

June

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

Negotiations

Since the last newsletter article was written we have had a total of eight meetings with the City over contract negotiations and another two meetings between our negotiating committees and one meeting of the entire FOP Negotiating Team. Although there has not been a great deal of progress made in the settlement of issues, there has been a good deal of information flow between us and the City in identifying issues and evaluating them relative to our respective proposals. The City has tendered ideas as far as a new work schedule to the Lodge but they fall far short of being proposals. They will be addressed in upcoming Work Schedule Committee Meetings and as soon as they are in proposal form, we will post them on the website with the rest of the proposals. As far as how long we are going to continue in this manner was the subject of discussion with our entire Negotiating Team. The Team went over each and every proposal that both we and the City have made with the purpose in mind of determining whether or not there is still a potential to seriously negotiate, with a level of expectation of being able to reach an agreement of, the entire contract. The fact that several of our issues, and the City's issues, deal with subjects that are considered as "break through," and there is less likelihood that an

arbitrator would even address them should we or the City go that route, caused the Negotiating Team to hold off on a declaration of impasse. The Team will meet more frequently in the future to reconsider this position.

Legislation

As of this writing, the final language of the Pension Portability Bill is in the hands of the Legislators in Springfield. This language has been amended several times this past month to get an agreement from all parties concerned. The language will be an amendment to an existing bill and that language will then become the bill. What bill it will be amended to has not yet been identified, I cannot give you a bill number to follow. When that is done I will submit it for inclusion on the website updates. The objective of not having the City or the Fund incur any costs has remained the same.

The submitted language allows for an active officer who has been employed in an Article 3,7,9,10,13,14,15 and Division 1 of Article 22 Fund or as a law enforcement officer with the Chicago Housing Authority, to purchase up to 10 years of additional service credit in 6 month increments. Current officers will have one year from the date of passage to submit an application and five years from then to make all payments. Future hires will have to apply for this within two years of hire and

will have five years from then to make all payments.

The Fund will determine the required payment based upon appropriate actuarial assumptions which will include years of service, age and salary history. Simply put, the cost will be formulated to include the employee contribution, the employer contribution, and a rate of interest as have been the projected considerations for years. A significant difference in this language that has not been seen in other portability bills that have passed in the legislature is that there is no limitations for future hires and most other bills contained "sunset provisions" that were vastly more restrictive. Other bills allowed for decisions and payments to be made within six months to a year. As things are once again heating up in Springfield and we have been informed that things are not getting any better, there still

(Continued on page 2)

Error In The May Newsletter

In the May Newsletter, we reported that Police Officer Maria Salcedo retired.

This is incorrect....

Officer Salcedo is working harder than ever in the 008th District and wants to reassure friends that she is still here...and still ACTIVE!

President's Report Continued...

appears to be plenty of time to get this through the process before they adjourn for the summer.

On May 14th, the United States Senate voted to call up for a vote the Collective Bargaining Bill, S2123. What this means is that the U.S. Senate will now hear this vital piece of legislation and as the call up vote was 69-29, there is little doubt, since it has already passed out of the House that this bill will soon be sent to the President for his signature. This will enable our counter-

parts in 23 of the 50 states that do not have mandatory collective bargaining rights, minimal rights to negotiate over wages, hours and working conditions. This is a huge enhancement for our profession and one that the rest of organized labor in this country is commending.

The issue of Retiree Carry/Concealed has floated to the top of the list of topics to discuss with the media. This is due to the precarious agreement by the Mayor to back a plan to open a window

of opportunity for gun owners who neglected to re-register their guns with the City to do so during a special proposed one month time period. Although the Mayor said "there's nothing wrong with that," the City finds something wrong with a retired Chicago Police Officer being able to register a newly purchased replacement weapon. Here is an individual who is qualified to carry his weapon nationwide due to Federal Legislation but cannot do so in

the City because he can't register it. An Alderman takes his case to the Council while the FOP on behalf of this retiree is in Circuit Court. If the stated objective is to get a picture of how many weapons there are in the City, as has been addressed, open the registration up so that all of those who have missed the deadline over the years can now have an opportunity to comply once again, should they choose to do so.

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

Injury On-Duty Bills

We receive many calls regarding the bills that are incurred as a result of an Injury on Duty. Whenever medical treatment is received, the medical providers will start sending bills to the Officer for services rendered.

