do their job and after the results of the processed evidence are available then the roundtable can be convened.

Many studies have been done over the past twenty years and all show that an officer has better recall of a traumatic incident 72 hours after the incident. The studies show that an officer might not recall certain facts because the brain blocks out recall to combat the stress brought on by the shooting. By waiting 72 hours the officer has overcome the stress and has better recall of the incident. The new Superintendent should know this first hand because when an F.B.I. agent or any Federal agent is involved in a shooting they walk away and are not required to give any statement for 48 hours.

#### Beware

There have been a couple of instances where IPRA has come out to the Districts and are telling officers they have to give statements. It is your right to retain counsel for a

statement and they have to give you 72 hours to do so. If this should happen to you call the Lodge immediately, 24 hours a day 7 days a week. We will rectify the situation. **Know and protect your rights.**

#### The Media

When Al Sharpton comes to Chicago and talks about brutality and it is obvious he doesn't have a clue as to what the facts are yet the media is all over him, he rates the second page of the Times and Tribune. He appears on the 5:00 news on all the major stations even though he is just ranting with no factual basis.

Now that the Feds have him on tape allegedly extorting \$50,000 in cash from a vendor and there is another federal investigation into the finances of his organization it seems to be a non-story. There was only a little blip on the radio and really no coverage from the two newspapers. This is a big story because Sharpton claims he is not about the money but about the rights of people. Now he stands to be indicted because of his greed and all he can say is what he did is not against the law because he is not an elected official.

Another little one-day blip was the big brawl between Frank Avila Jr. and Flint Taylor over the legal fees in the Burge case. Two more activists who preach that they are only concerned about the rights of criminals but now that the payday is near they show their true colors. They were screaming and yelling as to which attorney gets paid what amount. That would seem to warrant a story but the two major rags did not see fit to write about imposters who

have their hand in the cities pocket.

John Loevy appeared on the news representing the offender who claims to have had his thumb broken by Drew Peterson in Bolingbrook during an interrogation. Loevy apparently was not aware that the Bolingbrook P.D. taped the whole incident and that Peterson was not even working. Let's see if the media dares to slam Loevy and his client for filing a false lawsuit.

The story should be that none of these people care about anyone's rights and all they care about is keeping the police brutality monster alive in the media because it is making them rich. The media is just as guilty as the activists.

**Protect your rights, if you have a question call the Lodge.**

**Tax Info**

**It's that time of year again!**

**Union dues paid for the year 2007: \$426.00**

**The New 2008 F.O.P. Handbooks Are Now Available For \$3.00 Each to anyone who needs extras.**

**The Vehicle Medallions Are Available For \$10.00 Each.**

**To Purchase Any Of These Items, You Must Have An F.O.P. Identification Card. Keep In Mind That We Have To Record Your Purchase, So Bring Your F.O.P. Card!!**

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

### Disability Report

Happy New Year 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](http://www.chicagofop.org), for beneficial information. Or e-mail me at this address: [csaladino@chicagofop.org](mailto:csaladino@chicagofop.org).

**November Pension Board Update** – Advocates present were 1<sup>st</sup> VP Bill Dougherty, Det Steve Schorsch, Sgt Mike

Shemash and myself. Disability Claims: *Duty* - 2 granted (75%), 1 granted (50%), 1 denied. *Ordinary* - 4 granted, 1 deferred.

**December Special Board Meeting** – Advocates present were 1<sup>st</sup> VP Bill Dougherty, Sgt Mike Shemash and myself. Disability Claims: *Duty* - 1 granted (75%), 1 deferred. *Ordinary* - 1 granted. The Pension Board has the agenda of each month's meeting on their web site. Visit [www.chipabf.org](http://www.chipabf.org) to

view.

### Veterans Corner

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

**Lakeside Outpatient Clinic** - New facility now open located at 211 East Ontario, 12<sup>th</sup> Floor. Telephone number is 312-469-4850.

**Full mandatory funding of VA Healthcare** will be on the ballot in Cook County February 5, 2008. The ballot will say:

"Shall the federal government be required to adopt mandatory full funding of the Department of Veterans Affairs for the purpose of ensuring that all eligible honorably discharged U.S. veterans receive quality and accessible healthcare and related services?"

