

May

2008

F.O.P. NEWS

Committee: Rhonda Bullock, Chairman

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Official Publication of Chicago Lodge No. 7



FOP, Chicago Lodge 7
1412 W. Washington Blvd.

“The fact that it was moving slowly last year was due to them not having a Superintendent to make any decisions and, ironically, it is the excuse so far this year”

President’s Report, By Mark Donahue

As a result of the Lodge Elections on March 14th, the new Board was sworn in by National President Chuck Canterbury in a ceremony here at the Lodge on March 30th. It’s a ceremony that if nothing else, reflects on the responsibilities of the organization and those who have taken an active roll in fulfilling them. An oath is taken by the elected members to recognize the obligations they have made to the organization and its members and to do all they can to build upon the FOP foundations that have been set before us. For those of you who would like to become more involved in this process, to help all in our profession, consider becoming a Unit or Watch Representative. Although the deadline for running for Unit Reps has passed, the Watch Rep elections will be held sometime in June. There is not a better way to do something about what you may perceive as either right or wrong than getting involved at this level. What you can do will make a difference.

Negotiations

The frequency of negotiation meetings with the City has slowed recently. The fact that it was moving slowly last year was due to them not having a Superintendent to make any decisions and, ironically, it is the excuse so far this year. There is no one making decisions at the table and it appears that the City’s

left hand doesn’t know what the right hand is doing although we can guess. The Lodge has still yet to receive a work schedule proposal from the City although it’s been promised for four months now. As you can see from the website, there have not been any new proposals from the City. We anticipate the frequency and substance for the meetings to increase and if we are disappointed again, the entire Negotiating Team will make a determination as to what our next action should be if we do not have “negotiations in good faith.”

Presidential Endorsement

As the national political conventions draw near, the National Lodge is gearing up the process by which they may make an endorsement for President. They are in the process of sending out a questionnaire to the candidates. The first two items on the questionnaire demonstrate how important an issue this is to our members. The first one deals with the Social Security Fairness Act. After an explanation of the Act and our position on the issue, the candidates are asked what their position is and if they will support the passage of it. The second question addresses the potential of having newly hired State and local government employees mandated to participate in Social Security. The FOP has long been opposed to this scheme and has addressed the issue and can

report that there has been no bill proposed to change the status quo. Again, the FOP is looking out for the interests of members in law enforcement as well as the municipalities that employ them. The process for the endorsement of a candidate is that only the National Board of Directors may do so and, with the input of the membership, will make the decision of whether or not to do so at the September Board Meeting which is in Detroit this year. A two thirds majority vote is necessary to make such an endorsement at the National level.

Legislation

There has been progress with our State Legislative agenda as far as the Pension Portability Bill is concerned. After waiting almost a year for the “promised” meeting to occur, it happened on April 10th. The City expressed a total of three areas of concern to the bill that the Lodge was able to address to the satisfaction of the City. We feel we have finally resolved all areas of concern to presenting a bill to allow for service credit in other law enforcement pension funds to be transferred into our fund while the City and the Fund incur no cost in doing so. Though the Spring session is drawing to a close, there are ways in which to get the bill before the Assembly and passed out before their scheduled recess. Although the current climate in Spring-

(Continued on page 2)

Inside this issue:

Retiree Insurance Rates	Pg. 2
Illinois State Lodge Scholarship App.	Pg. 3
Second City Cop	Pg. 6
Notice of Class Action Against City of Chicago	Pg. 10
2008 Ed Reines Fishing Tournament	Back Page

President's Report Continued...

field is not conducive to getting much accomplished, we have been given some assurances that we will be supported in the passage of this bill. Just remember, nothing happens until the Governor's signature is on the bill.

Lodge PR Campaign

The public relations campaign that the Board authorized which was four weeks of commercials that ran on NBC has

come to a close. The feedback from those commercials from the membership and people in the community was very positive. Although the message was well received, it is still unclear as to how many people were actually reached. If anyone has an opinion or suggestion on the campaign, as to how to, or whether to go forward, please let us hear from you.

Field Reps

With the new terms of office comes the responsibility of naming the Field representatives who work full time for the Lodge. By the Constitution and By-laws, those appointments are made by the President with the advice and consent of the Board of Directors. That was done at the April Board Meeting and the only

change in Field Representatives was that Rich Aguilar will work for the Lodge full time and John Capparelli will return to the Detective Division. John still has his responsibilities as the elected Treasurer for Lodge 7 as was recognized by the Board who voted to accept the appointments.

