

April

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.



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President's Report, By Mark Donahue

Lodge Elections

I will take this opportunity to thank all of you who cast your votes for me and those I ran for office with in the recent Lodge 7 elections. The overwhelming show of confidence by the voters is greatly appreciated and will serve to drive us to accomplish more in this third term than in the last two. Although those accomplishments were abundant, the message in this election process is puzzling as you digest the figures below. The excuses for not voting, (such as: it doesn't make a difference, I didn't know, I lost the ballot and my personal favorite, I didn't get a ballot) are as numerous as the rational for the low turnout (such as: there's always a low turnout, the members are apathetic, the members are happy and the only time they turn out a bigger vote is when they want to get rid of you).

The Lodge sent out a total of 18,102 ballots which is the entire membership of Lodge 7. Of that total, 8188 of those members returned their ballots. We were able to break the count down between our active members and our retired members. Our disabled members as well as our members who are Sergeants and above are considered as active members. Of the 12731 Active Member ballots that were sent out, 4844 were returned which reflects a total of 38% of our Active Members voting. Of the 5371

Retired Member ballots that were sent out, 4350 were returned for a total voting percentage of 81% for our Retired Members. A total of 45% of the entire membership voted in the election of March 14th. When you consider that about 80% of what Lodge 7 does for its members is directly related to negotiating and enforcing the contract, and only 36% (minus the supervisors) of those covered by the contract actually voted, something is wrong. Let's look at the excuses and see how they shake out.

Starting with, 'it doesn't make a difference'. To this, please re-read the two page list of accomplishments that was sent to every member of the Lodge about the same time the ballots were mailed. These are the accomplishments of the Lodge Officers that you elected in the two prior elections. Without rehashing the details, this list will stand up to the accomplishments of twice the time span of prior administrations. To not know about the election one would have to have his/her head stuck in (insert your favorite head placement here) with all the notices in the previous newsletters, the flyers that had been blanketed throughout the City and the number of personal appearances at units throughout the City by the candidates themselves. Those who lost or didn't get their ballots could have come down to the Lodge

in person to vote on the 14th.

There are a great many of your brothers and sisters who go above and beyond for the membership of this organization. Not only the members of the Board of Directors, but your Unit and Watch Reps and those members who serve on any of the numerous committees that we have, all these people do a great deal of work. For the above reasons, for those who didn't vote, my hope is that you will feel a greater responsibility to do so the next time. For those who did vote, I would like to thank you for all the same reasons.

FOP Day On The Hill

Members representing the FOP from all over the country descended on Washington D.C. on February 25-28 for the annual FOP Day on the Hill. I along with State President Ted Street, Troopers Lodge 41 President Buddy Parker and State Lodge Sgt-at-Arms Bill Mehrtens represented Illinois in what was the largest attendance to date from members across the country. More and more of our brothers and sisters from around the country are realizing the importance of this event and much of the credit for its success goes to Bill Mehrtens who has been named the National Legislative Chairman by National President Chuck Canterbury. Our top priority this year was the Social Security Fairness Act HR82/S206. On this is-

(Continued on page 2)

President's Report Continued...

sue, we in Illinois once again have unanimous support from our members in both Houses of Congress. These bills will repeal both the Government Pension Offset and the Windfall Elimination Provisions when passed. The interesting aspect in conversations with our representatives this year was about the cost of the legislation which has been estimated to be about 80 billion dollars over the first ten years. They now appear to be concerned about where the money will come from which I choose to see as a good sign because the level of support, in light of the financial considerations, continues to grow. The other main issues pushed by the FOP are the Collective Bargaining Bill, HR980/S2123 and the Due Process Bill,

HR688/S449. These two issues are not big for us here in Illinois but for the 23 States in which our counterparts do not have the rights of mandatory Collective Bargaining it is very important. Adding to their significance is the fact that States can terminate mandatory collective bargaining as they did in Indiana two years ago. There are many other issues that were addressed and continue to be tracked by the National Lodge on our behalf. They may all be found at the Legislative page of the National FOP website.

Springfield

Our Illinois legislation is seeing some movement in spite of all of the negative attention being placed on pensions. Although it has

now been rescheduled twice, our long awaited meeting with the City over the Pension Portability bill is scheduled for April 10th. We have some new found support for this issue and remain optimistic of its movement. The progress of this bill and our other legislative actions can be monitored on our website and at the States site of ilga.gov.

Pension Commission

The first Pension Commission Meeting was held on February 29th. This meeting was little more than a meet and greet with the commissioners but what was established was a confidentiality agreement between them. The objectives that have been discussed here are still the same and with the

agreement in place there will be little opportunity to expound on the progress, or lack of it, until a recommendation is made, if that is the result. We will be meeting once a month for the next 18 months with the objective of resolving the under-funding of the four City Pension Funds.

Unit/Watch Rep Elections

Now that the Lodge elections are over, according to the By-Laws there will be Unit Rep elections taking place within 90 days. After that there will be Watch Rep elections. Let's support those who have proven their dedication in the past and urge those who always have the "great ideas" to step forward and put those ideas into action.