The payment for all I.O.D. related bills becomes the responsibility of the City of Chicago. In order to get the bills paid, the Officer will need to send a copy of the bill to the I.O.D. Unit at the Medical Services Section, located at 3510 S. Michigan.

After the I.O.D. Unit receives the bills, they are compiled and audited in order to substantiate payment. Once this part of the process is completed, the bills are forwarded

to the City of Chicago, Committee on Finance. In turn, the Committee on Finance submits the bills to the City Council for their approval to pay. Finally, a check is rendered to the provider.

Each time an Officer receives another notice of the bill; he/she should again forward it to the I.O.D. Unit at 3510 S. Michigan. In the event that the Officer receives a collection notice for non-payment of the bill, the Officer should contact the Committee on Finance as soon as possible to determine the status of the claim. Ask for Susan Conley at (312) 744-7464.

Who Is Your Beneficiary?

When was the last time

you checked to see who your beneficiary is? For some Officers the answer is not since you filled the cards out in the academy. You need to check your beneficiary at the Lodge and update it if you need to. Officers also need to check with the Pension Board located at 211 N. LaSalle, Room 1626, during their business hours of 8:30am to 4:30pm and check with the Department of Personnel to see who your beneficiary is for your term insurance with the Chicago Police Department. Keep in mind whoever is on your beneficiary cards will receive the benefit.

Adding A Dependent To Your Insurance

When an Officer gets

married, or has a baby, he/she has 30 days in which to fill out an enrollment form. Along with the enrollment form, you must provide a certified marriage certificate or a certified birth certificate as proof of dependency. The Officer has 60 days to provide a certified marriage certificate and 180 days to provide a certified birth certificate to the Benefits Management Office. If you don't elect to enroll for coverage within 30 days, you will not be able to enroll until the next open enrollment period. I suggest you bring these forms to the Benefits Management Office in person. You can ask for a time stamped copy at the front desk. The Benefits Management Office is located at 333 S. State Room 400.

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

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

Firearm Safety Days

The Lodge will be hosting Firearm Safety Days at the Hall on June 10th and 11th 2008 from 0900 until 1700 hours. There will be Representatives of all the approved weapons who will conduct onsite safety inspections of your duty related weapon and perform minor repairs and adjustments at no cost. Please take advantage of this worthwhile event that the Lodge has provided.

Changes In The Job

Recently, under this new leadership of the Department, Chicago Police Officers have

been subjected to many changes. Some of the changes are for the good; some, not so much! The new Superintendent speaks of improvements which will enhance the performance of the officers and professionalize the Department like the weapons we carry; the cars we drive on duty, along with other equipment which the Department believes will be an incentive and improve morale. These changes are put into place, not thru negotiations or research, but without any field testing or any

thought to how these changes will impact the work and family life of the police officers. If the Department is looking for ways to make things better for the officers they should forget the wish lists and go back to the fundamentals. The Department should look at the internal stress which is placed upon these officers needlessly on a daily basis. The Police Officer today has not much to look forward to with the heavy work load, the denial of time off because of a lack of manpower, constant criti-

cism in the media along with the apparent risks that go along with the job.

Being a Chicago Police Officer always meant something special with our generations of tradition and rituals. We have lost the spirit and knowledge of what our mission is all about and we need to be put back on track. The Department in their quest to raise morale should seek the answers to many of these problems and learn how to bring back the spirit which has been lost through the bureaucracy and changes in the job.

COUPLES WORKSHOP

Looking for ten couples with good relationships interested in solutions to challenges that threaten police families and personal relationships.

Police Couples' Workshop

This workshop helps officers and their families understand and overcome the unique struggles and temptations that lay at the root of the high rate of personal tragedies, (i.e. burnout, alcoholism, divorce, suicide). It is based on the video training tape and book, *Emotional Survival*, By Dr. Kevin Gilmartin, Ph.D.

Saturday, July 12, 2008
0745 - 1500 hours

Timothy J. O'Conner Training Academy
1300 W. Jackson Blvd
Chicago, Illinois

You will receive a FREE continental breakfast and lunch.

The Police Couples Workshop is brought to you courtesy of the CPD Training Academy, The Chaplains Section, The EAP and The FOP, Chicago Lodge 7.

For more information please contact either Chaplain Tori Wilson at 312-746-8458, or Training Officer Tom Cline at 312-746-8310, ext 164.

