

February

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.

*"...To date, for the years 2003-2005, the City has had to reimburse \$25,900,000.00 in overcharges due to our court action in 2005 which forced them to do so. ..."*

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## President's Report, By Mark Donahue

### Negotiations

Although there were several meetings scheduled in January with the City over our contract, there was not the level of progress made that we had anticipated. Though they expressed their concern over the issue, the excuse of there being no Superintendent in place came up very short, in the Lodge's opinion, to justify the lack of progress. The City was informed of our frustration and that the frustration could easily become a reason for declaring impasse and requesting the Arbitration Process in the near future if the pace and quality of negotiations doesn't pick up. As a reminder to our membership, the Lodge's proposals have been posted on our web site since early June and the City's proposals that have been received so far have been and will continue to be posted there as they dribble in. Please keep abreast of all proposals so that if our objective of tendering a negotiated contract to you is met, you will be in a better position to make the right choices.

### Legislation

The Lodge 7 Legislative Committee met on January 4<sup>th</sup> for the purpose of re-evaluating our agenda for the remainder of the 95<sup>th</sup> General Assembly. Due to the passage of Public Act 95-0504, we were able to remove three of our bills from the list. The Committee concluded to continue on with the remaining

bills but to re-word three of them to more accurately reflect our objectives. Those three are the Pension Portability Bill, the Compounding 3% COLA Bill and the bill that will prohibit the City from charging retirees any more than they charge active members for their health care. These three will receive new bill numbers and we will make the changes on our web site as soon as they come in.

I have been asked to attend the National FOP Day on The Hill again this year in Washington. The dates for this event are February 25-26-27 and the agenda will be set by the time we arrive. Topping the agenda I'm sure will continue to be the Social Security Fairness Act, the Public Safety Employer-Employee Cooperation Act, which will allow for collective bargaining for those in our profession who don't have it, and the Law Enforcement Officer's Disciplinary Act, which will allow for due process rights for those who currently don't have them. A major difference this year will be the makeup of the delegation from Illinois. The makeup will be the same but Bill Mერთens, from the State Board, has been named by National President Chuck Canterbury to be the Chairman of the National Legislative Committee. Bill is the engine behind much of the success that we from Illinois have had in ensuring that our Congressmen and Senators are on board

with the National Lodge Agenda. It's an honor that is well deserved by Bill for the hard work he has put into the job and the success he has had. All of the bills the National supports and those they oppose can be found on their web site, [www.fop.net](http://www.fop.net).

### Retiree Health Care Costs

The Lodge is in the process of tallying the figures from the City over the rebates on Retiree Health Care for the year 2006. Once again the City has given their numbers and the Lodge has already identified several million dollars worth of "shenanigans" in the City's figures. This will be the fourth time the Lodge has taken on the responsibility of reconciling the actual costs as compared with what the City charged all City Retirees for their health care. To date, for the years 2003-2005, the City has had to reimburse \$25,900,000.00 in overcharges due to our court action in 2005 which forced them to do so. Although there will undoubtedly be notices going out from the City containing increases in Retiree Health Care premiums, these are projections and the FOP will again reconcile those charges once we identify what the actual costs were for this and each year to come. Although the Lodge expends a great deal of resources on this endeavor, they pale in comparison to the figures men-

*(Continued on page 2)*

## President's Report Continued...

tioned above.

### "HELPS" News-Retirees

The Pension Board is preparing a letter which will explain the process for deductions from your income tax relative to the passage of the HELPS legislation. It appears that the process will be to deduct an amount from your 1040 which reflects what you paid for your insurance premiums including dental/vision coverage up to \$3000. Please follow the directives of the Fund so that your savings can be realized without delay.

### Pension Commission

Last Friday [Jan. 11] I got a call from the former CFO for the City of Chicago. His call was meant to inform me that the Mayor was putting together a group of individuals representing the four City Pension

funds, investors, City officials and labor representatives from Unions doing business with the City to address the issue of the under-funded City pension plans. I couldn't help but wonder why he was calling me except maybe to inquire about the Lodge's availability to be included in this Commission. When that issue didn't come up I was truly puzzled. About two hours later I received a copy of the Mayor's press release announcing the Commission and the appointments to it, so apparently this idea was well on its way by the time I was notified. Conspicuously absent from the list of over 30 appointments, were representatives from two of the largest labor unions in the City, that being Lodge 7 and Local 2 of