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

Retiree Insurance Rates

As most of our retirees are aware, the Lodge has been in court since 2005 fighting the City on retiree healthcare costs. The City has been overcharging every year since 2003. Our retirees that were overcharged received refund checks from the City in 2003, 2004 and 2005. The Lodge is in the process of calculating the figures for 2006. Once again, we have heard from the Department of Finance regarding rate changes for annuitants. The City is raising the non-Medicare retirees' contribution

rates by about 12% starting July 1, 2008. That would be a raise of over 24% in two years. Keep in mind that the City's overall medical and prescription drug costs have only gone up 3.75% since calendar year 2002 per the actuary's report. The actuary uses a national average to decide how much the retiree rates are going up. The City has beaten the national average for years now, but still continues to impose double digit raises on the rates of City retirees. Retirees will be receiving a letter from the

City soon announcing the increases. These increases are for the non-Medicare retirees only. Medicare retirees' rates will be going down slightly, but it varies depending upon which category that you are in. You can rest assured that if our retirees are overcharged again, we will be back in court getting refunds. We will post a copy of the rate changes on the FOP website.

Medical Section

Reminders

- You must contact the Medical Services Section

(MSS) on the following day that you go on the medical roll.

- No children are allowed in the MSS.
- If you have problems at the MSS ask to speak to a **sworn supervisor**.
- IOD bills should be forwarded to the MSS IOD Unit.
- Officers on Stationary recuperation must contact their unit of assignment before they leave their residence.

Chicago Police Week 2008 May 13—16, 2008 Washington DC

A block of rooms has been reserved at the Embassy Suites Hotel in DC. The rate is \$279 per night. This year, rooms are at a premium because of a medical convention in town. This rate includes a free happy hour every night and a free cooked-to-order breakfast daily.

There is no discounted group airfare this year. We have learned that you can book with either American or United to Reagan for only \$189.00.

Private Chicago Police Party held on May 14th from 1900—2200 hours at Fado Irish Pub, 808 7th Street NW. Cost is \$55.00 each. Keep in mind, no tickets will be sold at the door. Buy your tickets early.

For more information or tickets to Fado, please contact Sharon Colby at 312-747-8380 or Marikay O'Brien at 773-677-4397.

Hopes & Dreams For Tori

On September 16, 2007, Paul Clisham, 37 years of age, lost his four year battle with cancer. Paul fought this terrible disease with everything he had and to the last day would tell you he was going to beat it.

Paul leaves behind his wife, Catherine and daughter, Victoria (Tori). Tori is six years old and suffers from Autism. The future for Tori holds much uncertainty and many challenges, even more so now without her loving father at her side.

Please join us in trying to help ease just some of the burden as we try and relieve some of the financial hardship faced by Catherine & Tori.

Sunday, 1 June 2008 from 1300—1800 hours

115 Bourbon Street

3359 West 115th Street, Merrionette Park, Illinois

Tickets cost \$25 each and will be sold at the door.

For more information, please visit our website at www.paulclisham.com

ILLINOIS STATE LODGE SCHOLARSHIP APPLICATION



REQUIREMENTS:

- Parent must be an Illinois F.O.P. member in good standing.
- Applicant must be a full time, student (12 or more credit hours per semester)
- Applicant must provide the following with this application for it to be considered. *Proof of registration for the Fall 2008 semester. Proof can be one of the following: note from registrar indicating enrollment, Fall 2008 class schedule, Fall 2008 tuition payment receipt or letter of acceptance. Letters of acceptance must be followed by proof of registration before scholarship is awarded.*
- **Award:** \$500 (17 individual district scholarships awarded by random drawing at the State Lodge summer meeting and one \$500 drawn from all non-selected district applications sponsored by ISPFCU)
- **Application Deadline:** Must be received by 1630 hours on 20 June 2008.
- **Please Note:** Incomplete applications will NOT be processed. **Please use only one submission method**
- **Mail/Fax to:** F.O.P. Illinois State Lodge, 4341 Acer Grove, Suite B, Springfield, Illinois 62711
Phone: (217) 726-8880 FAX: (217) 726-8881 Online: www.ilfop.org, obtain application only

Student's Full Name: _____ D.O.B.: _____

Parent/Guardian: _____ Lodge #: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ E-Mail: _____

College/University: _____

Office Use Only - District/Trustee:

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

Don't Blame Us

The City has experienced another weekend of violence that left somewhere between 20 to 30 people shot, 2 to 4 people stabbed and 5 to 9 people killed, depending on which media outlet you watch or read. One thing is apparent, the City was caught with its pants down and the proof is what the Department told the media.

The spike in violence was blamed on the weather. The warm conditions brought about this deadly round of violence and then they followed the explanation with "homicide rates are down for the year." Yes, they are down 1% from last year but when this weekend rolls around you won't be able to use that stat. My only question is why does Chicago have more homicides than a City like Los Angeles where the climate is warm all year long? Why does Chicago have more homicides than New York where the population is greater and the weather substantially the same?

One thing is for sure, you

cannot blame this on us. The media has been beating us to death, the Department is beating us to death, the politicians beat us to death, and the Mayor has beaten us to death. You collectively have killed all morale within the C.P.D. and you now have the Department you desire; report takers, not crime stoppers. Think about it, you ask for a day off only to be chastised by a supervisor for not having enough activity even though there is no quota system requiring activity. Activity can only get you into trouble. You ask for a day off and are told, "No, because there is no manpower." The Lodge won the FLSA lawsuit against the City, which would eliminate that problem, and what does the Department and City do? They appeal the decision.