COMMITTEE MEMBERS NEEDED

Below is a list of committees that you, as a member could be placed on. The President and the First Vice President make the appointments to the committees with the advice and consent of the Board of Directors. We would like to see the membership take an active role in this capacity.

If you have any expertise in any of these areas, please submit a To/From report as soon as possible to Unit 541, attention to either President Donahue or First Vice President Dougherty and get involved in your Union by signing up to be a committee member.

Committees:

**Audit
Constitution & By-Laws
Golf
Legal Defense
Newsletter
Political Action
Safety
Website**

**Awards
Disability
Grievance
Legislative
Pension
Public Relations
Special Events
Work Schedule**

**Benefits
Fishing Tournament
Health & Insurance
Merchandise
Picnic
Retiree
Uniform/Equipment**

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

Respecting Our Own

When an officer is injured in the line of duty and is forced to go out on disability, one of the things he/she has to deal with is the alienation of the Department. Disabled officers no longer have that connection with Department members/friends that they once had.

It starts with the first year after the injury when the officer is on the medical roll. The officer will usually receive lots of calls and officers will stop by for the first couple of weeks. But then the calls become less frequent and hardly anyone stops by to see them. This is very hard on the officer and his family. Disabled officers start realizing that they missed a promotional party or a retirement party that no one informed them about. It doesn't help that when they leave the Department they wait

months before they receive a check from the Pension Board. How many of us could survive with no income or only 50% of our income each month? We've had meetings with the Department and the Executive Director of the Pension Fund and still our officers wait for their hearings. The Disability and Pension Committees sit at the Pension Board hearings monthly and listen to trustees on the Board making motions to defer cases, meaning more months of a no-pay status. It is extremely frustrating for an officer hoping to be able to pay his/her next mortgage payment.

Then the disabled officer is driving in traffic and gets pulled over by a fellow CPD officer. The officer sees the disabled officer's star in his wallet and asks the disabled

officer to see his star and identification. The disabled officer is then accused of impersonating a police officer because the on-duty officer is unaware that disabled officers receive stars and identification cards from the Department. This should not be happening to our disabled officers.

It's bad enough when the Department and the Pension Board doesn't treat our disabled officers with the respect that they deserve, but when some of our own officers can't treat our disabled brothers and sisters with the same respect that they would expect to get it's a sad day.

Please take a good look at the picture of the star on page 1 so that you know what the stars that our disabled officers receive look

like. Notice that they say duty-disability on the top of the star and that there is no star number on the star. Any one of us could be in their shoes tomorrow, please show some respect.

Health Fairs

The next health fair will be held in the 017th District on April 7th, 8th and 9th. Interactive Health Solutions will be offering health screenings; all members (active, disabled and retired) can attend these screenings. These tests are more comprehensive than those given during a typical visit to your physician. The entire process takes about thirty minutes of your time. To schedule an appointment for yourself and/or eligible family members (age 18 and above) call 1-800-840-6100 between 8:30am and 5:00pm, Monday through Friday.

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

Uniform Resale

The Spring Uniform Resale will be held on Wednesday, 16 April 08 at the FOP Hall from 1300 hrs until 1800 hrs. Take advantage of this event with the upcoming Spring Inspection to update your uniforms and accessories. In the past, Officers have purchased a blouse for as little as \$25.00 dollars or a leather jacket for \$100.00 that are in perfect condition. Anyone wishing to sell their slightly used uniforms may arrive at the Hall before 1200 hrs to get a table. The Lodge will also have a table set up selling donated items at a discounted rate.

Parole Denial Hearings for Three Cop Killers

The Illinois Prisoner Re-

view Board has scheduled hearings on Wednesday, 16 April 08 at 26th & California for the matters of three convicted cop killers. The murderers of:

PO Herman Stallworth, Star #10965, of the 003rd District, killed in 1967; PO Anthony Rizzato, Star #12407, of Unit 157, killed in 1970; Sgt James Severin, Star #1319, of Unit 157 killed in 1970; and PO Patrick Crowley, Star #3614, of the 006th District, killed in 1976.

The Lodge distributed petitions to deny parole throughout the City in regards to these convicted murderers. If you see the individual petitions, please sign each one for the named murderers. Our goal is to turn over to the Illinois Pris-

oner Review Board a large number of signed petitions demanding that these cop killers remain behind bars.

Upcoming Police Memorials

Please keep the following dates in mind for the upcoming police memorials. The Illinois State Memorial will be held on Thursday, 1 May 08; the St. Jude Police March will be held on Sunday, 4 May 08; the FOP Lodge 7 Memorial Service will be held on Tuesday, 6 May 08 and the FOP National Memorial will be held on Thursday, 15 May 08. **WE WILL NEVER FORGET!**

FOP Firearms Safety Days

The Lodge will be hosting its Annual Firearms Safety Days on 10 & 11 June 08 at

the FOP Hall from 0900 hrs until 1700 hrs. In attendance will be the representatives of the various approved weapons manufacturers who will conduct onsite safety inspections of our members' duty related weapons at no cost. Last year we had over 500 of our members attended the event. Please check the dates and take advantage of this event which the Lodge has provided for your benefit.

Conclusion

I would like to take this time and thank the membership for the support that was shown to me in the past FOP Election. It is an Honor and Privilege to continue to serve you the membership for another three years. Thank You!