the Firefighters. What caused as great a concern is the fact that on the list were several individuals who were involved in the CTA contract negotiations in which they agreed to the establishment of a two-tier pension system, the first in the City. So if this Commission's objective is to address the funding issues and find some measure of resolve for them, then this ship is sailing in the wrong direction as far as we are concerned. This union is the only City union that attempted to reasonably address the issue of funding shortfalls along with financing added pension benefits. In May of '03, at the direction of the membership proposals for those contract negotiations, we pro-

posed increasing our contributions in order to pay for enhancements we were seeking at that time. The City representative without hesitation declared that they would not discuss any issue that would require legislative action as pension enhancements do. Three years later, members of this Commission suggested if there were to be any future enhancements then the employees would have to finance them. What a novel idea. In reaction to the "oversight" in not having a representative of the Lodge appointed to the Commission, I took the liberty of addressing the issue to the Mayor. That letter is included below and any response will be posted here and on the website when it comes.

January 14, 2008

Dear Mayor Daley,

In regards to your press release dated January 11, 2008, I could not help but notice that representatives of the two largest Unions representing City of Chicago employees were conspicuously missing from your "Commission" to strengthen Chicago Pension Funds. What I did notice was not missing from your Commission were individuals directly involved in negotiating the recent CTA contract in which agreements were made to establish a two tier pension system for CTA employees.

The Fraternal Order of Police during the last contract negotiations beginning in May of 2003, proposed to the City increasing our contributions to the Fund to help finance enhancements we were seeking at that time. Although that offer was soundly rejected by your representatives, our members and the members of the Policeman's Annuity and Benefit Fund did receive enhancements from the State Legislature while incurring no added contributions to the fund. I bring this to your attention to assure you that the Lodge has been and is still willing to address the funding concerns in a very responsible manner.

In light of the issues addressed above, and in consideration of your intent to include organized labor in your Commission, I respectfully demand that the FOP be included in your Commission to "Strengthen Chicago's Pension Funds".

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

**2008 Annual  
St. Patrick's Day Party**

*Featuring The Music Of The Katie Sullivan Band*

**Saturday, March 15, 2008**  
6:00 pm—11:00 pm



**Fraternal Order of Police Hall**  
1412 W. Washington Blvd., Chicago, Illinois

**\$20 Donation**  
*Includes Harrington's Corned Beef  
Refreshments & Entertainment*

*For more information or to purchase tickets for the party,  
please contact the Gift Shop at 312-733-2344.*

**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*

### Preparing For Disability

Each and every officer who has the misfortune of being injured in the Line of Duty starts out with emergency medical treatment and will follow up with the Medical Services Section for further treatment. An officer is given a list of doctors to choose from and given referrals for follow up treatment/surgery/therapy if necessary.

Contractually, an officer is entitled to up to 365 days of time off to recover for each IOD if needed. These 365 days are limited to that injury for the duration of the officer's career. Should the officer use the 365 days he/she goes into a "no pay" status pending a hearing at the Pension board. The officer at this time goes to the Pension Board, applies for disability and gets an affidavit that is completed describing the circumstances of his or her injury on duty. Our in house

attorneys will assist the officer with this affidavit. The officer then turns this into the Pension Board.

The officer is then required to go to the Benefits Management Office to set up direct pay for their health benefits. The officer pays the same amount per month as he/she did as an active officer while applying for disability benefits.

The Pension Board takes the affidavit and starts a process where the officer is sent to the Pension Board doctor along with all of his medical records from the Medical Section. This doctor makes a decision based upon a physical exam and the medical records from the Medical Services Section, whether or not he believes the officer is disabled or able to return to work.

The Pension Board which normally meets on the 4<sup>th</sup> Thursday of the month views the medical file and if the

Board believes that the officer is incapable of returning to work the officer is then granted 50% pending a full hearing before the Board to determine if the officer is granted the 75% duty disability. If the Board doctor believes that the officer is capable of returning to work, then nothing is awarded until the officer's full hearing at the Board. It is at the full hearing that the officer's doctors may be brought in for testimony and cross examination.

There are occasions where the Board's doctor has to send the officer to a specialist in a particular medical field to determine whether or not an officer can return to duty.