***This workshop is not counseling, therapy or group sharing.
It is for couples wishing to improve a good relationship.***



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

The Sunday May 11th Sun-Times had an article on the Jody Weis Town Hall meeting, which aired on WBBM wherein he sadly admits that murders are up in Chicago. Not only could we have told him the murder rate was going up but we could explain why it is spiraling out of control.

He then goes on to say that, "If people don't have confidence in the police right now, I can understand that. There have been a lot of events that happened over the past year that we are not proud of." Weis failed to mention all the good that has been done by officers, which was surprising considering that his meeting took place the day after he presided over the Police Recognition Luncheon. Weis gave out dozens of awards ranging from heroism to lifesaving during this ceremony.

The article goes on to state that one policy Weis instituted recently was to require police officers to identify themselves when they pull someone over during a traffic stop. "I was surprised that we didn't have that in place," Weis stated. I have to tell you that I am surprised that Weis doesn't know that the procedure for conducting a traffic stop has probably been taught at the academy since the invention of the automobile. The 8-step-Traffic Stop Class is a twelve hour block that instructs recruits how to conduct a traffic stop. This particular variation of the class has been taught for at least the last four years and here are the eight steps from the academy lesson plan:

- Step1. Greeting
- Step2. Identify yourself
- Step3. Reason for the stop
- Step4. Any justified reason for violation
- Step5. Ask for driver's license
- Step6. Ask for proof of insurance
- Step7. Make your decision
- Step8. Close

If you never attended the Chicago Police Training Academy, you would not know what classes are being taught.

Two weeks ago Weis was on WLS radio and, for approximately a half hour, he answered questions called in by police officers. The majority of the callers voiced their concerns over morale, manpower and merit promotions. I think you can connect the dots and see that they are all related. The Superintendent has been in place for four months now and the improvement people expected has yet to materialize. The fact of the matter is, and it is hard to believe, that things have gotten worse.

Finally, I think what police officers are looking for is a leader who will point out all the good that is done day in and day out by Chicago Police Officers, a leader who will defend the officers instead of dwelling on the few dismal incidents and then using those incidents to garner support from a few community groups. The good you are trying to do in the short term will hurt this Department in the long run.

When The Murder Rate Hits 9%, Have A Parade

The City of Chicago did the unthinkable and granted a permit to a street gang so that they could have a parade. Department Information Bulletin #082208 sent to all units stated the following:

On Saturday 24 May 2008 there will be a parade honor-

ing the birthday of David "King David" Barksdale who was the original leader of the Black Disciples and had strong ties to the Black Gangster Disciples. Officers should be aware that the aforementioned gangs have historical and current conflict with other rival gangs as well as some factions experiencing internal conflict. Therefore officers assigned to the area of the parade should be aware that the possibility of gang violence exists. The parade is from 1000-1400 hours and will end at Ogden Park.

What reason is there to honor David Barksdale? His only contribution to society is violence, drug dealing and death.

We were told that a church group applied and was granted the permit and the City did not know that the parade was for a street gang. This is a great

excuse but it just doesn't fly in light of the facts. The Department was aware at least three days prior to the event that the parade was for the Black Disciples street gang and not a church group so they must have notified the City. The first question is why the City didn't do something to stop this disgrace from occurring on Memorial Day weekend. The second question is what church would front for a drug dealing street gang whose members routinely commit murders?

What about the Mayor's only concern, **LIABILITY**? The City certainly put its residents and police officers in jeopardy by allowing this violent street gang to march.

It is bad enough that this march took place at all, but to allow it on a weekend set aside to honor those men and women who serve our nation in the military is appalling.

FIREARMS SAFETY DAY

**June 10th & 11th
0900 – 1700 hrs**

**FOP Hall
Chicago, Illinois**

**Free onsite safety inspections of
duty related weapons, soft body
armor, and leather goods.**

**Please call Frank DiMaria at the
Lodge for more information,
312-733-7776**

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 ISPFUCU)
- **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: _____

2008 Fishing Tournament Report, By Frank DiMaria & Sidney Davis

The 2008 FOP Fishing Tournament was held on May 21st 2008 on the Waters of the Chain of Lakes. There were 72 boats entered in this year's tournament competing for a prize catch. Even with the high cost of gasoline the fisherman traveled from various areas for the Tournament with one boat entered from Cape Coral Florida. The weather was near perfect and the Fish-

ermen stayed out as long as possible to take advantage of this great day. The boats arrived at the American Legion Post by 1430 hours, as the tournament rules required, and the trophy catch of the day was weighed in by the Fishing Pro. Listed below are this year's winners:

Winners Of The 2008 FOP Fishing Tournament

- 1st Place,** John Folino & Mark Golnik
- 2nd Place,** Lee Wollenberg & Marc Gallion
- 3rd Place,** Bill Buglio & Mike Bowden
- 4th Place,** Dave Gort & Don Winries
- 5th Place,** Ron & Chad Harris
- 6th Place,** Kerry Vuolo & Dave Kopka

- 7th Place,** Mike Bubel & Jon Zachorias
- 8th Place,** Kelly Bonczek & Joe Bara
- 9th Place,** Frank Schmalz & Rocco DeSantis
- 10th Place,** Keith & Alan Schuch
- Biggest Fish,** John Folino & Mark Golnik

We would like to thank everyone who participated in this year's Tournament and we will see you next year.

The Game of Telephone, *By Rich Aguilar*

I'm sure that at some point in your life you had the opportunity to play the game of telephone. If you haven't, this is how it is played. Several people line up. The first person whispers a phrase to the next person in line; this person whispers it to the next, and so on until the phrase reaches the last person. The last person in the line says the phrase aloud. Predictably, the final phrase

rarely resembles the original as each person in succession unintentionally adds or eliminates a part or parts of the original.

It seems that during contract time, this same game is played by many officers who discuss what they "heard" is or is not coming out of the contract negotiations process. The work schedule or schedules that members "hear" are going

to be implemented is a prime example of this game. The Superintendent mentions that he is in favor of a twelve-hour day and the talk in the districts is that twelve-hour days are inevitable. A member "hears" that ten-hour days are coming to their unit and it is now "a done deal".

Officers, the FOP contract proposals have been posted on the FOP website since June

2007 immediately after they were presented to the City. The City contract proposals are posted on the FOP website as they are submitted to the FOP. These proposals represent the facts. Anything else that you "hear" is just a rumor. Please call or email the Lodge with any questions about something you have only heard and not read on the FOP website.

Recording Secretary's Report, *By Sidney Davis*

Police Memorials

The Lodge thanks all the officers who participated in this year's Annual St Jude's March on May 4th. The assembly site was changed last year from Michigan Avenue to the Lake Front. Officers from all Districts and Units converged upon the Gold Star Families Memorial Park and attendance was placed around 5,300 officers. The weather, for the second year on the Lake Front, was good.

The FOP conducted its Annual Memorial Service on May 6th at the FOP Hall and

the names of four Chicago Police Officers were recognized. Officer John J. Sacht (1929), Officer Thomas J. Carroll (1949), Officer Samuel G. Lynch (1969) and Officer James P. Sweeney (1978) had their names inscribed onto the Memorial Wall. President Donahue, D.S. Bureau of Patrol Beatrice Cuello, Rabbi Moshe Wolf, Gold Star Families President Donna Marquez, Father Thomas Nangle and a host of Lodge members and guests were present for the memorial service.

The Lodge also extends a hearty thank you to the offi-

cers who participated in the Washington D.C. Memorial and Illinois Memorial Service.

47th Annual Police Recognition Ceremony & Luncheon

On Friday, May 9th the 47th Annual Police Recognition Ceremony and Luncheon was held at the Chicago Hilton and Towers International Ballroom. Police Officer Charlie S. Johnson of the 004th District was honored as the recipient of the Superintendent's Police Medal, which is the highest award in the Department. Officer Johnson also received the Award of Valor. Congratulations Officer Charlie S. Johnson for a job well done.

June FOP Meeting

The Lodge invites all members to attend the June 17th F.O.P. General Meeting at noon as it will be the last General Meeting prior to taking a summer break. A barbeque will immediately follow the meeting. The next scheduled meeting will be held on Tuesday, September 18th. Proposed Amendments to the Constitution and By Laws will be on the agenda for this meeting.

Common Sense

The practice of using common sense seems to have gone

the way of prehistoric animals (extinct). When applied and used, results are generally favorable, when not used disaster generally occurs. It's something we should use on a daily basis 24/7. When used by all parties involved, it will generally eliminate the BS. It has a tendency to create good will when used thus a workplace where harmonious relationships can grow. Try it and see the results.

Watch Bidding

On May 28th watch bidding for units and districts opened under section 31.5, and closed on June 4th. Members are reminded that the contract states, "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 and Ninth Police Periods and shall remain posted for seven (7) calendar days. The next recognized watch vacancy will occur on August 20th.