Every District and Unit you go to you hear from our members that they want a new work schedule. This has been an issue for at least the last decade. The Lodge is trying to negotiate a new work schedule and what does the City do? They drag out the process and still have yet to make a pro-

posal. The bottom line is this City does not care about you the member.

An officer can't help but think, "If I don't proactively look for criminals, I won't get a C.R. number, which means I won't be suspended." I know there are people within the Department who will say, "You can make arrests and hunt for crime without getting a C.R. number against you. We have all done that." The answer is simple, you may have done it, but it was at a time when someone had your back and it was not in this climate that you have helped to create.

Think about the results of recent legislation and the legal interpretations rendered by this Department. You have severely hampered the ability of Detectives to do their job and solve homicides with the implementation of the overly restrictive 48 hour rule. This decision is so far to the left that it makes the Detectives job the hardest job in the world. It is no wonder that the clear-up rate is in the toilet. Data collection for traffic stops makes you realize that if

you don't stop anyone, then you can't be second guessed or get into trouble. Everything this Department now does is to protect the City from liability, even if they have to sacrifice the career of an officer or the protection of its citizens.

The cumulative affect of these years of police bashing is the criminals becoming emboldened. So as crime goes up and violence increases, the sad truth is the public needs to bring this problem to those responsible for creating the crisis.

In spite of all of this, our members still go out day in and day out and do the job that no one else can or would do. As much as we complain we still try to make a difference in the neighborhoods that the average person would not dare to drive through.

The month of May is when we honor our fallen brothers and sisters locally, statewide and nationally. Maybe the media can take a minute to do something positive and honor those who sacrificed everything for this City.

Pension News

The Fund currently has two 100-year-old retired Officers receiving a pension. The best retirement is a long retirement.

All active Officers will receive a "Personal Statement of Benefits" via U.S. mail from the Pension Board this month. The Board is also sending out its annual signature verification cards to Retirees and annuitants.

The Fund is open Monday through Friday, 0800-1630 hours, (312)744-3891. To set up a time and date for me to speak to your unit, or to just ask questions, you can contact me via e-mail through the Funds website at, www.CHIPABF.org or via Department mail to "Pension Board".

Steve Robbins

Area One Detective Division Retirement Party

Honoring the 35 years of service of...

Detective George Holmes, Star #20223
(009, 005, 022 and Area One Detective Division)

Tuesday, 17 June 2008
1800—2200 hours
Buffet Dinner & Refreshments

115 Bourbon Street
3359 West 115th Street
Merrionette Park, Illinois

For tickets or more info please call Area One at 312-747-8380

Website Committee Report, *By Rich Aguilar*

Staying Connected

It sounds unbelievable, but some members are unaware that the FOP has a website. One of the feature pages of the site is the Current Updates Page. Here members can find the latest FOP news. This page is updated several times a week, sometimes more than once a day. Members have the option of having these updates e-mailed to up to two e-mail addresses of

their choice. This is the best way to keep up to date. Go to www.chicagofop.org, select the Surveys tab, select Current Updates, complete the online form, and select submit. You will receive the Updates as soon as they are posted to the FOP site. Your e-mail address will not be used for any other purpose.

Another important page on the site is the Legal Defense Page.

This page explains the Lodge #7 Legal Defense Program. The page also contains a link to the Lodge #7 Legal Defense Handbook. Every member should familiarize themselves with this invaluable asset. The handbook explains rights that members have regarding CR investigations, SPAR procedures, the Non-disciplinary Intervention Program, and grievance procedures. All too often, members forfeit their

rights prior to learning what their rights are.

Finally, the e-mail addresses for all members of your Board of Directors are listed on the site. Please feel free to contact us with any questions or rumors that you may have heard. This is the most effective way to dispel rumors that are just rumors.

January 2008 Retirees			
Name	Rank	Dist.	Yrs
Avery, Rodney D.	Officer	024	34
Balicki, Lylia	ET	377	26
Bradley, Vernon J.	Detective	630	31
Carter, Earl	Detective	620	30
Cosgrove, Nancy J.	Officer	018	22
Cotter, Barbara A.	Officer	142	20
Dale, Pamela J.	Agent	121	20
Dolehide, Lawrence E.	Officer	701	36
Duckhorn, James R.	Detective	630	35
Garcia, Gabriele	Officer	025	14
Gozdecki, Gary M.	Canine Handler	050	31
Hallman, Sandra I.	Agent	121	21
Harris, Willie L.	Officer	166	33
Henderson, Ronald L.	Officer	018	22
Hight, Charles H.	Detective	620	30
Kuta, Dolores	Officer	001	20
Lapinski, Richard H.	Detective	079	28
McKeone, John G.	Officer	001	36
Midona, Joseph A.	Officer	018	37
Moran, Patrick J.	Officer	177	35
Morrisette, Karen L.	Detective	620	26
Niemotka, Anthony J.	Officer	023	32
O'Connor, Daniel P.	Officer	021	29
Oswald, Arthur	Officer	177	26
Roberts, Jeffrey	Detective	620	29
Romero, George L.	Bomb Tech	603	30
Shinn, Elizabeth	Detective	610	21
Sobolewski, Andrew G.	Detective	DPR	32
Tague, Alfred S.	Officer	022	30
Tamillo, Donald F.	Officer	020	36
Taylor, Sharon I.	Detective	620	25
Tedder, Peggy T.	Detective	610	21
Thompson, Ralph W.	Officer	023	21
Turner, Courtney	Officer	023	33
Versetto, Lauren R.	Officer	008	21