Monthly Awards

You're Invited

*The Members of the Fraternal Order of Police
Chicago Lodge No. 7 Invite You to Join Us at
Twelve o'clock on Tuesday, the Sixth of May at
the F.O.P. Lodge Hall,
1412 W. Washington Boulevard
As We Recognize Our Brothers and Sisters
Who Have Died In
Service to the People of Chicago*



POLICE WEEK

**National Police Week 2008,
Washington D.C.**

**Tuesday through Friday,
May 13 through 16, 2008**

If you are interested in attending, contact Unit 132, 312-745-5823 and an information packet, which contains hotel and police activities will be sent out to you.

Rooms are still available at the Embassy Suites for only \$279.00 per night. Cost includes FREE Breakfast each morning and FREE Happy Hour every afternoon. Valid only from May 13th through May 16th 2008.

The 20th Annual Candlelight Vigil will be held on
Tuesday, 13 May 2008

The 27th Annual National Peace Officers Memorial Service
will be held on Thursday, 15 May 2008

Chicago Police gathering at FADO's Restaurant, limited
reservations...call today.

For reservations or more information, please contact
Marikay O'Brien at 773-677-4397 or
Sharon Colby at 773-544-2908.

CPDPOLICEWEEK@AOL.COM



Distinguished Service Award

Pictured from left: 3rd Vice President Greg Bella, PO Richard Hanrahan, PO Craig Brownfield and President Mark Donahue



Life Saving Award

*Pictured from left: 3rd Vice President Greg Bella, PO Chris Haralampopoulos and President Mark Donahue
(Not pictured: PO Thomas Murphy)*



Distinguished Service Award

Pictured from left: 3rd Vice President Greg Bella, PO Bernard McDevitt, PO Keith Blair and President Mark Donahue

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

Fitness

Once again the subject of fitness is in the media and is being fueled by comments from Jody Weis. I will once again state that the way to tackle the fitness problem is to attack the underlying causes.

Stress brought about by the inability to use comp time to take a day off. Stress brought about by the work schedule. The work schedule has been in discussion for more than a decade and there has been language for years that both sides will work towards a solution.

The F.O.P. found a solution with the ten-hour day pilot program that was a success. The Watch Commanders were able to swing the hours to cover problem schools during the week and then swing the hours back to cover busy night spots on

weekends. The city did not consult the Watch Commanders who had first hand knowledge of the benefit of the ten-hour day and instead took the recommendation of the International Association of Chiefs of Police, (IACP) to end the pilot program. The IACP is an organization of chiefs who represent departments, 95% of which have less than twenty five employees.

As this subject has been bantered about in and out of the media the Superintendent has stated that he recognizes the relation of stress to fitness and understands that there are many underlying reasons that must be dealt with. He said he understands there are underlying issues to fitness like the ability to get time off and a work schedule.

The Lodge related to him that his first chance to show his commitment to this issue

would come by abiding by the Courts ruling in the FLSA lawsuit that was filed by the Lodge. The court ruled that it is reasonable for an officer to request time off forty eight hours in advance and the Department has to grant the day off. As the deadline approached, the City filed an appeal to the courts ruling and also received a stay. This means that the same stress triggers will be in play for a little while longer and it is business as usual for the Department regarding time off until the Appellate Court rules.

Don't Go Alone

When an outside agency like the F.B.I. comes to your house to talk to you, do not talk to them. Take any paperwork they give you and tell them that you want to talk to your attorney before talking with them. They will tell you to have your attorney contact

them to set up a meeting. Immediately call the F.O.P. and we will have a Lodge attorney contact you.

If you are told to go to I.A.D. or O.P.S. to give a witness statement, call the Lodge immediately; we will schedule an attorney to go with you when you give your statement. Call us as soon as you are notified so that we can schedule an attorney for that date and time. Whether you are accused or a witness if you are required to write a "To-From" report call the Lodge. We will assist you in writing the report over the phone or you can always come to the 3rd floor at the Lodge and we will help you write the report in person. **Don't give up any of your rights, they are too important and the risk is too great.**

Benefit

25th District Officers Need Help!

PO Nick Orlando
PO Joe Ferraro

Tuesday, April 22, 2008
1900—2300 hours

FOP Hall
1412 W. Washington Blvd
Chicago, Illinois

\$20 per person

Benefit

Retired PO Dan Kmety's 15 year old Son is sick.
Please come and support one of our own!