HEAR THE CALL

Of the Bagpipes & Drums of the Emerald Society
Chicago Police Department

We Begin Our 26th Year of Service and Fellowship in the long tradition of the Bagpipe band. We ask you to Join us!

WANTED:

Bagpipers, Drummers & Color Guard
No Experience Necessary

June 19, 2008
1830 hours

Timothy J. O'Connor Training Academy
1300 W. Jackson Blvd.
Chicago, Illinois

Please visit our website at copsinkilts.com

“Things Aren’t Always What They Seem”, *Compliments of Rabbi Moshe Wolf*

The age old question keeps coming up as topic of conversation, 'Why do bad things happen to good people?' I don't have the full answer but one thing I know for sure, "Things aren't always what they seem". Let me explain with a short parable...

Two traveling Angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the Angels stay in the mansion's guest room. Instead the Angels were given a space in the cold basement. As they made their bed on the hard floor, the older Angel saw a hole in the wall and repaired it. When the younger Angel asked why, the older Angel replied..."Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor, but very hospitable, farmer and his wife. After sharing what little food they had, the couple let the Angels sleep in their bed where they could have a good night's rest. When the

sun came up the next morning, the Angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field.

The younger Angel was infuriated and asked the older Angel, 'How could you have let this happen? The first man had everything, yet you helped him' she accused. 'The second family had little but was willing to share everything, and you let their cow die.'

'Things aren't always what they seem,' the older Angel replied. 'When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Then last night, as we slept in the farmer's bed, the Angel of Death came for his wife. I gave the Angel of Death the cow instead. Things aren't always what they seem.' End of parable...

Sometimes this is exactly what happens when things

don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage or benefit. You might not know it until some time later or sometimes never. Think about this:

-Should you find it hard to get to sleep tonight: just remember the homeless family who has no bed to lie in.

-Should you find yourself stuck in traffic: don't despair. There are people in this world for which driving is an unheard of privilege.

-Should you have a bad day at work: think of the man who has been out of work for the last three months.

-Should you despair over a relationship gone bad: think of the person who has never known what it's like to love and be loved in return.

-Should you grieve the passing of another weekend: think of the person in dire straits, working twelve hours a day, seven days a week, for the few dollars to feed their family.

-Should your car break down, leaving you miles away from assistance: think of the para-

plegic who would love the opportunity to take that walk. Should you notice a new gray hair in the mirror: think of the cancer patient in chemotherapy who wishes she had hair to examine.

-Should you find yourself at a loss and pondering what is life all about, asking 'what is my purpose': be thankful. There are those who didn't live long enough to get the opportunity.

-Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities: remember things could be worse; you could be them!!!

So don't forget to take a few moments each to live and laugh, "Life is a gift, make the most of your present".

On behalf of all your Chaplains, May G-d bless you and always keep you safe. Amen

Compliments of your Police Chaplain Rabbi Moshe Wolf
773-230-7872 e-mail moshe-wolf@hotmail.com

Pension Perspective, *By Steve Robbins, Pension Trustee*

The history of the Chicago Policemen's Annuity and Benefit Fund began on April 29th 1887, when the Illinois Legislature authorized the creation of a Fund, for "Cities, Towns and Villages having a population of 50,000 or more". Pensions then were to be awarded to persons retiring with 20 years of service who were at least 50 years of age. On June 29th 1921, the Policemen's Annuity and Benefit Act of the Illinois Municipal Code was adopted by the

Illinois Legislature. On January 1st 1922, the statutes culminating in the present Chicago Policemen's Annuity and Benefit Fund were instituted.

During the early years, retiring Policemen did not earn a pension until reaching age 57 with at least 20 years of service. After fulfilling those two requirements, a policeman could obtain an annuity equal to 2% for each year of service to a max of 75%. During the 1970's and 1980's these requirements were reduced to 53 years of age and 23 years of

service, then to 52 and 22, 51 and 21, 50 and 20 and policemen now receive 2.5% for

each year worked, via F.O.P. endorsed legislation.

Retiree Correction!

Police Officer James Burns, of the 008th District, after 41 years of service retired on January 15, 2008 but was left off of the January Retiree Report!

Congratulations Jim!

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

HEALTH IS WEALTH!