Once the officer is granted duty disability the benefit or award includes 75% of salary, tax free, which is determined by the salary rate on the date of the award. During this time section 18.9 of the contract is in effect. The employer (City of Chicago) agrees to pay all hospital, medical and prescription costs of an

officer who is on a leave of absence for duty disability, all at no cost to the employee. The employer also makes pension contributions on behalf of the employee as if he/she had remained in active service. This is our 9% and the city's 18% so that when officers reach retirement age they will be entitled to a pension for all years of service including the years the officer was on disability. Additionally, while on disability if the officer needs any further treatment for the IOD, a referral from the medical section will continue care for as long as necessary.

Once an officer receives a letter from the pension board granting the officer duty disability, the officer can contact the Personnel Division at (312) 745-5300 and receive a duty disability star and identification card.

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

### Safety Complaints

Officers who experience unsafe or health risk issues in the field are entitled to complete a Safety Complaint in their District/Unit. Examples of some Safety Complaints that have been filed in the past are equipment, toxic materials, vehicles, health, unit environment and officer safety regarding prisoner processing. The Officer or Unit Representative filing the Safety Complaint should present a copy of the written complaint to the Commanding Officer in the affected unit and attempt to resolve the Safety Complaint. If the Safety Complaint is resolved

please write in bold letters **RESOLVED**, on the Safety Complaint and include a written report describing how the matter was resolved and forward these reports to the FOP along with the Safety Complaint. If the issue remains unresolved, prepare a short report describing the attempts to resolve the Safety Complaint and forward the original to FOP along with the Safety Complaint. In all cases please give a copy of the Safety Complaint to the Unit Commander and the Complainant. Unit and Watch Reps should process all Safety Complaints.

### Uniform Resale

The Spring Uniform Resale

will be held at the Hall on 16 April 08 from 1300 hrs until 1800 hrs. Anyone wishing to sell their uniform items should be at the Hall by 1200 hrs and tables will be available for displaying their wares. Take advantage of this opportunity to pick up a slightly used uniform item at a great price with Spring Inspection around the corner.

### Stress Management Class

The next Stress Management Class is 28 & 29 February 08 at Hartgrove Hospital located at 5730 W Roosevelt. The classes are 2 days from 0830 hrs until 1630 hrs there are still seats available. The next class will be held on 27 &

28 March 08

### 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.

## Financial Secretary's Report, *By Tim Fallon*

### Bureau of Patrol # 08-0030

On January 16, 2008, a Bureau of Patrol Order was issued that states in part, "The Chicago Police Department is a proud, professional police organization. Our uniforms should reflect that pride. Public perceptions start with first impressions and a clean sharp uniform commands respect."

Effective immediately, Watch Commanders will ensure formal roll call inspections are conducted at every roll call. Weapons inspection will take place on all watches on Wednesdays, per special order 02-12. Watch Commanders will ensure uniforms worn are within regulation standards of the Chicago Police De-

partment. Deviations will be immediately addressed, and corrected. Non-compliance will be the subject of disciplinary action. Both supervisors and Police Officers should review General Order 98-10-02.

We agree with the Department that first impressions are important, and that our uniforms are a big part of the public's first impression of a Police Officer. Considering the beating we have been taking in the press over the last year, anything that could enhance our image in the public's eyes would be helpful.

There is nothing in the Bureau of Patrol Order #08-0030 that violates any part of our Contract, and the Department is well within their management rights to publish this or-

der. However, we have heard RUMORS that supervisors have been told that any uniform infraction, or other minor transgression, should be dealt with by immediately giving an officer a one day suspension.

Whenever the Department talks about disciplining officers for uniform infractions, or other minor transgressions, we believe that supervisors should not only review General Order 98-10-02, but should also review the Notice to Supervisors Regarding Progressive Discipline. This Notice has been in our contract since 1992, and has been enforced numerous times since then. The Notice states, "Supervisors, including Watch Commanders, retain the flexibility, authority and discretion where circumstances warrant to issue reprimands to

offending officers for infractions. Second or even repeated infractions of minor rules may, but do not always, require increased punishment (particularly including loss of time or income) when an oral or written reprimand will suffice to achieve the goal of correcting improper behavior."

"There is some belief that a progressive system of discipline requires enhanced penalties no matter how insignificant the infraction. This is not correct."

"You are permitted and urged to use your judgment in determining the appropriate level of discipline. Officers in this Department are a valuable resource which should not be wasted or unduly restricted."