Thursday, April 17, 2008
1900—2300 hours

FOP Hall
1412 W. Washington Blvd, Chicago, Illinois

\$25 per person
Call Donna Behrend for tickets or more info,
773-343-4320

Al Gutz's Retirement Party

Saturday, April 26, 2008
1900 hours—Midnight

Heritage Manor
5540 S. Narragansett
Chicago, Illinois

Dinner 8pm/Open Bar

\$50 per person

Address Change Form

Effective Date: _____

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

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

Telephone: _____ Cell Phone: _____

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

Behavioral Intervention System

Step Up to the Plate

members are out of tune as to what is going on with Lodge business. Clearly this is a problem. The FOP website, FOP hotline, FOP Newsletter, monthly General Meetings, monthly Board of Directors meeting, Unit Reps, Unit Watch Reps, FOP Bulletin Boards, FOP Trustees, FOP News briefs are just a few ways to keep track of current issues. Less then 200 Lodge members were eligible to run for office during the recent election process (**WHAT A SHAME**). Five meetings are needed within the election year to qualify to run. There are good officers within FOP Lodge 7 who are knowledgeable and capable of **STEP-ING UP TO THE PLATE**, to become more involved shaping Lodge 7 to be bigger and better. I'm too busy, I don't have the time, I have kids at home, are nothing more then weak excuses and cop-outs. The monthly Board meetings were closed door meetings prior to the current administration; we opened it to the membership, moved it to the 1st floor and lo and behold **YOU STILL DON'T PARTICIPATE**. This is your Lodge, exercise some common sense, **STEP UP TO THE PLATE** and **GET INVOLVED** or **STOP COMPLAINING**.

Constitution and By-Law Changes/Amendments

tive members in good standing. Proposed amendments to this constitution shall be submitted in writing to the Recording Secretary within a two (2) month period commencing April 1, and ending May 31, of each year.

The 2008 FOP Picnic has been scheduled for July 09, 2008 (DOG 2/3/4) at Gaelic Park in Oak Forest, Illinois. Admission requirements for F.O.P. members are the same as when held at Santa's Village. Last year was the first year at Gaelic Park and was applauded as an excellent site location by the membership. We hope to see all who attended last year as well as members who have been away for awhile. Suggestions to make this year's event bigger and better should be forwarded to Frank DiMaria and Sid Davis, Unit 541. Updates on the picnic will appear in the Newsletter through July.

Spring Uniform Inspection

tween 01 and 10 May 2008. Members are reminded to be prepared for the spring dress inspection by starting now and locating all items, needed including proper cleaning and maintenance of said items. There is a uniform resale on April 16, 2008 at the FOP Hall; members are reminded that any uniform items that are purchased may need to be updated to conform to standards. Be prepared, start today, the inspection is a few weeks away.

We hear them, we repeat them and some of us are guilty of starting them. What do they do? In some cases, depending on the rumor, they cause unnecessary grief for some, unnecessary phone calls (to the Lodge) creating a sizeable number of calls to verify or dispel the rumor. You do harm by starting them and create an agitated work environment. Use the energy for something positive.

Lodge Elections

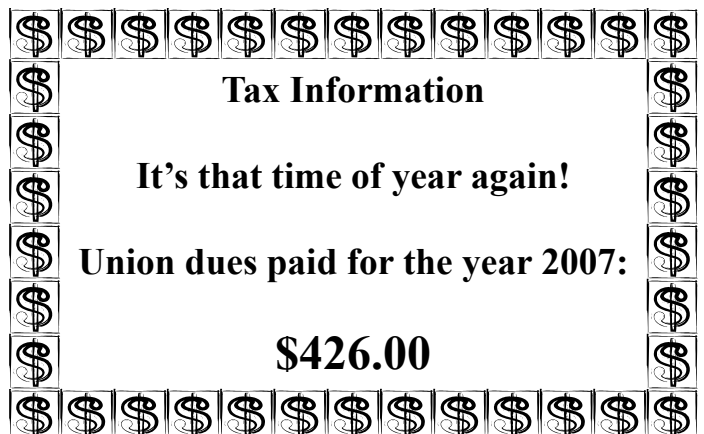
Congratulations to the newly elected members of Lodge 7, welcome back old members.

Tax Information

It's that time of year again!

Union dues paid for the year 2007:

\$426.00



Financial Secretary's Report, *By Tim Fallon*

Behavioral Intervention System

The Lodge was scheduled to go forward on an arbitration regarding the Department's use, or misuse, of the Behavioral Intervention System. This arbitration was scheduled for April 9, 2008. At the City's request, and over the Lodge's objection, the arbitrator has continued the hearing until May 6, 2008. Due to the number of witnesses that will testify in this hearing it will most probably require more than one day of hearings.

The Department's position is that they have not violated any part of the B.I.S. program. The position of the Lodge is that the Department not only violated the B.I.S. program by improperly placing officers in the program, but also by refusing to let officers out of the program after they had successfully completed all the mandates of the program. We will keep you updated on the progress of this case.

FLSA

The City has filed an appeal on Judge Shenkier's ruling on the FLSA case regarding the ability to use compensatory time. The case will now proceed to the Appellate Court for hearing. This could take anywhere from 6 to 8 months before the Appellate Court hands down a decision. So for the time being, it's business as usual in granting time due. So much for wanting to improve morale and reduce the stress level in the Department.

The New School Patrol

For several weeks there have been rumors flying that the Department was going to

create a new "detail" to provide additional coverage for the Chicago Public Schools. We were unable to ascertain from anyone in the Department what this "detail" was about, which officers would be involved, when the detail would start, the length of the detail, where the officers involved would report, what would the day off group and hours be for the detail. All of these legitimate questions remained unanswered by the Department. Apparently the Department feels that if officers are assigned to non-bid units they can be treated like a piece of meat, without any regard to other commitments in their life; such as family, and other employment opportunities. We realize the Department is the primary source of employment and sacrifices have to be made, but to be treated like indentured servants without the slightest consideration for other obligations in officers' lives is a slap in the face to all of our members.