WOW, it's great folks, that I'm getting feedback that many of you are exercising more since January, and also focusing on healthier eating & snacking and feeling great in 2008. So, are you bringing those Healthy Snack Packs to the job, as suggested in May's column? Have you purchased your pocket calendar, I mentioned a few months back, to help provide discipline and accountability for your weekly workout appointments with yourself? It really works, and if you need help, I'm here for you.

Summer is finally here, which means more activity. Perhaps some of you are playing weekend sports or just being more active with your family. I believe it is important now to highlight and reinforce for you, all the many valuable benefits you are gaining by exercising. Once you read this, and take a moment to reflect, you may say to yourself, "Geez, how can I not exercise & eat better". So here goes with some facts:

Cardio/Aerobic exercises will; *Decrease your anxiety and depression, improve your sleeping, reduce/normalize blood pressure, increase your HDL (good) cholesterol, reduce your LDL (bad) cholesterol, decrease body fat, lose weight, increase heart and lung performance, increase heart volume which enriches all your major organs with healthy blood and nutrients, reduce the risk of cancer, heart attacks and stroke. Promotes happiness by the release of relaxation endorphins, and increases self esteem/confidence.*

You will live a longer and much more, healthier life. Wait, I have more here:

Resistance/Weight Lifting exercises also have many bene-

fits; Increases your strength, decreases your chance of injuries, improves joint and muscle flexibility, reduces or prevents osteoporosis, raises your resting metabolism which burns more body fat as you are sleeping, sitting and walking, promotes weight loss, tone-up and look and feel better.

All these benefits directly go to improving job performance as Police Officers and the overall quality of your life at home with your family.

Summer Eating – Barb-b-que time! Gotta' like those, right? Here are some realistic tips that will promote weight loss this summer. I enjoy burgers, hot dogs, and Italian sausage, like most of you. But, this summer, also stock your freezer with the following very tasty, much healthier, and affordable items. I find these at COSTCO and other places, and the quality is high & the cost is low. Alaskan Salmon Burgers (pack of 12), Veggie Burgers (Dr. Praeger's) are excellent (\$13.00 for a dozen) and also grab some Turkey Burgers. For hot dogs, when you grab a pack of regular dogs also take a pack of *turkey* hot dogs. These recommended food choices all contain much less calories and fat than the regular meat, and great for the heart. You'll save money & calories, and lose weight.

** TIP OF THE MONTH**

Stretching is great for relaxation, reducing stress, and preventing injuries. When stretching, you have to hold that stretch for at least 30 seconds, not 10 seconds that many do. Never bounce and only stretch until you feel mild discomfort, NOT pain.

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 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 website, www.chicagofop.org for beneficial information. Email address: csalino@chicagofop.org.

April Pension Board – Advocates present were PO Cedric Brumley, PO Mike Shields, PO Kathleen McClory, Sgt Mike Voight, Sgt Mike Shemash and my-

self. Disability Claims: Duty – 2 taken under advisement, 1 deferred, 1 granted at 50% duty. Heart – 1 granted. Ordinary – 9 granted without prejudice.

Employment While On Disability - Section 5-157. Administration of Disability Benefits. (f) Disability benefit shall not be allowed to any policeman who re-enters the public service in any capacity where his salary is payable in whole or in part by taxes levied upon taxable property in the City in which this Article

is in effect, or out of special revenues of any Department of the City. The disability benefit shall be suspended during the period he is in the public service for compensation, and shall be resumed when he withdraws from such service. This only applies to employment within Cook County. Any other type of employment outside the Cook County is permissible.

Veterans' Corner
Operation Enduring/Iraqi Freedom - Our thoughts and

prayers go to the CPD members who are actively serving our country in the military.

Chicago Police Marines' Manteno Visit – A busload of men and women left the FOP on a Saturday morning last month for their trip to present a check raised at their annual fundraiser. There were Chicago Police Marines' hats in hand for the vets and everyone was looking forward to spending the day with them. Semper Fi.

(Continued on page 9)

Disability Report & Veterans' Corner Continued...

Survivors' Benefits – It is unfortunate that veterans have died from cancer or injury related to their time in service, but there is a survivor benefit. Dependency and Indemnity Compensation (DIC) payments may be avail-

able for surviving spouses, unmarried children under 18, helpless children, those between 18 and 23 if attending a VA-approved school and low-income parents of service members or veterans who died from: a) a service-

connected disability, b) a disease or injury incurred or aggravated while on active duty or active duty for training; or c) an injury incurred or aggravated in line of duty while on inactive duty training; or a heart attack or stroke while traveling to or

from inactive duty for training.