### Store Hours:

Mon-Thurs 9:00 – 5:00  
Friday 9:00 – 4:00  
Saturday 9:00 – 1:00  
312-733-2344

**Closed:**  
12 & 18 February 2008  
3 March 2008

### Mid Winter Sale—Don't Forget Valentine's Day For Your Sweetie!

♥ **10% OFF** Any One Ladies Garment On February 14th Only!!

Pewter Star Cups & Glasses—Beer Steins, Rocks Glasses—Prices Range From \$6.95 to \$7.95  
Special Sale, Buy One & Get The Second For **50% OFF**

Durahide Pad Folder With CPD Star—Great For Court—Was \$10.95 Now Only **\$8.95 Each**

Ladies Tank Top—Chicago's Finest Design—Small—2XL—On Sale For **30% OFF**

Chicago PD Navy & Orange Sport Team Jersey—Large & XL Only—On Sale For **20% OFF**

Blue Ladies Workout Pants—XL & 2XL Only—Closeout Price While Quantities Last—**\$9.95 Each**

Irish Chicago Police Cap With Garda Celtic Insignia & A Shamrock, Of Course...On Sale Now For Only **\$10.95**

Our St. Patrick's Day Apparel & Novelties Will Be Arriving Soon! Please Come In & Take A Look!

CPD Old Style Pie Plate Star With Star Number—Was \$59.95  
Now On Sale For Only **\$53.95 Each**  
This Is A Great Gift!

Boys Youth Polo With CPD Initials  
Sizes 4/5, 6/8, 10/12 & 14/16—Was \$11.95  
Now On Sale For **50% OFF = \$5.98**

Flight Jackets—Black With Blaze Orange Lining—Limited Quantities—Original Prices Ranged From \$45.95 to \$49.95  
Now On Sale and Prices Range From **\$37.95 to \$41.95**...While Supplies Last...(Prices change per size)

**CLOSE OUT SALE! 50% OFF**

My Dad, Mom, Grandpa & Grandma Is A Police Officer Tee Shirt—Sizes 2/4 through 14/16—Mom & Grandma Have 3T  
Originally Priced At \$11.95—**Now 50% OFF = \$5.98**

*Friends & Family Always Welcome Here!!*

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

#### What We Do

We, the uniformed services of the City, perform a service that cannot be duplicated by anyone else. A truck driver cannot be a police officer yet a police officer can be a truck driver. You can take a police officer and he can perform a laborer's job but a laborer cannot be a policeman. Lastly we can be news reporters but they cannot be policeman.

We are the most scrutinized profession in the City and we pay with the loss of time, money and sometime with the loss of our livelihood. When the public screams it is our heads that roll. We are in life and death situations every day and at times we pay with our lives. We don't complain, even when things seem like they can't get any worse we still come to work and answer the radio calls. We protect the citizens from the very people that the activists scream are being harassed by the police.

We don't make a lot of money and because of our work schedule we miss many family functions; we don't get to enjoy our children growing up and in a blink of an eye they go from toddlers to college. We have the highest divorce rate of

any profession. The public should stop and think for just a minute, a Christmas without a mother or father because they are at work. We make these sacrifices so that after twenty-nine years and a day we get a seventy five percent pension. **This is the covenant between the City and the police for the sacrifices we make.** We will not let the City deny new hires this benefit. There is no reason for a two tier pension.

#### Déjà Vu All Over Again

In November 2005 an article appeared in Crain's Business and Dana Levenson, the then City C.F.O., spoke about the problems with all the City pension funds. President Donahue wrote a response that Crain published with some solutions to the problems. To take it a step further, back in 2003 during contract negotiations, we presented some legislation that would have corrected the problems but the City's chief negotiations attorney told the Lodge that the City would not discuss legislation.

In June of 2006, Dana Levenson was still the City's C.F.O. and sitting on our Pension Board. I attended that meeting with Tim Fallon and I spoke to the Board about the Lodge's concerns over the Pension Fund. After the meet-

ing Levenson spoke with us and he stated that the Pension Fund will in the future be a problem and the City bears a lot of the fault for a lot of reasons. He went on to say that the City was going to have a meeting with all 42 unions and address the pension problems. Levenson went on to say that he knew that the unions would scream and yell and the City would have to take it deservedly so, but then we must work to resolve the problems. He stated that there were several options available and they would all be discussed with the unions. I asked if a two tiered plan was one of the options. Levenson stated that was an option and the easiest cure.