Finally on March 24, 2008 the Department issued AMFN Message #081261 which stated, effective 0001 hours Thursday, 27 March 2008, the attached personnel will be detailed to Special Functions, Unit 141. Detailed personnel will be assigned to a Saturday/Sunday day off group with duty hours of 0900 – 1730 for the entirety of the detail. Affected members will report on Thursday, 27 March 2008 at 0900 hours to the lower level auditorium on the 11th District, for roll call and inspection. Members will report in the prescribed field uniform of the day and be prepared in the event of inclement weather.

Since the Department stonewalled the Lodge, and

withheld any information regarding this detail, we attended the roll call to see what the true purpose of this detail was about. At roll call officers were informed that this detail would be titled "Street Impact Initiative". According to the Department the Street Impact Initiative (SII) Mission is to provide a presence in areas of the City during day and afternoon hours where there is a high propensity for violence. The rest of the roll call was to inform officers that they would be responsible for stopping violence in and around schools. Officers were told that if they saw children outside of the schools it was their responsibility to get the children back in the schools. Officers were told to check with the schools to determine what time schools would break for the day. However all the literature passed out at roll call had nothing to do with the schools.

If it looks like a duck, walks like a duck, and quacks like a duck, it's probably a duck. The Street Impact Initiative detail is nothing more

than the School Patrol Unit in duck feathers. The former School Patrol Unit was covered under Article 23.8, which means officers bid to the unit by seniority. When the School Patrol Unit was disbanded, all the affected officers returned to district patrol, so we did not lose any bid positions. What the Department is doing now is using officers from non-bid units to do the job that was formerly done by officers in a bid unit. The Lodge has filed a grievance at Step 3 of the grievance procedure on behalf of all affected officers. As a remedy the Lodge seeks to have all officers involved in this detail to be paid at time and one half for the duration of the detail.

Furthermore if the Department is truly concerned about violence in and around schools (and we believe they should be), and they are not just reacting to media pressure; the Department should reactivate the School Patrol Unit and open it up for bid by seniority.

DECEASED BROTHERS & SISTERS

WILLIAM J. BOLTON, AGE 80
MATTHEW P. BALDWIN, JR., AGE 79
ANTHONY WAITKUS, AGE 88
FRED B. DREW, AGE 86
ROBERT J. HEYRMAN, AGE 60
JEROME P. HEYDEN, AGE 68
CLARENCE B. WILLIAMSON, JR., AGE 55
JOHN L. MCLAUGHLIN, AGE 81
EDWARD J. DVORAK, AGE 69
ARTHUR AZNAVOORIAN, AGE 75
WILBUR ADAMS, AGE 74
STANLEY J. SUTRYK, AGE 83
JOSEPH A. PIKOWSKI, AGE 73
FRANCIS M. COSTELLO, AGE 83

Fitness For ... "Our Finest", By Coach Joe Cullen, CPT

Fueling Our Mind & Body Part 1 of 2. So, what's more important, a Fit Body or Fit Mind? That could depend on one's occupation and lifestyle, right? Fit Bodies are important, no doubt. However, an ALERT & FIT mind is even more vital. If our *compass* (head) is not working properly, then what direction is the fit body going? This applies to Police Officers, and other professions like teachers. Sure, your strength and ability to walk/run is needed for the job. But, it starts with a ***Fit & Energized Mind***. You've heard it before, the "mind-body" connection & also the "holistic" approach.

An alert mind, fueled by proper eating & exercise, are essential to police officers & administrators. The pressure and stress from the job will affect your mind and your body, resulting in overeating, overweight, and smoking. High stress causes an increase in the body chemical "cortisol" which deposits fat in the stomach, and also creates stress hormones" which can raise both your blood pressure, bad cholesterol (LDL), and also damage the heart muscle.

To lose weight & reduce stress, eat/snack in moderation, and exercise the brain & body. It's impossible to eliminate stress, but you can reduce & manage it. This leads to a "better quality of life" and increase job performance and satisfaction. Lets' start with part 1 - **Fueling Our Mind & Body**. Part 2 (May) contains more on snacking, exercising the brain & reducing stress.

Eat Breakfast! C'mon, would you start a car, with no gas? It provides your energy boost, raises your metabolism, and promotes weight loss. Some great breakfast foods are: Cereal w/ Skim or 1% milk and half a banana, or try Egg Beaters w/ Low Fat Cheese and an apple, or Oatmeal w/ 1 slice of Multi-grain bread with a bit of low-fat Peanut Butter.

Lunch – Fast Food? Well, try to avoid it, but if eaten correctly, there is nothing wrong with fast food & it's realistic. Is it healthier to bring a sandwich from home? Yes. But, if you decide on fast food, choose **the best options**. For example, SUBWAY is a superior choice over MacDonald's, Burger King & other corner deli's. The meat at SUBWAY is lean, and low in fat/calories, but, just order the 6 inch on whole wheat or multi-grain bread, not the 12 inch, unless you are sharing it.