February 2008 Retirees			
Name	Rank	Dist.	Yrs
Acosta, Phyllis A.	Officer	045	20
Boose, Linda V.	Detective	603	25
Boyce, Michael D.	Chief of Staff	111	27
Casey, Lawrence J.	Sergeant	016	30
Charles, Kenneth R.	Detective	123	23
Collins, Robert G.	Detective	650	38
Cruz, John A.	Detective	640	35
Doyle, Clifford L.	Detective	610	40
Dzurovcik, Michael D.	Officer	004	30
Eich, Thomas F.	Sergeant	001	22
Enwall, Kenneth G.	Officer	016	34
Galeczka, Stanley J.	Officer	023	29
Gorman, Nancy J.	Officer	148	22
Gvozdenivich, Anthony J.	Officer	018	26
Harris, Charlette A.	Officer	276	28
Hash, John E.	Officer	184	35
Hinkle, Lawrence	Detective	072	36
Holcomb, Gloria J.	Officer	022	21
Johnson, Marcia e.	Officer	132	22
Kilmartin, James P.	Detective	620	32
Krdlicka, Patrick M.	Officer	701	30
Kuciver, Michael	Officer	022	31
Kurnat, John C.	Officer	022	31
Lemieux, David T.	Detective	620	26
Paulnitsky, Roland	Detective	603	40
Robinson, Anton G.	Detective	620	28
Salcedo, Maria E.	Officer	045	21
Sarabia, Frank	Sergeant	010	28
Smith, James L.	Officer	018	26
Tauber, Terry A.	Officer	023	20
Zerwekh, Marvin H.	Officer	019	8

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

Recording Secretary's Report, *By Sidney Davis*

Morale

Just when we thought it might be headed upward, it's tumbling downward faster than the stock market. What might be causing this downward spiral? How about a few clues? The top floor of 35th Street likes to juggle and move people around, and has said morale is a huge factor for the membership. He wants us to maintain compassion (that starts at the top), and be accountable for their actions (again, that starts at the top). A quote from JW, "I will have their backs 100%".

Constitution and By-Law Changes Amendments

Article XII, Amendments

to the By-Laws, informs Lodge members that only active members, in good standing of this Lodge, may propose an amendment to these By-Laws. Such proposals shall be in resolution form, stating the reasons for the amendment, and shall be attested by the signatures of eleven (11) active 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 deadline is a few weeks away, submit soon.

Behavioral Intervention System

An arbitration hearing for Behavioral Intervention Sys-

tem, which was scheduled for April 9, 2008, has been rescheduled for May 21, 2008. The reason for the rescheduling is due to the number of officers that will be testifying regarding the program, it has been determined that 2-3 days will be needed.

Watch Bidding

On May 28, watch bidding for units and districts covered under section 31.5 will commence. Members are reminded that, if and when the Employer decides to fill a recognized watch vacancy by bid, such vacancy to be bid shall be posted on the seventh calendar day (Wednesday) of the Third, Sixth (May 28th), and Ninth (August 20th) Police Periods and shall remain posted for

seven (7) calendar days. Members are further reminded to follow the instructions that are posted regarding watch bidding, members who deviate from the instructions risk the opportunity of not being transferred to a new watch.

2008 F.O.P. Picnic

The 2008 FOP Picnic has been scheduled for July 09, 2008 at Gaelic Park in Oak Forest, Illinois. The fun begins in a few months, mark your calendars to attend this summer event.

Second City Cop, *By Father Tom Nangle*

May is the month when police honor themselves. They do it because they believe in the deep value of police work. If they don't honor themselves, no one else will honor them. There's no scheduling or crowd control problems during May with politicians, clergy, business people and media folk trying to out-do each other honoring our police, so we'll do it ourselves. And what is it we honor? In my opinion, we honor the men and women, active and retired, who stand roll call and go out into the mix of street life in a big city, and try to help those in pain and arrest those who inflict pain. Sometimes they kill; other times they get killed. A classic theme in ancient mythology, scripture and literature is the battle between good and evil; that theme still throbs 24/7 in this city. We

don't use the word "evil" much in these times. Use the word "evil" and people might think you're a religious nut, a simpleton, or unsophisticated. But work the beat car (as every one of you has done, for at least a year as a P.P.O.) and you'll search mightily for a word to describe the behavior of other human beings. An elderly black lady, a witness to a murder, told the detectives one night, "The devil walks this earth like a natural man." I don't believe in the devil, but I believe in the human evil she recognized. My experience over the last 38 years won't permit me to do otherwise. Anybody who believes in the reality of evil human conduct, and who is not a sociopath, and who values peace and good order, has only the police officer to thank for maintaining the equilibrium in this city, and no one else. They aren't lining up to honor the police,

though, and they never will.