I can't help but wonder why the meeting with all the unions never took place and why the pension problems fell off the City's screen and only now are being resurrected. I also wonder why the solution to the problem was discussed at a brainstorming meeting with some of the unions and a lot of companies that do business with the City? If you look at the names on the blue ribbon committee you will see that the two biggest unions in the city, Police and Fire are not represented. **I guess anyone with half a brain can**

#### look at that list and see who is in bed with the City.

The Lodge has been consistent in addressing the problem and the answer is in legislation. We know that without Police and Fire at the table the City's inability to solve the pension problems will never go away.

#### Don't Panic

The new Superintendent does not take over until February 1, 2008. There are all kinds of orders going out in his name, but he has yet to step foot into 35<sup>th</sup> and Michigan. If these orders are what people think he will want they should wait until he arrives to tell them. They should have listened to what he said at his confirmation hearings, "I will not tell you my plan because it is my experience that when you do that people react and do what they think the boss wants." All that is happening is the troops in the trenches are being told these daily orders are from Weis and the troops will form an opinion of him and he hasn't gotten off the plane. This is a great disservice to him as he, like anyone else, should be given a chance and then an educated opinion can be formed.

### Address Change Form

Effective Date: \_\_\_\_\_

Name: \_\_\_\_\_ (Last, First, MI) Star Number: \_\_\_\_\_

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**

# Recording Secretary's Report, *By Sidney Davis*

## Behavior Intervention System

On January 7, 2008, President Donahue, myself and our attorney Dan Herbert met with Interim Superintendent Dana Starks. In addition to Superintendent Starks, the City was also represented by acting Commander of Personnel Cathleen Rendon; ADS Debra Kirby (IAD); Commander Hector Rodriguez (MLAS); and General Counsel to the Superintendent, Bill Bazarek. The Lodge requested the meeting due to our concerns regarding the way the Department was managing the Behavior Intervention System (BIS). At the conclusion of the meeting, the Department agreed that there were problems with the language of the General Order pertaining to the BIS. Accordingly, the order will be revised with input from the Lodge. Moreover, the Lodge will present evidence of members who we believe were denied removal from the BIS arbitrarily at a previous hearing (August 2007). As I discussed in an earlier newsletter issue, we are scheduled to present our case at arbitration in April. We likely will not have a decision from the arbitrator until several months later.

### Bidding

Members are reminded that sometimes it may take 10, 15, 20 or even 30 years to get into some districts or units. Do not let that discourage you from submitting a PAR Form for a district you think will need a high seniority number. In the past members with low seniority have been able to bid for units/districts and make

it. Recently it took 20 years to get into a unit and the next month only a few years for the same unit. Also read the FACSIMILE message thoroughly, and follow its instructions. Members are still sending the pink and white copies to FOP, they should be sent to MLAS (Unit 129).

### FOP Contract Proposals

Contract proposals have been on the FOP website since July 2007, the Lodge recently added the City's proposals mostly dealing with discipline.

### BIS and Personal Concerns Program

The Lodge has learned that a document titled "Supervisory Interventions Summary Form" has been in circulation since mid November. This document has no CPD form number, yet it requires a supervisor to document a member's name, star number, employee number, his/her rank, unit of assignment/detail and a member's response.

Members are advised not to fill out this form giving any pertinent information. It is not a DEPARTMENT FORM. Members who are given this form to complete are asked to contact the Lodge immediately (312)-733-7776 and ask for Sid Davis.

If a member is given a direct order to complete the document, complete the form but also add the disclaimer to it in the member's response section.

A Grievance has been filed (Nov 2006) regarding BIS and PCP and is scheduled for a hearing this April.

### 2008 Fishing Tournament

By the time you read this article there will only be 111 days before the 2008 FOP Fishing Tournament. Start your engines; get ready to

catch the big one, also to tell a few fish stories about the big one that got away. Mark your calendars for May 21<sup>st</sup> DOG 2/3/4.