"All that is necessary for the triumph of evil, is for good men to do nothing."
Unknown

Airborne Sal

Financial Secretary's Report, By Tim Fallon

Talk Is Cheap FLSA Lawsuit

We have all heard the expression. "Talk is cheap." This expression has never been truer when discussing the Fair Labor Standards Act, or the FLSA, lawsuit the Lodge filed against the Department nearly four years ago, and the position taken by the 5th Floor at 35th & Michigan. On one hand, the 5th Floor talks (cheap) about improving morale, on the other hand they refuse to settle this lawsuit, even though they have lost this case in court.

To recap the case, the Lodge filed suit in 2004 stating that the Department was in violation of the FLSA when it refused to honor officers' requests to use compensatory time. In other words, the position of the Lodge is that an officer earns compensatory time the same way we are paid for overtime. The Department cannot tell you how to spend your money; they also cannot tell you how to use your time.

The Department's position taken in the lawsuit was that it could deny use of compensatory time if the request to use the time created an "undue hardship" on the employer. What the Department meant by this was

it could deny time due if the Department deemed it would negatively affect THEIR MANPOWER REQUIREMENTS. However, in court, the Department could not or would not show what THEIR MANPOWER REQUIREMENTS were for any given watch or unit. Furthermore, the Department could not show that manpower requirements were the same across the city. Not only were manpower requirements different from unit to unit, they were also different from watch to watch within a unit, depending on the watch commander.

Additionally the Department interpreted the FLSA to say that "reasonable notice" meant that if an officer requested to take time due on a Saturday, the Department could deny that request and allow the officer to take time due on Monday. The Department stated that this was giving "reasonable notice" to the officer. Does anyone remember being denied time due on a weekend, and the watch commander saying you should take off Monday instead? Even if they did, why would you? You wanted Saturday off, what good does Monday do me?

Judge Shenkier has ruled against the Department on both of these points. First, Judge Shenkier has ordered the Department to implement a

new time due system to demonstrate that when an officer seeks to use compensatory time and the Department claims there is not enough manpower, the Department must seek volunteers to work for the officer. Judge Shenkier has also ruled against the Department on their "reasonable notice" argument, finding the Department's argument illogical. Judge Shenkier's ruling is to take effect on 30 June 08.

The Department filed a motion asking Judge Shenkier to stay his implementation order. Judge Shenkier denied the Department's motion. The Department is now appealing in the 7th Circuit Appellate Court, and has asked the Ap-

pellate Court to stay Judge Shenkier's implementation order.

So here we have a decision from a Federal Judge, and we all know how keen the Department now is about the Federal Courts (Cozzi), the Department, instead of negotiating a fair and equitable system for taking time due, has chosen to fight Judge Shenkier's decision and continue to use time due as a management weapon against officers, rather than putting effective managers in place that know how to motivate workers. It's much easier to TALK about helping morale, but TALK IS CHEAP.

Deceased Brothers & Sisters

Michael J. Miskulin, Age 86

Thompson Phelps, Age 57

Michael F. Provenzale, Age 75

William Tremore, Age 59

James E. O'Neill, Age 89

William J. Baran, Age 95

Ralph Booker, Age 75

Earl Leib, Age 87

Edgar L. Williams, Age 61

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.

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



Distinguished Service Award

Pictured from left: President Mark Donahue, PO Scott Leck and PO Zachary Rubald



Life Saving Award

Pictured from left: President Mark Donahue, PO Artemio Pena, PO Matthew Dorn and PO Ricardo Rivera



Distinguished Service Award

Pictured from left: President Mark Donahue, PO James Wagner and PO James Triantafillo

Happy Father's Day! Happy Summer! Happy 4th of July! Happy GREAT Sale!

Baseball Jerseys In Black Or Green, CPD Initials Style Only, Limited Sizes. This Is A Close Out Sale So Hurry In. Originally Priced At \$24.95 - Now On Sale For Only \$18.95, While Supplies Last...

Ballistic, Nylon, Soft-Sided Briefcase With FOP Or CPD Star. Originally Priced At \$23.95
Now **25% OFF**, Bringing The Sale Price To Only \$17.96.

All Children's Caps - **25% OFF**. Five Colors To Choose From.