You can still visit MacDonald's and others. Heck I do! But order the single cheese burger, not the double – or leave off the cheese half the time you go. Try the grilled chicken sandwich, NO mayo – try mustard. Avoid the fries, but if you need that "fry fix", order the small size, split it with your partner, or toss some out into the garbage can.

Snacking – it's reality & healthy. Snacking should be every 2 - 3 hours. These can be prepared at home or purchased. **Try these:** Sliced apples or bananas. Drink lots of water too to avoid dehydration. Dehydration signals false hunger pains! Try packets of whole wheat crackers with Peanut Butter. Celery and Carrot sticks are excellent to reach for when stressed and bored. Try walnuts (small hand-

ful), or red grapes. A great Energy Bar is the Atkins bar because it's high in protein, and low in Fat/Carbs. However, eat only half the bar, then the other half, 1 or 2 hours later. With proper snacking, you'll lose weight and feed your stress. Stay Tuned, in May, when we focus more on snacking, handling stress & how to relax and exercise the "Mind".

** TIP OF THE MONTH**

Avoid white bread, it's fattening. Instead, eat rye, whole wheat, or multi-grain breads. This alone, will allow you to lose a few pounds a year.

Thank you. If you have any questions on this article or suggested topics, feel free to call or write me. Cell: 312-972-2828 Office: 773-857-7027, e-mail: jcullen@CertifiedHealthFitness.com. Or visit me on the web at www.CertifiedHealthFitness.com

The Newly Elected Board Of Directors of The Fraternal Order of Police, Chicago Lodge 7

<i>Mark P. Donahue, 541</i>	<i>President</i>
<i>Bill Dougherty, 541</i>	<i>1st Vice President</i>
<i>Frank DiMaria, 541</i>	<i>2nd Vice President</i>
<i>Greg Bella, 541</i>	<i>3rd Vice President</i>
<i>Sidney Davis, 541</i>	<i>Recording Secretary</i>
<i>Timothy Fallon, 541</i>	<i>Financial Secretary</i>
<i>John Capparelli, 541</i>	<i>Treasurer</i>
<i>Ken Watt, RTD</i>	<i>Sergeant-at-Arms</i>
<i>William Burns, 018</i>	<i>Sergeant-at-Arms</i>
<i>James Moriarty, Jr., 189</i>	<i>Sergeant-at-Arms</i>
<i>Bill Nolan</i>	<i>Past President</i>
<i>Rich Aguilar, 025</i>	<i>Trustee</i>
<i>Derrick Armstrong, 002</i>	<i>Trustee</i>
<i>Jim Bailey, 124</i>	<i>Trustee</i>
<i>Harold Brown, RTD</i>	<i>Trustee</i>
<i>Joe Butney, 008</i>	<i>Trustee</i>
<i>Pat Duckhorn, RTD</i>	<i>Trustee</i>
<i>Michael Garza, 004</i>	<i>Trustee</i>
<i>Kevin Graham, 023</i>	<i>Trustee</i>
<i>Anna Hanley, 123</i>	<i>Trustee</i>
<i>Chester Hornowski, RTD</i>	<i>Trustee</i>
<i>Edward King, 650</i>	<i>Trustee</i>
<i>Tom McDonagh, 610</i>	<i>Trustee</i>
<i>Bob Podgorny, RTD</i>	<i>Trustee</i>
<i>Rob Rutherford, 650</i>	<i>Trustee</i>
<i>Ron Shogren, RTD</i>	<i>Trustee</i>
<i>Tom Skelly, RTD</i>	<i>Trustee</i>
<i>Daniel Trevino, 601</i>	<i>Trustee</i>

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 FOP web site, www.chicagofop.org, for beneficial information. Feel free to E-mail Sal at csaladino@chicagofop.org.

February Pension Board – Advocates present were 1st VP Bill Dougherty, Det Steve Schorsch, Ret Ken Watt and myself. Disability Claims: *Duty* – no cases heard. *Ordinary* – 3 granted.

Disabled Persons' Homeowner Exemption for Cook County applications are now available. For information

call 312-443-7550 or visit the web site at www.cookcountyassessor.com.

Beneficiaries – Officers, verify with the Pension Board (1-800-656-6606), Prudential Life Insurance (1-800-778-3827), Credit Union (312-726-8814) and the FOP (312-733-7776) the name/s you have on file for your beneficiary.

Remember – while on disability you are considered an active police officer.

Credit for other service (Sec. 5-214). Officers applying for credit for prior service should first read the statutes before applying or seek legal counsel.

Veterans' Corner

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

Combat Veteran Eligibility - extending the period of eligibility for health care for veterans who served in a theater of combat operations after 11 Nov 98 (OEF/OIF veterans).

Currently enrolled veterans and new enrollees who were discharged from active duty on or after 28 Jan 2003, are eligible for the enhanced benefits, for 5 years post discharge.

Veterans discharged from active duty before 28 Jan 2003, who apply for enrollment on or

after 28 Jan 2008, are eligible for the enhanced benefit until 27 Jan 2011. Veterans can call the Health Benefit Service Center toll free at 1-877-222-VETS(8387) or visit the VA health eligibility web site at www.va.gov/healtheligibility

Illinois Property Tax Breaks - Returning Veterans' and Disabled Veterans' Standard Homeowner Exemption. Cook County Assessor's Office now has applications. Call 312-443-7550 or visit their web site at www.cookcountyassessor.com or call me at the FOP.