The comments after the recent cougar shooting show the profound ignorance of people regarding police work and the rhythm of the streets, where police decisions run the gamut from the ridiculous to the sublime. At the very least, the CPD is misunderstood and unappreciated, and the worst motives are ascribed to you, who comprise the CPD. Some of the comments remind us that there are those who hate you and the CPD with a vengeance born of true ignorance: They don't know what they are talking about, but they don't know that they don't know---not double talk, but a description of true ignorance. People don't understand police work, but they think they do because they watch police work on TV. That's like saying you know what good sex feels like because you've watched porn. Police work is

messy, imperfect, noble, highly political, sometimes brutal, boring, infuriating; it's Godly and substantial, meaningful work, but it can do violence to the officer's soul. The constant exposure to evil, suffering, degradation and human sinfulness can burn the soul to a cinder. Psychologists call it burn-out or PTSD and they have a good handle on it. They tell us that pieces of the burn-out, PTSD puzzle are anger, chronic suspicion, inability to love (or let ourselves be loved), health problems, substance abuse, inability to believe in goodness or see beauty, sense of helplessness or being trapped in life, depression, a loss of a belief in God. There's a phrase that is often mocked, but I believe it's accurate: Perception is reality. In other words, the reality of my personal world outlook is shaped by my

(Continued on page 7)

Second City Cop Continued...

thoughts. My thoughts are shaped by my experience. So the health of my soul (spirit, mind) and my outlook on life is determined by the quality of my thoughts. A good way of thinking (i.e., interpreting life) leads to a satisfying, peaceful life for a police officer. A negative way of thinking about life will lead to unhappiness, even chronic low-level misery. But is it possible to be the real police, work the street, handle the agonizing sinfulness of the human race, and be positive? I believe it is. I believe the vast majority of you are. Which brings me to the second city cop blog.

"In a room where people maintain a conspiracy of silence, one word of truth sounds like a pistol shot." There are words of truth on the second city cop blog, but finding them is like searching for diamonds in a dung-hill. Most police officers I know have no problem doing the job of policing Chicago. They actually like being the police. What makes them furious and frustrated is the institution, the Chicago Police department. It's the institution that causes the pain, but every institution is an enemy of the human spirit. For example, as soon as religion organizes (and a sure sign of organized religion is special hats and costumes), it becomes an enemy of the human spirit by seeking to control the relationship between the people and God, by excluding those it deems different or unworthy. The good side is that we all like to hang with our own kind, so organized religion provides an arena for people of faith to be with those who

believe the same things. It's the same with the CPD: The institution provides the platform off of which you operate--cars, radio system, other officers who want to police, training, beat boundaries, experts and specialists, etc. It all works surprisingly well. But the institution grinds up its most valuable resource, its people. The street takes its toll, but the institution takes its toll, too. We don't usually feel free to speak the truth in the workplace, but the truth sets us free, so it needs a place to be heard. Enter the second city cop blog. The first time I visited it, I found it exhilarating. The writers were hitting the nail right on the head. They were aware of the issues, and I admired their writing style. They were identifying some of the institution's problems, they knew where the slippage was, they knew police officers' pains, and they wanted to make improvements. Then I hit the "comments" button. There was some great police humor there, and there were million dollar insights that only could come from the real police. But there were snipers and haters and character defilers, and I was ashamed inside myself to think these were "my people." I've never once been ashamed of my department or my people, but then I'd never hit the "comments" button before. Every institution should have its sages, who know the truth and speak it clearly even when it's upsetting or downright ugly..."The truth sets us free." But some stuff on this site is worse than the toilet walls. So consider this:

-Our comments are seen by everyone from Marion Prison to the U.S. Attorney's Office, from suburban housewives'

laptops to the pc's of evil people.

-This is worse than the toilet stall walls that only a few see: the whole world sees this.

-We are exposing the very worst of our CPD culture to the world.

-Gang bangers, pimps, business men, whackos, reverends, politicians, reporters, criminals, surgeons...none of them do this to each other in cyberspace.

-We are a punching bag for the media, nobody understands us or appreciates us, only a copper knows what police work is, but we're assassinating our own selves.

-Technology increases our ability to do both good and evil...make a choice.

-Many police officers are gifted, critical thinkers, they know how to get at the real story. Gossip is different: It adds to the pain in the world and in people's lives. Do you really want to add pain to this world?

-Every police department is a highly political entity; in Chicago, it's intensely political. Try not to be surprised by that.

-We have enough people who hate us. Be good to each other; be kind--every single one of us is fighting some kind of personal battle.

-Which of us hasn't done things we're ashamed of? Who can stand without regrets under the gaze of God?