**FREE Father's Day Raffle—FREE Ticket With Every Purchase. Winner Need Not Be Present To Win.
Enter As Often As You Like. Drawing June 12th. 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:
July 4th, 5th & 6th, 2008

Police Chess Set—Cops vs Bad Guys - Was \$104.95
Now Only \$84.95. Best Price In Town...

Special Offer! "End Of Watch" Hard Covered Police Book
Autographed By The Author, Limited Quantities, \$44.95

Tee Shirt of the Month The New "Bomb Squad" Shirt With The Design On The Front Only
30% Off, Brings The Price To \$8.36 Each. 2XL & 3XL Priced Slightly Higher...

All Police Leather Wallets
10% OFF

All Novelty Police Designed Ties
\$9.95 Each

All Vanmark Police Figurines & Photo
Frames - **20% OFF**

Ladies V-Neck Tee Shirt CloseOut, Chicago PD In A Heart Design - 3 Colors To Choose From - Small—2XL, \$8.36 Each

Visit The FOP Gift Shop On Line! Type In
www.chicagofop.org, Then Click On FOP Gift Shop

Ladies Tank Top With "Chicago's Finest" Design.
Large—2XL - **30% OFF**, Range From \$7.66—\$8.36 Each

Back In Stock...St. Michael, (Patron Saint Of Police Officers), Pendant
On Chain - Sterling Silver - \$35.95 Or 14k Gold-plate - \$44.95

Police Officer Mickey Mouse In Full Uniform. If You Are A
Fan Of Mickey, You Need One Of These — \$18.95 Each

Need A FOP Medallion For Your Car? Bring Your FOP ID
and \$10 In And We Can Supply! Window Decals \$1 each

March 2008 Retirees

Name	Rank	Dist.	Yrs
Brownfield, Robert E.	Officer	701	40
Ciechon, Michael J.	Officer	024	42
Crigler, Rodney L.	Officer	004	25
Douglas, Lolita	Officer	002	25
Greer, William D.	Officer	123	27
Gricus, Robert W.	Officer	192	35
Hajduk, Thaddeus Z.	ET	377	34
Hall, Ronald	Officer	025	41
Henderson, Merlin B.	Officer	006	38
Holmes, George F.	Detective	610	36
Josephs, Kenneth W.	Officer	008	39
Keith, Clarence E.	Detective	620	30
Kennedy, Linda D.	Officer	010	25
Kenny, Donna A.	Officer	DPR	21
Koncz, Ronald	Detective	650	39
Korienek, James A.	Officer	059	30
Kowalski, Daniel A.	Detective	123	31
Latkowski, Eileen M.	Officer	059	21
Lenihan, Robert L.	Detective	610	28
Merriwether, Gail P.	Officer	045	21
Mireles, Rose M.	Officer	016	16
Paprzyca, Marc R.	Officer	002	22
Parrillo, Charles L.	Officer	012	40
Restivo, Benedict P.	Officer	014	38
Rosebrock, George A.	Commander	019	27
Sobieszczyk, Robert S.	Officer	025	40
Tock, Peter J.	Officer	008	36
Torres, Jr., Louis	Officer	608	25
Van Vranken, William W.	Officer	009	39
Watters, Kerry A.	ET	377	25

ADRENALINE

MIXED MARTIAL ARTS - FEEL THE RUSH

**CHICAGO POLICEMAN MIKE RUSSOW, 9-1
VS.
UFC PRIDE VETERAN, JEFF MONSON, 23-7**



**SATURDAY, JUNE 14, 2008
1800 HOURS**

**SEARS CENTRE ARENA
5333 PRAIRIE STONE PARKWAY
HOFFMAN ESTATES, ILLINOIS**

**ALSO ON THE CARD:
TERRY MARTIN, MARK MILLER,
KERRY SCHALL,
BART PALASZEWSKI, RORY MARKHAM,
CLAY FRENCH, MIKE STUMPF, BRIAN GASSAWAY,
RYAN WILLIAMS, JOHN HOSMAN AND MANY MORE.**

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ONLINE AT WWW.SEARSCENTRE.COM OR BY
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F.O.P. Picnic

For Members & Their Families Only!

Wednesday, July 9, 2008
10 am—6 pm

Gaelic Park
6119 West 147th Street
Oak Forest, Illinois -- 708-687-9323

Free:

- ♥ Ice Cream & Drinks Entrance Into The Park
- ♥ All Rides Exclusive Use Of Picnic Area

Members Must Show Their Current F.O.P. ID Card To Enter Park.