"The sinews of war are infinite money." ~ Cicero

Airborne Sal

"Cracked or Perfect, We DO Make A Difference", *Compliments of Rabbi Moshe Wolf*

An officer called me one morning. The Officer said, "Chaplain, can we talk? Sometimes I feel incomplete. I wasn't the top of my academy class, I'm not the brightest among my peers, I'm not the sharpest pencil in the box etc. Should I feel inferior or does G-d have a plan for me?" I said, "Let me share with you a short parable".

A water bearer in India had two large pots. Each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house. The cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half

pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and want to apologize to you." "Why?" asked the bearer. "What are you ashamed of?" "I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts,"

the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again he expressed his feeling to the water bearer. He replied by saying, "Did you notice that flowers were only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day, while we walk back

from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

The moral of this story is that we all have our faults none of us are perfect (besides our spouses), but we all have a path to follow and that path we make, has a reason to our being. Never second guess yourself, just be the best that YOU can be. And yes you CAN and DO make a difference.

May G-d bless you keep you safe and always keep you in His loving care.

Compliments of Rabbi Moshe Wolf, 773-463-4780 or moshewolf@hotmail.com



Spring Uniform Sale

Wednesday, 16 April 2008, 1300 – 1800

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

Tables will be available in the Hall. Sellers should be in the Hall by Noon to set up their wares.

Anyone interested in donating items can drop them off at the F.O.P. Office anytime before the date of the sale.

Any questions? Contact Frank DiMaria at the F.O.P. at 312-733-7776



Event Honoring Former Detective Mike "The Brown Bear" Herbert

Loyola Academy has chosen to dedicate the Press Box in its new football stadium to the memory of Mike Herbert, who served 36 years in the Chicago Police Department.

A party in Mike's honor will be held on
Friday, April 25, 2008
From 5:00 pm until Midnight

FOP Hall
1412 W. Washington Blvd
Chicago, Illinois

Live Music, Open Bar & Food All Night

Donations can be made at the door. All donations are tax deductible. If you cannot attend and would like to contribute, please send checks to:

Loyola Academy
Attn: Ann O'Hara
1100 Laramie Avenue
Wilmette, IL 60091

*Checks are to be made out to
Loyola Academy Mike Herbert Press Box*

No Cop Out's 10th Annual A.A. Men's Serenity Weekend

Come relax in the beautiful surroundings of St. Mary's. Take time to enjoy the positive solitude or just listen to or join the group discussions. This weekend is yours! Meditate, take peaceful walks, explore where you're at with yourself and your program. Catch up on reading, conversations, or just kick back and sit on the front porch and enjoy the view. No pressures, no bosses, no demands, absolutely nothing is mandatory—whatever you care to do, it's your weekend. Sometimes you need something like this to make you feel good about yourself.

April 18, 19 & 20, 2008 and the cost per person is \$90

St. Mary's Retreat House in Lemont, Illinois

For more information please contact Tony Hernandez or Frank Calderon at 312-743-0378

NOTICE OF CLASS ACTION AGAINST THE CITY OF CHICAGO

IN 1998 A CLASS ACTION LAWSUIT WAS FILED AGAINST THE CITY BY SEVERAL CHICAGO POLICE OFFICERS WHO MISSED TIME FROM WORK DUE TO INJURIES CAUSED BY THIRD-PARTY TORTFEASORS. JUDGMENT HAS NOW BEEN ENTERED AGAINST THE CITY. THE LAWSUIT ALLEGED THAT THE CITY SOUGHT REIMBURSEMENT FOR WAGES THAT IT PAID TO THESE OFFICERS WHILE THEY WERE INJURED AND AWAY FROM WORK BY WRONGFULLY ASSERTING WAGE LIENS. THESE LIENS WERE ASSERTED AGAINST AND COLLECTED FROM THE SETTLEMENT OR VERDICT PROCEEDS THAT THE OFFICERS OBTAINED FROM THE TORTFEASORS RESPONSIBLE FOR THEIR INJURIES. THE CITY DENIES IT VIOLATED ANY LAW IN SEEKING REIMBURSEMENT.

IF YOU ARE A CURRENT, FORMER OR RETIRED CHICAGO POLICE OFFICER WHO, BETWEEN 1996 AND 2002, LOST TIME FROM WORK DUE TO AN INJURY AND AS A RESULT OF YOUR INJURY RECEIVED FUNDS FROM A THIRD-PARTY TORTFEASORS, AND YOU HAVE REASONABLE PROOF THAT A PORTION OF THOSE FUNDS WERE PAID BACK TO THE CITY FOR WAGE EXPENSES, YOU WILL BE ENTITLED TO SETTLEMENT BENEFITS. (IF YOU WERE IN THE RANK OF SERGEANT OR LIEUTENANT AT THE TIME OF YOUR INJURY OR IF YOUR WAGE LIEN WAS PREVIOUSLY ADJUDICATED BY A COURT, YOU ARE NOT ENTITLED TO SETTLEMENT BENEFITS.)