### Ambulance Service

Section 25.3 of the Agreement between Fraternal Order of Police, Lodge 7, and the City of Chicago states that Active Officers and their dependents will be exempt from fees for emergency medical services performed by the Chicago Fire Department. Members who used this service and received a bill from the City of Chicago for services rendered should contact the Personnel

Division at 312-745-5390 and request an "Ambulance Waiver Form". Complete said form and return it to Police Headquarters at 3510 S. Michigan, Unit 123.

**Tax Info**

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

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

## UPCOMING EVENTS

The following events listed will occur from February 5, 2008 thru March 11, 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).

### February 2008

- 05 Feb 08 FOP / Board of Directors Meeting / 10am
- 05 Feb 08 Irish American Police Association / Awards Night / 773-536-2473
- 06 Feb 08 First Day to submit for Unit Duty Assignments, Section 23-9 (Last Day Feb 13)
- 06 Feb 08 Ash Wednesday
- 08 Feb 08 Transfer Bids
- 12 Feb 08 Lincoln Birthday / FOP Office Closed
- 13 Feb 08 Last Day to submit for Unit Duty Assignments, Section 23-9
- 14 Feb 08 Valentine's Day
- 14 Feb 08 Vest Safety Day / FOP Hall / 9am-5pm
- 18 Feb 08 President's Day / FOP Office Closed
- 19 Feb 08 FOP General Meeting / Noon / FOP Hall
- 20 Feb 08 Blood Drive / FOP Hall / 10am-5pm
- 24 Feb 08 COPS FOR KIDS BOWLING
- 28 Feb 08 3<sup>rd</sup> Period Begins

### March 2008

- 03 Mar 08 Pulaski Day / FOP Office Closed
- 04 Mar 08 FOP / Board of Directors Meeting / 10am
- 05 Mar 08 Watch Bids / First Day to Submit
- 05 Mar 08 First Day to submit for Unit Duty Assignments / Section 23-8 (Contract Book)
- 07 Mar 08 Transfer Bids
- 09 Mar 08 Daylight Saving Time
- 11 Mar 08 Watch Bids / Last Day to Submit



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

### Disability Report

The 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 F O P w e b s i t e , [www.chicagofop.org](http://www.chicagofop.org), for beneficial information. Or feel free to E-mail me at : [csaladino@chicagofop.org](mailto:csaladino@chicagofop.org).

**Pension Board** – Board and Investment meeting dates for 2008 are on the web site [www.chipabf.org](http://www.chipabf.org). All meetings are open to everyone.

**PSEB - Public Safety Employees Benefits Act**, 820ILCS 320/10. The Committee has received calls on

the benefit. The contact person is Jo Ann Villarreal, 312-744-6561, at Benefits Management Office for those officers eligible to apply. If mailing application back put Attention: Jo Ann Villarreal.

### Veterans' Corner

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

**Illinois Property Tax Breaks** – Returning Veterans' Homestead Exemption and the Disabled Veterans' Standard Homestead Exemption. The exemption for returning veterans provides

them with a one-time, \$5,000 reduction to their home's equalized assessed value. To get the exemption, veterans who served on active duty in an armed conflict involving the U.S. military should file an application once they get back home.

The exemption for disabled veterans provides a reduction in equalized assessed value of property owned by a veteran with a service-connected disability that the U.S. Department of Veterans Affairs has certified. A \$5,000 homestead exemption is available to a veteran with a service-connected disability of at least 75 percent. A \$2,500 homestead exemption is available to a veteran with a

service-connected disability of at least 50 percent but less than 75 percent.

Deadlines for the homestead exemptions vary, depending on the county where property taxes are filed. At the time of this writing, Cook County has not yet finalized its application. For those in Cook County call the Assessor's Office at 312-443-7550 for more information.

*"There is many a boy here today who looks on war as all glory, but boys, it is all hell." ~ General William T. Sherman*

Airborne Sal

## How Do You Handle Challenge?, *Compliments of Rabbi Moshe Wolf*

A teenager complained to her father about her life and how things have been so hard for her. She did not know how she was going to make it through life and wanted to give up. She was tired of fighting and struggling. It seemed that just as one problem was solved another arose.

Her father, a chef, took her to the kitchen, filled three pots with water and placed the fire on high. Soon the three pots came to a boil. In one he placed carrots, in the other he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word. The daughter impatiently wondered what he was trying to do. She had problems, and he was making this strange concoction. In half an hour he walked over to the oven and turned down the fire. He pulled the carrots out and placed them in the bowl. He pulled the eggs out and placed them in the bowl. Then he ladled the coffee out and

placed it in a bowl. Turning to his daughter he asked, "Darling what do you see?"