-How is it that officers who respond willingly to "man with a gun" calls won't sign their names to their opinions? The difference between physical courage and moral courage...

-The "comments" section can destroy a person's reputation, and recovery may not be possible. "Cop Accused" on the front page, "Cop Not Guilty" on p.34--the Chicago media

way.

-There is an ethical, moral dimension to our keystrokes: Are we causing suffering and pain?

-No doubt SCC is like the crack pipe---it's addictive, and scary. Why? Are we looking for truth, or getting a kick out of the snipers?

-We love to point out the weaknesses in others, but I lie loudest when I lie to myself. Who's without fault or sin on this site?

-Coppers need and deserve a forum to express their opinions, let's do it courageously and honorably. The truth sets us free, and no one wants to be enslaved.

This seems pretty negative for police month, and I admit it is. But my best friends are the ones who tell me straight up when I'm getting off track, who challenge me when I need it, and scold me when I deserve it. When it comes to the "comments" section of SCC, Officers, enough is enough. If you're going to say it, sign your name to it. Enough is enough.

Respectfully,
Fr. Thomas Nangle,
Chaplain CPD, 312 738 7588

P.S. This is a downer article for May, I know. I feel guilty just re-reading it, but sometimes our souls need soothing, and sometimes a slap is what's needed. That's what friends are for. So happy Mother's Day, and proud Police Month. Found a poem (not on the stall wall) and I re-worked it for you:

*God and the officer,
we both adore
In times of peril, never before.
The peril past, and
order restored
God is forgotten,
the copper ignored.*

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

Fueling Our Minds & Bodies Thank you for all the nice feedback lately. In just a few weeks, the temperature will be rising a lot, and so will be the activities & problems on the streets and in our parks, which further highlights the need to be even more *alert, energized and fit*. So, think:

"SNACK PACKS"! What are these? Last month, I wrote how valuable healthy snacking is. It keeps your metabolism going, increases your energy & alertness, and it feeds that anxiety & stress. Now, the key to healthy snacking 4 - ever, is having them convenient & immediately available to you.

What if you carried in your patrol car officers, a **Snack Pack** (small cooler or zip-lock bag), containing healthy treats & bottled water? Remember, dehydration sends false hunger pains, so drink plenty of water & you'll want less food. Would you start your shift without your required police gear? No. So, start your shift (day or night) with your **Snack Pack**. You see folks, when most people get stressed out, anxious or bored, they'll reach for food (or cigarettes or alcohol) to extinguish that desire. That's a fact. The answer is to have **convenient & immediate** access to your healthy snacks, thus, minimizing the need for the vending machine or pulling over for fast food & donuts.

Your "Snack Packs" can consist of (small) portions of yogurt, half bagel or crackers w/ peanut butter, sliced apples, red grapes, bananas, carrot sticks, celery sticks, small can of tuna fish, or some walnuts. Also, snacks don't always have to taste good. They should fill you up, feed that stress, & get you through the day/night shift, until your tastier main meal. It puzzles me why people will say "But, Joe, those snacks don't taste so good". So what!! Hey, if you want to really reduce that waistline, lose 20, 30 or 50 pounds, and avoid a

major debilitating disease, then make this sacrifice and healthy choice NOW! Your life & job performance may depend on this, not to mention the welfare of your family!

Exercising The Brain – *Sluggish Thinking, Memory Loss, & Brain fatigue* – it can mean the difference between life & death for police officers and the public. Cardiovascular & Weight Training is fantastic to stimulate the brain and release those "relaxation endorphins". Also, **mental exercises** are valuable & will enhance your cognitive functions. Try the following mind exercises: Listen to the news or radio, then write down 3 to 5 minutes of what you heard. Read books, and magazines. Cross-word puzzles are excellent. Perform basic math problems on paper for 5 to 10 minutes (adding, and multiplying numbers). Write down as many police officers' names you know.

Each day, observe an object or a person you pass on the street from your patrol car or office window. Then, draw that person or object on paper immediately. This exercises your short-term memory. At the end of the week, redraw the 5 to 7 objects or persons you have observed. This exercises long-term memory. **STIMULATE THAT MIND!**

** TIP OF THE MONTH**

Try healthy snacking 80% of the time, (Mon. – Fri.) & allow yourself those good treats 20% of the time, on weekends. I do. It's realistic & you can handle this for a lifetime.

Thank you, and if you have any questions or suggested topics, feel free to call or write me. Cell # is **312-972-2828** or (office) **773-857-7027**. E-mail is jcullen@CertifiedHealthFitness.com. Web site: www.CertifiedHealthFitness.com

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. Email address: csaladino@chicagofop.org.

March Pension Board – Advocates present were 1st VP Bill Dougherty, Det Steve Schorsch, PO Mark Shields and myself. Disability Claims: *Duty* – 1 granted, 1

granted Ordinary, 1 continued by Officer, 1 taken under advisement. *Ordinary* - 2 granted, 1 deferred for hearing.