*"There are no atheists in fox holes."*

*William Thomas Cummings*

Airborne Sal

## Recording Secretary's Report, By Sidney Davis

### Santa Sid

For the fifth year in a row, the Lodge picked out a school, Esmond Elementary School, 1865 West Montvale, and donated toys, gifted by the Board of Directors and Unit Reps. Santa Sid (Sid Davis) passed the gifts out assisted by Principal Dr. Angela Tucker and her staff. This year's event was also attended by 19<sup>th</sup> Ward Alderman Virginia Rugai and President Donahue. Santa Sid also visited Carpenter Elementary School at 1250 W. Erie; his assistant that day was Officer Samella Ramirez (Unit 189), toys were given to approximately 50 school kids

### Watch Bidding, Filling of Vacancies

Watch bidding will occur again during the 3rd Period (March 5th), 6<sup>th</sup> Period (May 28<sup>th</sup>), and 9<sup>th</sup> Period (August 20th) in 2008. Unit and watch reps can assist you in the bidding process.

### 2008 General Handbooks

Much care, time and effort went into the production

of the 2008 General Handbook. The handbook committee welcomes any suggestions or comments regarding future handbooks that will improve or better serve its members. A handbook comments page can be located (page 156) in the 2008 handbook. Please use this page for your suggestions or comments, and then return via Police Mail to FOP, Unit 541.

### Department Vehicles

Remember to thoroughly check out any department vehicle you are assigned to drive. If anything is located in that vehicle that you failed to go notice, the fault is yours and your partner's

### Deferred Compensation

It's the beginning of a new year, why not increase your deferred compensation. Twenty years (in a police career) comes fast, the days of staying 30, 35 or even 40 years are pretty much gone. Try to max out as quickly as possible, watch your savings grow and retire comfortably. Fifty percent (50%) is not much to live on. When done correctly, you should be able to retire making

more than you did when working.

### Police Shootings

Lodge members are again reminded that when involved in a police shooting or you observed a shooting involving a Lodge member, call the Lodge.

### Who Did You Speak With?

In our day-to-day business we converse with many people regarding problems, issues and complaints. Nothing is more frustrating than hearing the words, "I don't know who I

spoke with". We are here to assist you, and assist you we will. Please ask for the name of the person who gives you information, then pass that information on to us. Often times we learn that information given to our officers is wrong. Having a source reference allows us to correct a problem. It's that simple.

### Board and General Meetings

It is a new year. Why not make an effort to see your F.O.P. Hall? Come join us bringing your ideas on how to improve benefits, old and

## Deported Brothers and Sisters

Thomas M. Simpson, Age 75

David J. Brown, Age 44

Aloysius P. Fornell, Age 84

Kenneth Ostafin, Age 65

Knute N. Nyman, Age 71

Willie Ware, Age 68

Wayne C. Campbell, Age 64

Thomas J. Burns, Age 81

Howard E. Schulz, Age 77

Vincent P. Mathews, Age 86

Dorothy L. Anderson, Age 67

Ralph J. Mullin, Age 76

John P. Skelly, Age 73

Richard L. Sheridan, Age 74

Robert T. Elam, Age 65

Leo Jakaitis, Age 82

William J. McDonald, Age 68

Harold E. Bourret, Age 65

Herbert E. Bailey, Jr., Age 66

Joseph V. Mirus, Sr., Age 68

Robert E. King, Age 73

Walter J. Bendik, Age 61

Max Steele, Age 80

Philip C. Delia, Age 62

Mark S. Lorenz, Age 35

Neal J. McCann, Age 79

Roman J. Keating, Age 71



## The Dream, Compliments of Rabbi Moshe Wolf

I had a dream that I went to Heaven and an angel was showing me around. We walked side-by-side inside a large workroom filled with angels.

My angel guide stopped in front of the first section and said, 'This is the Receiving Section. Here, all the petitions to G-d said in prayer are received.' I looked around in this area, and it was terribly busy with so many angels sorting out petitions written on voluminous paper sheets and scraps from people all over the world.