Smartly, she replied, "Carrots, eggs, and coffee." He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Her face frowned from the strength of the coffee. Humbly, she asked, "What does it mean Father?"

He explained, "Each of them faced the same adversity, 212 degrees of boiling water. However, each reacted differently. The carrot went in strong, hard, and unrelenting. But after going through boiling water, it softened and became weak. The egg was fragile. A thin outer shell protected a liquid center. But after sitting through the boiling water, its inside became hardened. The coffee

beans are unique however. After they were in the boiling water, it became stronger and richer. Which are you?" he asked his daughter.

When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean? Are you the carrot that seems hard, but with the smallest amount of pain, adversity or heat you wilt and become soft with no strength? Are you the egg, which starts off with a malleable heart; A fluid spirit? But after a death, a breakup, a divorce, a layoff you became hardened and stiff. Your shell looks the same, but you are so bitter and tough with a stiff spirit and heart, internally. Or are you like the coffee bean? The bean does not get its robust flavor until it reaches 212 degrees Fahrenheit. When the water gets the hottest, it just tastes better. When things are there worst, you get better. When people talk the most, your praises increase. When the hour is the darkest, trials are

their greatest, your prayer elevates to another level.

How do you handle challenges? Are you a carrot, an egg, or a coffee bean? May G-d bless you with enough strength to face all your challenges. Amen.

On behalf of all your Chaplains, 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 e-mail at [moshewolf@hotmail.com](mailto:moshewolf@hotmail.com)

### Deceased Brothers & Sisters

James E. Purtell, 67  
James E. Andrasco, 86  
Leroy G. Starr, 68  
Harold W. Brown, 85  
Gerald J. Cronin, 60  
Frank DeMauro, 76  
Frank P. Lynch, 81  
Lawrence A. Volpe, Sr., 81  
Francis L. Clifford, Jr., 76  
Louis J. Cantone, 83  
Fred H. Miller, 71  
Raymond Stoppa, 80  
James R. Haughey, 65  
Patrick J. McGroarty, 78

## Fitness For... “Our Finest”

### Dark Chocolate is Healthy & Exercising at Home

Do you enjoy chocolate officers? Well, since most everyone enjoys this tasty and yes, “healthy” treat and February 14th is Valentine’s Day, I thought I’d share with you why in fact dark chocolate is so rewarding and healthy.

For hundreds of years, chocolate has been a symbol of devotion and love. You’re a hero when you give chocolate as a gift, either on Valentine’s Day or actually anytime during the year. Dark chocolate (Cocoa) is sweet, very comforting and can be a potent, positive mood modifier, and quite healthy when consumed in very small quantities (a piece the size of your thumb). It does contain lots of calories folks, so be careful, moderation is important here. It also can promote alertness, because it contains some caffeine.

Dark chocolate increases *serotonin*, the “feel good” brain chemical, which helps to brighten your mood and motivation. Research also shows that dark chocolate contains “flavanoids” which is a plant chemical that helps prevent heart attacks and cancer. These flavanoids are similar to those contained in fruits and vegetables. So savor those Valentine dark chocolates without guilt, a couple of pieces a day, **but no more**, please.

### Exercising at Home – Affordable & Convenient

In Decembers’ newsletter, I discussed exercising to help protect your backs. In January’s column, I suggested purchasing your own pocket calendar to schedule 3 - 4 appointments per week, for

you’re your exercising. So, how’s it going so far? I also recommended choosing a special someone or something to dedicate yourself (keep focused) to gain that accountability and discipline needed to sustain a long-term, healthy fitness program in 2008. Hopefully, many of you have done this! If not, jump on the band-wagon now! It’s never too late.

Exercising at home has many advantages and can be practical. It can be quite convenient because you don’t have to travel to a health club, and especially helpful if you cannot leave the house due to other responsibilities. It’s more affordable than joining a club, and many feel more comfortable, confident, and enjoy their privacy when exercising in their home. Want a good idea? Invite a couple of fellow officers to form an exercise group which can be more fun, and motivational. You can also share in the cost of equipment.