MANY OF YOU WILL BE RECEIVING BY MAIL A "CLASS ACTION NOTICE" FROM THE CIRCUIT COURT OF COOK COUNTY. THE NOTICE DESCRIBES THE CLASS ACTION LAWSUIT AND THE STEPS YOU MUST TAKE MY JULY 1, 2008 TO SECURE YOUR RIGHTS THEREUNDER. IN THE SETTLEMENT BENEFITS, YOU CAN DOWNLOAD A COPY FROM THE FOP WEBSITE, WWW.CHICAGOFOP.ORG, REQUEST A COPY THROUGH YOUR FOP REPRESENTATIVE OR CONTACT WARNER LAW OFFICE AT 312-729-5400.

In accordance with the Constitution & By-Laws, a Unit Representative Election must be held for each District & Unit within 90 days of the General Election.

Any active member interested in running for this vacancy (including current Unit Reps.) should submit a To/From to the Lodge, Unit 541, no later than 23 April 2008. If more than one person requests consideration, we anticipate having a Unit Representative Election in early May 2008.



IS IT SPRING YET? WE SURE HOPE IT GETS HERE SOON! TALK ABOUT 'SOON', MOTHER'S DAY IS MAY 11TH, JUST AROUND THE CORNER & SO ARE THE POLICE MEMORIALS. LET'S HAVE SOME SPECIAL SALES...

GOLD SALE!! 10% OFF ALL GOLD PENDANTS & RINGS, NEW STARS/OLD STARS, ALL RANKS THE PRICE OF GOLD HAS SKYROCKETED, THERE WILL BE A PRICE INCREASE AFTER MOTHER'S DAY, SO SHOP TODAY!

DON'T WAIT FOR THE PRICE INCREASE. SALE DATES ARE APRIL 15TH THROUGH MAY 6TH.

GIFT IDEA? HOW ABOUT A WIND CHIME? POLICE STATION, \$11.95 OR POLICE SERVE & PROTECT, \$19.95



STORE HOURS:

MON-THURS 9:00 - 5:00
FRIDAY 9:00 - 4:00
SATURDAY 9:00 - 1:00

312-733-2344

10% OFF LADIES FULL ZIP "HOODIE" SWEAT SHIRT IN AQUA OR LILAC SIZES: SMALL-2XL

30% OFF LADIES "CHICAGO FINEST" TANK TOP IN WHITE, AQUA, LAVENDER. THIS IS A CLOSE OUT ITEM.....

MEN'S BLACK/BROWN REVERSIBLE DRESS BELT, ADJUSTABLE UP TO SIZE 56 WITH GOLD-TONE BUCKLE & SILVER CPD STAR ORIGINALLY PRICED AT \$24.95 - NOW ON SALE FOR ONLY \$18.95

GENUINE IMITATION LEATHER 8 1/2 X 11 PAD FOLDER GREAT FOR COURT PAPERS & REPORTS ON SALE FOR ONLY \$8.95, WHILE THEY LAST...

NEW SPRING TWO-TONE MEN'S JACKET, BLUE/GOLD OR BLUE/TAN, MEDIUM-2XL - RETAIL PRICE \$21.95 FOP PRICE \$17.95 - SALE PRICE \$15.95

NEW SEASON ...NEW ITEMS...NEW SALES...

- **CANVAS STYLE RUGGED WEAR JACKETS IN NAVY OR BROWN-MEDIUM TO 2XL-\$39.95 EACH**
- **"COPPER" TRAVEL MUG WITH HANDLE-LIMITED INTRODUCTORY PRICE OF ONLY \$7.95 EACH**
- **LADIES POLO IN LIGHT GREEN, BLUE & YELLOW WITH HORIZONTAL STRIPES-XS TO XL-GENEROUS CUT STYLE-\$15.95 EACH**
- **SWEAT PANTS WITH STAR-NYLON IN GRAY OR NAVY WITH MESH LINING OR PINK FLEECE SWEATS FOR THE LADIES-ALL PANTS HAVE A DOUBLE WHITE STRIPE DOWN THE LEGS-SMALL TO XL \$16.95, 2XL \$18.95**
- **CPD CAP WITH SHADOW STAR IN NAVY, BLACK OR GREEN WITH VELCRO CLOSURE-CITY FLAG & FOP 7 ON BACK-\$10.95 EACH**

BACK IN STOCK
PATROL DIVISION & TACTICAL UNIT T-SHIRTS
SMALL TO XL, \$11.95 EACH
2XL, \$12.95 EACH
3XL, \$13.50 EACH

TEE SHIRT OF THE MONTH
"CPD STAR WITH CROSSED SABERS"
BLACK OR GRAY
30% OFF SALE PRICES RANGE FROM \$8.36 TO \$9.45 DEPENDING ON SIZE...

NEED CPD PATCHES FOR TRADING?
WE HAVE THEM PRICED AT...
2 FOR \$3.00
ALL RANKS & SUBDUED

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, 9266 S. Cicero Ave, Oak Lawn, IL
Don Januszyk, 708-364-9903

Crime Lab, ETs, Forensic Services & Mobile Unit

1st Tuesday of Month @ Noon
Irish Manor Restaurant, 115th & Pulaski Road, Chicago, IL
Bob Baikie, 773-284-1935

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, 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



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



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