Then we moved on down a long corridor until we reached the second section. The angel then said to me, 'This is the Packaging and Delivery Section. Here, the graces and blessings the people asked for are processed and delivered to the living persons who asked for them.' I noticed again how busy it was there. There were many angels working hard at that station, since so many blessings had been requested and were being packaged for delivery to Earth.

Finally at the farthest end of the long corridor we stopped at the door of a very small station. To my great surprise, only one angel was seated there, idly doing nothing. 'This is the Acknowledgment Section,' my angel friend quietly admitted to me. He seemed embarrassed. 'How is it that there's no work going on here?' I asked. 'So sad,' the angel sighed. 'After people receive the blessings that they asked for, very few send back acknowledgments.'

'How does one acknowledge G-d's blessings?' I asked. 'Simple,' the angel answered. 'Just say, 'Thank you, Lord and do a random

act of kindness to a needy person.'

'What blessings should they acknowledge?' I asked. The angle replied, 'If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish, you are among the top 8% of the world's wealthy.'

'Also...If you woke up this morning with more health than illness...you are more blessed than the many who will not even survive this day. If you have never experienced the fear in battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of 700 million people in the world.'

'If your parents are still alive and still married you are very blessed.'

'If you can hold your head up and smile, you are not the norm, you are unique to all those in doubt and despair.'

'If you can read this message, remember you are more blessed than over two billion people in the world who cannot read at all.'

So, as you start the New Year, take a few moments, count your blessings, and don't forget to share a smile with someone who might not have one of their own.

### How I Got Rich.....

A young man asked an old rich man how he made his money. The old guy fingered his worsted wool vest and said, "Well son, it was 1932, the depth of the Great Depression. I was down to my last nickel. I invested that

nickel in an apple. I spent the entire day polishing that apple and, at the end of the day, I sold the apple for ten cents.

The next morning, I invested those ten cents in two apples. I spent the entire day polishing them and sold them for 20 cents. I continued this system of polishing and selling, each time reinvesting my profits into buying more apples."

"Wow!" said the young man," and that's how you accumulated your fortune?"

"Nah", said the old man," my wife's father died and left us five million dollars." Now you know the rest of the story.

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

Compliments of your Police Chaplain, Rabbi Moshe Wolf, 773-463-4780 or [moshewolf@hotmail.com](mailto:moshewolf@hotmail.com)

## UPCOMING EVENTS

The following events listed will occur from January 9th thru February 12th 2008. For further information on any events posted below contact the Lodge (312) 733-7776, or log onto the FOP Website at [www.chicagofop.org](http://www.chicagofop.org).

### January 2008

- 09 Jan 08 Submit for Unit Duty Assignments, Section 23-9 (Last Day 16 Jan)
- 11 Jan 08 Transfer Bids (Recognized Vacancies), Section 23-8, Effective 2nd Period 2008
- 12 Jan 08 Couples Workshop / 1300 W. Jackson Blvd. / Tom Cline – Tori Wilson at 312-746-8458
- 15 Jan 08 FOP General Meeting / 7 p.m. / FOP Hall
- 16 Jan 08 Last Day to Submit for Unit Duty Assignments, Section 23-9 (Contract Book)
- 21 Jan 08 Holiday / King Birthday / FOP Office Closed
- 25 Jan 08 20<sup>th</sup> Class Reunion / Class 88-1 A&B / FOP Hall / 1800 hours
- 31 Jan 08 Benefit / P.O. Wayne Smith Jr. / Mr. G.'s Supper Club Chicago / 773-590-6639
- 31 Jan 08 2<sup>nd</sup> Period Begins

### February 2008

- 05 Feb 08 FOP / Board of Directors Meeting / 10am / Time Certain – 12pm
- 06 Feb 08 First Day to submit for Unit Duty Assignments, Section 23-9 (Last Day Feb 13)
- 08 Feb 08 Transfer Bids (Recognized Vacancies), Section 23-8, Effective 3rd Period 2008
- 12 Feb 08 Holiday / Lincoln Birthday / FOP Office Closed

## Fitness For... "Our Finest"

One of the most common reasons why people say they don't exercise is, "I just don't have the time". Sound familiar? So, let me ask you, how many hours are there in a week? Yes...168. To achieve an excellent fitness level, you only need to devote 5-6 of those hours to exercising. Actually folks, just dedicating 3-4 hours / week, will give you a very good fitness level. That's all it takes, and that includes showers and getting dressed. Now make it a priority.