The Disability Committee has received calls regarding officers on **Ordinary Disability**. Salary, furlough, seniority, baby furloughs, personal days etc. will continue as if you were actively working. See Contract Agreement pages 57 & 58. **Article 23 Seniority, Section 23.1** – Definition and Application, B-2. 'All absence from the Employer's

service without pay as a result of leaves for more than thirty (30) days (other than military, duty, occupational or **ordinary disability**) and all unexcused absences shall be deducted in computing continuous length of service for purposes of determining advancement within the salary schedule, amount of furlough, and seniority for other purposes covered by this Agreement'.

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 Vietnam Veterans Memorial 20th Anniversary – Oak Ridge Cemetery, Springfield. May 2-4, 2008. Opening ceremony, Saturday, May 3, 11:00 a.m.

Memorial Day Parade – Saturday, May 24, Wreath Laying, Daley Center, Eternal Flame at 11:00 am, State Street Parade, State & Wacker Drive, at 12:00 noon.

(Continued on page 9)

Disability Report & Veterans Corner Continued...

Memorial Day Events – Monday, May 26. Medal of Honor PFC Milton Olive (173rd Airborne) ceremony at Olive Park at 7:30 am. Norwood Park Parade at 11:00 am starting at Onahan School, 6634 W. Raven. Rosehill

Cemetery, parade begins at 10:00 am from 5700 N. Clark, ceremony at 11:00 am. Ridge Park, parade begins at 10:00 am at 111th & Longwood Dr. and proceeds to 96th & Longwood for 11:00 am ceremony. Bernie Bur-

gers BBQ, 1:00 pm, at Dugan's, 6051 N. Milwaukee Avenue. Food, drink, and good time (even with Marines)! **Dignity Memorial Vietnam Wall** – June 13-15, 12300 S. Kedzie Avenue. Open to public 24 hours, volunteers are

needed. Call Tom Cody at 708-214-6394.

"We sleep soundly in our beds because rough men stand ready in the night to visit violence on those who would do us harm." ~ Winston Churchill

Honoring Mom, Honoring The Police, Compliments of Rabbi Moshe Wolf

The month of May has a special day called, 'Mother's Day', during which we honor those special women of our lives. I dedicate this month's column to these honored people....

Why Moms Are Special

Mom and Dad were watching TV when Mom said, "I'm tired, and it's getting late. I think I'll go to bed." She went to the kitchen to make sandwiches for the next day's lunches. Rinsed out the popcorn bowls, took meat out of the freezer for supper the following evening, checked the cereal box levels, filled the sugar container, put spoons and bowls on the table and started the coffee pot for brewing the next morning.

She then put some wet clothes in the dryer, put a load of clothes into the washer, ironed a shirt and secured a loose button. She picked up the game pieces left on the table, put the phone back on the charger and put the telephone book into the drawer.

She watered the plants, emptied a wastebasket and hung up a towel to dry. She yawned and stretched and headed for the bedroom. She stopped by the desk and wrote a note to the teacher, counted out some cash for

the field trip, and pulled a text book out from hiding under the chair. She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store. She put both near her purse. Mom then washed her face with 3 in 1 cleanser, put on her Night solution & age fighting moisturizer, brushed and flossed her teeth and filed her nails.

Dad called out, "I thought you were going to bed." "I'm on my way," she said. She put some water into the dog's dish and put the cat outside, then made sure the doors were locked and the patio light was on. She looked in on each of the kids and turned out their bedside lamps and TVs, hung up a shirt, threw some dirty socks into the hamper, and had a brief conversation with the one still up doing homework.

In her own room, she set the alarm; laid out clothing for the next day, straightened up the shoe rack. She added three things to her six most important things to do list. She said her prayers, and visualized the accomplishment of her goals.

About that time, Dad turned off the TV and announced to no one in particular, "I'm going to bed." And he did...without another thought (sounds like me, LOL).

So, if you are blessed with having a Mom in your life,

please take a moment give her a call and tell her how much she means to you and how special she is.

The Mountain Story

"A son and his father were walking on the mountains. Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhhhhh!!!"

To his surprise, he hears the voice repeating, somewhere in the mountain:

"AAAhhhhhhhhhhh!!!"

Curious, he yells, "Who are you?" He receives the answer, "Who are you?"

And then he screams to the mountain, "I admire you!"

The voice answers, "I admire you!"

Angered at the response, he screams, "Coward!"

He receives the answer, "Coward!"

He looks to his father and asks, "What's going on?"

The father smiles and says, "My son, pay attention."

Again the man screams, "You are a champion!"

The voice answers, "You are a champion!"

The boy is surprised, but does not understand. Then the father explains, "People call this ECHO, but really this is LIFE.

It gives you back everything you say or do. Our life is simply a reflection of our actions.

If you want more love in the world, create more love in

your heart. If you want more cohesiveness in your team, be a better friend to others. This relationship applies to everything, in all aspects of life; Life will give you back everything you have given to it. YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!"

