

July

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.

"...If you have too much money then don't sign up for this program this fall..."

(Dougherty Article)

Inside this issue:

Health Evaluations From IHS	Pg. 4
Richard Lis Scholarship	Pg. 5
FOP Lodge 7 Annual Golf Outing	Pg. 7
Notice of Class Action Against City of Chicago	Pg. 10
FOP Picnic At Gaelic Park	Back Page

President's Report, By Mark Donahue

Negotiations

During the month of June there have only been three negotiations meetings with the City. Many of the issues that were brought to the City as proposals have been addressed to the point where they are now included in discussions in the Core Group meetings with the City. The Core Group addresses issues of finance and those issues that have been discussed to the point where further discussion before the Sub-Committees have either been exhausted or when both sides have come to a resolution of the issue. We still hold that there are no agreements on any issues until there is an agreement on all for negotiation purposes.

As we continue to get the City's proposals we continue to post them on our web site. The media unfortunately is a "frequent flyer" on the site and has recently gotten into the habit of questioning our members as to their thoughts on what the proposals mean

and how they will be impacted by them, as if they had already been agreed to. Let's not brush past the word *proposal* here. That's all they are and while we still maintain our agreed position of not negotiating in the media, it becomes more difficult when our members choose to do so.

Legislation

In the 11th hour of the Legislative Session in Springfield there was a flurry of activity. Some of it, as it played out, was not good for us but some of it went our way. As I reported in the June Newsletter, the language of our Pension Portability Bill was added as an amendment to SB2520. At the time the language was added on May 28th, SB2520 had already passed out of the Senate and was on 3rd reading in the House. This bill was then apparently identified as one which had a great probability of moving and passing prior to the legislature recessing for the summer. Another amendment was added later that day and a third was added

the following day. Our amendment passed out of two committees and was back before the House on the 30th as the other two amendments were sent to the Rules Committee. To everyone's surprise, a fourth amendment was added the morning of the last day of session which (as it played out) caused the entire bill to be delayed. It was eventually called up for a vote at 2200 hours that night and passed by a vote of 65 to 47, which was predominantly along party lines which happens often this late in the session. As it was a Senate Bill that was amended in the House, it now needed to go back to the Senate for a concurrence vote. Unfortunately, the Senate had recessed hours earlier. What does this mean now? It means that it cannot be sent to the Governor until the Senate votes on it but now it will need a 3/5th majority vote when they reconvene either later in the summer or in the Fall Veto Session. This

(Continued on page 2)

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

Flexible Spending Account (FSA)

Once a year, open enrollment comes and active members have an opportunity to open up a Flexible Spending Account (FSA). This benefit can save our members approximately 30% on our portion of our healthcare costs. Unfortunately, less than 5% of our members are enrolled in this benefit. Everyone of

our active officers should enroll in this benefit this fall. It doesn't matter if you have Blue Cross/Blue Shield PPO, Unicare HMO or Blue Advantage HMO health insurance. You will save on "out of pockets", deductibles, co-payments, dental costs, vision costs, cough syrup, band aids and host of other health costs. If you have too much money then don't sign up for this

program this fall. But if you want to save on healthcare costs, start looking into this program now and be informed. Go to www.payflex.com to learn more.

Long Hot Summer

All Chicago Police Officers know that the busiest time of the year is during the summer months. We don't

(Continued on page 2)

President's Report Continued...

is a prime example of why men should never have to witness how sausage is made or legislation is, or is not, passed in Springfield. We remain optimistic that the Senate will vote favorably whenever they come back in.

Another issue that became extremely heated at the end of session was the attempt to not re-appoint Sal Diaz to the State of Illinois Prisoner Review Board. These appointments are made by the Governor with the approval of the Senate. Although Mr. Diaz's voting record can be classified as liberal, he has been a proponent of (all with just cause) denying parole for those who have been convicted of killing Police Officers.

There is a movement now that has had a measure of success to remove those members of the Board who are reluctant to vote for parole for those sentenced to "indeterminate" sentences. This type of sentence had been handed down to those who committed heinous crimes when there was no death penalty in the State of Illinois. Sentences of 100-300 years for example were given in cases when the Judge couldn't give the death penalty but wanted to ensure that the convict never walked free again.

Today those sentences are being considered for parole and are too frequently being voted in favor of. Most of those individuals convicted of killing Police Officers in that era, and there are a lot of them, have indeterminate sentences. The Prisoner Review Board is supposed to be made up of individuals from across the state who have experience in numerous related fields. Two years ago there were a total of three former members of Law Enforcement on the Board, today Mr. Diaz is the last and this attempt to purge him from the Board is a slap at our profession. There are few tasks that we have that are more important to our survivors than ensuring those convicted of killing Law Enforcement Officers serve their sentence, whatever it may be.