Many believe they have to invest thousands of dollars in equipment for the home. Not True. For the price of \$200.00 to \$400.00, you can purchase all the necessary items. Set up space in your basement, garage or just a 6’x 6’ section of a room. Here are some of the best items:

- 1) **Dumbbells.** Men should get a set of 5 pound, 8, 10, 15, 20 and 25 pounds. Women: 1 lb, 3, 5, 8, 10, and 12 lbs. Your dumbbells will cost you about, \$75 - 125.00.
- 2) **Thick Exercise floor mat,** \$35.00.
- 3) **Exercise Big Ball** (65 cm) \$25.00
- 4) **Adjustable Bench (optional)** \$135.00
- 5) **Exercise Bands** (Yellow

- & Green) \$20.00.
- 5) **Polar Wrist Watch** (\$80.00-\$100.00) which will keep track of the calories you burn all day and your exercise Heart Rate.
- 7) **Exercise Videos and/or Music** (\$30.00).

Although everyone would benefit greatly by having a weekly, in-home Personal Trainer, that can be expensive. But, having a Personal Trainer for just 1- 2 sessions to get you started can be a very effective way to get you educated & prevent injuries. Then, you can have that Trainer visit you say, once / month for a tune-up session. Most equipment you purchase will come with instructions and illustrations. Equipment can be purchased all over at Sports Authority, Chicago Home Fitness stores, Internet and other outlets.

**Exercise Muscle Groups:** Focus on the 10 Major Muscle Groups: Calves, Thighs, Hamstrings, Hips & Butt, Lower Back, Upper Back, Abdominals, Shoulders, Biceps, and Triceps. More details to follow

in my upcoming columns. *The information contained in this column, are based on my opinions and experiences as a Certified Personal Trainer since 1996. Also, from other respected sources such as the; American Council of Exercise, New England Journal of Medicine, Journal of American Medical Association (JAMA), WebMd.com and others.*

### TIP OF THE MONTH

Want to lose weight? Try sharing/splitting all your meals & snacks with your partner. This applies; on-the-job, at home, and at restaurants.

Thank you, and if you have any questions on this article or suggested topics, feel free to call or write me. Cell # is 312-972-2828 or (office) 773-857-7027, and my e-mail is [jcullen@CertifiedHealthFitness.com](mailto:jcullen@CertifiedHealthFitness.com). [www.CertifiedHealthFitness.com](http://www.CertifiedHealthFitness.com)  
Coach Joe Cullen, CPT

### BENEFIT FOR STARLA STANEK

Starla Stanek, cousin of Police Officer Jeffrey Stanek of the 24th District, is only 25 years old and she has been fighting stomach cancer for the past 5 years. The medical bills are becoming overwhelming.

Please help support her in the fight against the disease.

**SUNDAY, FEBRUARY 17, 2008**  
1300—1800 hours

**115 BOURBON STREET**  
3359 West 115th Street  
Merrionette Park, Illinois

**\$25 PER PERSON** includes food and drinks

For more info call Debbie Stanek 815-485-9291



## 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



Official Publication of Chicago Lodge No. 7  
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**IS YOUR ADDRESS CORRECT?**  
 IF NOT, PLEASE CONTACT THE LODGE.

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**THE ED REINES MEMORIAL FISHING TOURNAMENT**

Fraternal Order of Police, Lodge #7, will be holding its 14th Annual Ed Reines Memorial Fishing Tournament, at the Chain of Lakes, Wednesday, May 21, 2008. All members, active and retired, are invited to take part in this event. There will be a barbecue at the weigh-in with beer and soft drinks from 2 – 4 p.m.

**THE BASIC RULES:**

Starting time: 0500 hrs – with all boats in by 1430 hrs. All fish must be caught on the Chain of Lakes waters between the Wisconsin Border and McHenry Dam. Two fishermen per boat; one must be an FOP member.

**NO PRO FISHERMEN PLEASE.**

We'd like everyone to have a fun time. Complete rules and location of the weigh-in will be sent out to members making application for the Tournament.

Name: \_\_\_\_\_ Active: \_\_\_\_\_ Retired: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Fishing Partner: \_\_\_\_\_ If youth, age \_\_\_\_\_

Make checks payable to F.O.P., Lodge 7  
 Attn: Frank DiMaria  
 1412 W. Washington Blvd., Chicago, IL 60607

**Include Fees of:  
 \$35.00 Per Man  
 or \$70.00 Per Boat**