As we honor our brothers and sisters who have given the ultimate sacrifice and all our disabled officers, let us also remember and be proud of all the men and women who go out every day and put their lives on the line. Please don't let the few that perpetuate the negative publicity distract or discourage you from doing the outstanding dedicated police work that you do. Proudly wear the badge of honor 'The Proud, The Few, The Men And Women In Blue'.

On behalf of the Chaplains Unit 312-746-8458 May G-d bless you today and always. Amen.

Compliments of your Police Chaplain Rabbi Moshe Wolf 773-463-4780 or e-mail mshewolf@hotmail.com

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 by July 1, 2008 to secure your rights thereunder. 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.

MAKE-A-WISH

Police Officer Jessica Gray is attempting to raise \$5000 for the Make-A-Wish Foundation.

Make-A-Wish grants the wishes of terminally ill children. \$5000 is what it takes to grant the average wish.

Officer Gray will be participating in the Pedal for Wishes on June 7, 2008. Please visit www.pedalforwishes.org and click on "Sponsor Participant" to make a tax deductible donation...Just type in Jessica Gray.

For each \$10 donated, you will receive a chance in a raffle for one of many great prizes including a beautiful handmade quilt, baskets of wine, or a football autographed by Chicago Bears Hunter Hillenmeyer #92, Mark Bradley #16, Nate Vasher #31 and Greg Olsen #82.

Thank you for your support!

When Cops Retire

When a good man leaves the "job" and retires to a better life, many are jealous, some are pleased and yet others, who may have already retired, wonder. We wonder if he/she knows what they are leaving behind because we already know.

We know, for example, that after a lifetime of camaraderie that few experience, it will remain as a longing for those past times. We know in the law enforcement life there is a fellowship which lasts long after the uniforms are hung up in the back of the closet. We know even if he throws them away, they will be on him with every step and breath that remains in his frame. We also know how the very bearing of the man speaks of what he was, and in his heart, still is.

These are the burdens of the job. You will still look at people suspiciously, still see what others do not see or choose to ignore and always will look at the rest of the law enforcement world with a respect for what they do; only grown in a lifetime of knowing. Never think for one moment you are escaping from the life. You are only escaping the "job" and we are merely allowing you to leave "active" duty.

So what I wish for you is that whenever you ease into retirement, in your heart you never forget for one moment that "Blessed are the Peacemakers, for they shall be called the Children of God," and you are still a member of the greatest fraternity the world has ever known.

Author Unknown

Spring Made It! Mother's Day Is The 11th, The National Police Memorial Is The 15th, Memorial Day Is The 26th & Father's Day Isn't Far Behind On June 15th...
We Have A Sale For Everyone...

25% OFF Police Officer's Prayer or PO's Wife Prayer In A Beautiful Frame, Various Sizes
This Is A Meaningful Gift!

In Time For Mother's Day, 30% OFF Ladies V-Neck Tee Or Thin Strap Tank Top With CPD In A Heart Design...Was Priced At \$11.95...Now On Sale For Only \$8.36

FREE Mother's Day Raffle—FREE Ticket With Every Purchase. Drawing May 8th. Hurry In, Great Prizes



Store Hours:

Mon-Thurs 9:00 - 5:00
Friday 9:00 - 4:00
Saturday 9:00 - 1:00

312-733-2344

Store Closed:
May 24, 25 & 26

FOP/CPD Ankle High Socks - In Child, Youth & Adult Sizes
Now On Sale For \$1.00 OFF Per Pair

Infant & Youth Size Caps - 5 Colors To Choose From
Entire Stock 25% OFF—Prices Range From \$5.95 to \$8.95

For Father's Day, CPD Belt Buckle In Silver & Gold Tone With FREE Reversible Black/Brown Belt - Adjustable Up To 56 Inches Long - Was \$24.95 - Now On Sale For Only \$18.95 — Makes A Great Gift!

Police Station Wind Chime - Nice Gift Idea
50% OFF

Back In Stock - Homicide & Tactical Unit Caps
Still Priced At Only \$10.95 Each

Ladies Black Long Sleeve Tee With Chicago PD Skyline Design - 20% OFF - Small to XL Only
Rank Indicated Pewter Key Chains - \$4.95
CPD Star Soap...The Star Is Embedded In The Soap...Talk About Cleaning Up Your Act...\$2.50 each
FOP License Plate Frame For Vehicles & Motorcycles - \$2.50 each
CPD Shoulder Patches - Color or Subdued - All Ranks - 2 for \$3.00

Tee Shirt of the Month
"Patrol Division"
30% Off

Coloring Tee Shirt Complete With Crayons! Color It, Iron It, Wear It! The Kids Will Love This Craft!
Youth Sizes - 2/3, 6/8, 10/12
25% OFF Sale Price Now Only \$9.71 Each...While Supplies Last

Back In Stock - CPD Star Or Patch Key Chains Or Money Clips - Still Priced At Only \$7.95 Each

Need A FOP Medallion For Your Car? Bring Your ID and \$10 In And We Can Supply! Window Decals \$1.00 each

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 Januszzyk, 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. Stony 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



Official Publication of Chicago Lodge No. 7
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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
 312-733-7776

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