Steps, to *Getting Fit and Getting Started*, for 2008, and the key here is long-term.

1) If you're starting a new exercise program, I recommend you seek the advice or approval of your physician, especially for those over the age of 40.

2) **Accountability & Discipline**, are valuable attributes to police officers, right? Well, without these you will also not succeed in your new healthy lifestyle. To accomplish these, and for motivation, try **dedicating** yourself to someone you really care about. Because, as much as we like ourselves, it's usually more effective and long term, when you do it for your someone else, say your spouse, or

your children, grandchildren, or maybe someone you lost who was very dear to you. Just visualize for a moment, how outstanding it will be this Spring and Summer when you'll be more **energized, less stressed, stronger & healthier**. Your performance on-the-job will increase, and you can now participate more in fun activities & sporting events with your family and friends. Very rewarding for all!

3) Get yourself a pocket calendar and schedule 3-4 appointments per week for exercising, and allow nothing to interfere with this (except for emergencies). Be selfish with your new exercise schedule. The healthier you are, the more valuable and empowered you'll be to your family, the police department and yourself

4) **Exercising** – I'll be providing more details in upcoming articles. You have the options of exercising at 1) Home, 2) Local gym/YMCA, or 3) At work (w/o interfering with your responsibilities). You do not have to exercise 5 - 7 days per week, like you hear. It's not practical for most, and probably won't last. Just make those appointments with yourself to

exercise say, every other day, for 30 to 45 minutes. If you are just starting out, be careful and patient. Focus on 10 to 15 minutes per session, with the goal to gradually increase each month. No rush here everyone. Your safe exercise program should consist of 3 components: a) **Cardio** (walk, jog, bike, swim etc.). b) **Strength Training** (legs, hips, butt, arms, chest, shoulders and most important, your "core", which is your lower back and stomach). c) **Stretching**, which prevents injuries, and reduces stress. Please remember to breathe during stretching for **30** seconds, not 5 to 10 seconds, which provides no benefit at all. You can stretch through mild discomfort, but not pain.

*Note: When exercising, be sure you are able to hold a conversation during the exercise. This is called "The Talk Test". If you cannot, your exertion level is too high, and back off. If you ever experience pain or dizziness, STOP, and rest. Drink lots of water.*

You also need **knowledge**. If you join a gym, invest in 2 or 3 sessions with a Personal Trainer, also watch others, ask questions and research on the Internet. Grab a friend, this is always more fun and effective, and you can teach and motivate

each other.

5) **Healthy/Realistic Eating** – more details to come about this soon. Most weight loss comes from proper eating. "PORTION CONTROL"! Eat almost anything you want, just eat about 30% to 50% less. Split the meals and share those snacks with your partner, and spouse. You'll save money, reduce calories, lose weight, and won't feel so stuffed, and guilty. The portions in America are easily twice that of Europe and most countries. You know why I find value in programs like Jenny Craig and Weight Watchers? Because they educate you on portion control, and provides that **accountability and discipline**, most of us need.

### \*TIP OF THE MONTH\*

Try eating with your opposite hand. It slows you down, and you will eat less!!

Thank you, and if you have any questions on this article or suggested topics, feel free to call me at 773-857-7027, cell number is 312-972-2828 or e-mail me at [jcullen@CertifiedHealthFitness.com](mailto:jcullen@CertifiedHealthFitness.com). Visit the website at [CertifiedHealthFitness.com](http://CertifiedHealthFitness.com)

Coach Joe Cullen, CPT

## Couples Seminar In Review, By Bill Burns

I had the opportunity to attend the Couples Seminar with my wife, Paula on January 20, 2007.

The seminar was presented by Tom Cline. Tom retired after over 30 years of service as a Chicago Police Officer. He is the author of two books, "Cop Tales", and "Surviving Storms, (A P.O.s guide to the New Millennium)".

The seminar is based on Dr. Kevin Gilmartin's tape, Emotional Survival. Five segments of the course include how the job changes people, physical changes caused by the job, disengage-

ment from personal life, victimization and its affects on decision-making and surviving and avoidance of victimhood.

Questions examined are the five things I value most in my life and why, real men and real women, and am I proactive in social, family, and health areas in my life? Tom then examines the four cardinal virtues as they relate to law enforcement. These cardinal virtues are prudence, justice, temperance, and virtue.

The seminar is limited to ten couples interested in solu-

tions to challenges that threaten police families and personal relationships. You and your spouse will measure your cynicism levels and learn how to make your home more cheerful. The workshop is hands-on; you and your spouse will examine and discuss each others answers to questions delivered in the five segments. The workshop is also fun and the class even included supervisors.

The workshop is brought to our members courtesy of the CPD Training Academy, the Chaplains Section, the EAP and the FOP Lodge #7. A free continental breakfast and lunch,

consisting of Pompeii goodies is provided courtesy of FOP Lodge #7. The next date for the seminar is January 12 at the Academy from 7:45 to 15:00 hours. For more information, contact T.O. Tom Cline, 312-746-8310, x 154 or Chaplain Tori Wilson, 312-746-8458.

By attending the course, you get two books to keep, "Emotional Survival for Law Enforcement" and "Surviving Storms – Non-Tactical Career Survival for Law Enforcement Officers".



## Health Evaluations from IHS! Fraternal Order of Police – Lodge #7

**February 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup>, 2008**

By appointment beginning at 7:00 a.m.

**FOP HALL – FRATERNAL ORDER OF POLICE**

1412 West Washington Blvd., Chicago, IL 60607

To schedule an appointment call 1-800-840-6100.

### Recommended Health Evaluations:

#### Age 18 to 34 – Male & Female

Health Profile

- **Blood Tests** – Includes individual tests to detect diabetes, kidney disease, liver disease, bone and muscle disease, anemia, leukemia, bleeding abnormalities, infection, and more. Also analyzes total cholesterol, HDL, LD, and cholesterol/HDL computed ratio.
  - **Blood Pressure Analysis**
  - **Medical Report** – You will receive an individualized, comprehensive report from IHS that reviews and explains your test results.
  - **Coronary Risk Trend Analysis** – IHS will track and compare your cholesterol, HDL, LDL, triglycerides and glucose each year that you screen.
  - **Web Site** – Includes membership and unlimited access to [www.interactivehs.com](http://www.interactivehs.com), your source for healthy living. At your option, you can confidentially access your personal health history and test results history from this secure web site.
- TSH** (Thyroid Stimulating Hormone) – Abnormal thyroid may exhibit common symptoms such as unexplained weight gain or loss, unexplained fatigue, hair loss, sweating, insomnia or constipation.

#### Age 35 & Above –Female

Health Profile (described above)

TSH (described above)

**Homocysteine** – There is a strong relationship between high homocysteine and heart disease and stroke. Evidence suggests that homocysteine may damage artery walls and enhance the blood's ability to clot. Recent research shows that moderate to high levels of homocysteine may substantially increase your risk of developing Alzheimer's Disease as well as a non-Alzheimer's form of dementia. Diet – notably eating foods rich in folic acid and Vitamins B<sub>6</sub> and B<sub>12</sub> – influences homocysteine levels and may provide a first line of defense.

#### Age 35 & Above – Male

Health Profile (described above)

TSH (described above)

Homocysteine (described above)

**Prostate Cancer Screening** – The PSA blood test detects early signs of prostate cancer. The test is especially important if you have a family history of prostate cancer.

<b>Cost &amp; Eligibility Information</b>			
<b>Active Employees and Family Members</b>			<b>Retired Employees and Spouses</b>
<b>Test</b>	<b>HMO</b>	<b>PPO</b>	
Health Profile/TSH	N/C	N/C	\$98.00
PSA Blood Test	\$47.00	N/C	\$47.00
Homocysteine	\$58.00	N/C	\$58.00
Hepatitis C (Optional)	\$14.00	N/C	\$14.00



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

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**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