National News

In Washington the Social Security Fairness Act now has 75% of the House as co-sponsors. Accordingly, National President Chuck Canterbury has called upon the Chairman of the Social Security Committee to call it out for a vote. There is still not enough support to pass it in the Senate at this time but a very strong House action

could compel the Senate to act. Now that the Collective Bargaining Bill has passed out of the House and is gaining support in the Senate there is a full assault going on by the International Association of Chiefs of Police and the National Sheriffs Association against the passage of this legislation. It's a power thing. It appears that those in management, no matter how they proclaim to support organized labor for all of its benefits, now are taking actions to stop its enactment. These politicians and political appointees would rather keep the playing field tilted in their favor instead of leveling it for the benefit of our profession.

City Council

The Council last month voted to open up the process of Gun Registration for all residents who at some time allowed their registration to lapse for whatever reason. This is a stark difference to what was proposed by Alderman Mell due to his failure to re-register his firearms. There will be a time period opening up in the near future in which anyone who had previously registered a firearm in the City

and failed to keep up with the annual ritual, including our retired members who have to re-register annually, will be allowed to do so to comply with the ordinance. When the opportunity opens up, the City will announce it and we will ensure that it is posted here in the Newsletter and on our web site.

IL State Lodge

The Illinois FOP State Conference is being held in Springfield on July 18th and 19th. Several important issues will be addressed but the one that may impact our membership the most is a potential dues increase. There has been an increase proposed and, if it passes, will become effective for 2009, which is the same time that the National increase takes effect. The underlying intent of the increase is that the State Lodge will get out of the solicitation business as we did here in Lodge 7 in 2003. The message that we received was that our members didn't want to be bothered and they were willing to pay their own way. That message will be the same when we vote on that amendment this month. We will address the full impact of both increases next month.

1st Vice President's Report Continued...

need a temperature gauge to tell us when crime is going to go up. We know that the hotter it gets the more shootings occur and the greater potential for violence. When you ride around in a beat car all day, you see the potential for violence down each city street or alley. If you still listen to the news, the lead stories lately have been police shootings. It's obvious that the media will let anyone tell them a story. They don't care if its fact or

fiction, it only has to be news worthy. No officer comes to work each and everyday looking to go out and shoot someone. Unfortunately sometimes it happens. It happens most often because the criminal decided to carry a gun on the City streets of Chicago. The citizens of this City need to realize that if the police become less pro-active there will be less police shootings, but the downside is that there will be more

shootings and more homicides.

But as we have all heard many times before, we are paid to serve and protect. More importantly, we must make sure that we all go home to our families at the end of each tour.

Health Fairs

The Fraternal Order of Police Health Fairs will be in the 020th District on July 21st, 22nd and 23rd, 2008 and in the 010th District on Au-

gust 11th, 12th and 13th, 2008. The health fair is from 0700 until 1300 hours and all Fraternal Order of Police members (active, disabled and retired) are eligible to participate in these fairs. These fairs are free for our members. We recommend that you contact Advocate Medical Group at (800) 811-0174 in order to make an appointment, but walk-ins are accepted.

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

Firearms Safety Days

The Lodge hosted its annual Firearms Safety Days at the Hall on 10 & 11 June 2008. The event was a huge success with 566 of our members attending having their duty related weapons inspected and, in some cases, minor repairs conducted on sight at no charge. The line of police officers waiting to have their weapons inspected never ended from the time we opened the doors at the Hall until we finished the last handgun on both days at approximately 1830 hrs. The Representatives from all of the approved Firearms Manufacturers worked tirelessly both days, many without leaving their station for lunch. The lines were so long we stopped accepting one particular brand of weapon just after 1400 hrs with over fifty weapons waiting to be inspected. Our hope is to increase the Firearm Safety Days next year.

I would like to personally thank all of the Representatives who provided this invaluable service to our Members including: Berretta - Colt - Boston Leather - DSA Inc. - Glock - Sig Sauer - Ray O'Hearn - Shore Gallery - Smith & Wesson - Springfield Arms - Team Spartan - Sturm Ruger

Parole Hearing For A Cop Killer—Carrasquillo

The Lodge was notified that a hearing before the Illinois Prisoner Review Board would be held to hear evidence for release of a convicted cop killer Ronnie 'Mad Dog' Carrasquillo, the murderer of Chicago Police Officer Terrance Loftus. On 10 October 1976, Officer Loftus was on his way home when he observed a youth being beaten in the street by a group of gang members. Instead of driving by and calling

the police from a safe distance away, Officer Loftus chose to do his duty and Serve and Protect this person from gang violence. He stopped his auto, announced his Office and immediately went to this person's aid, stopping these thugs from harming him further. A gang party was being held across the street and those attending the party immediately went outside to see who was interfering with gang business.

A passing squadrol observed the disturbance, recognized PO Loftus and immediately called for additional units to assist with breaking up the disturbance. Ronnie Carrasquillo was also at the party, armed with a handgun, and observed the police activity. Carrasquillo asked another gang member for a more powerful and accurate handgun. He took the more powerful gun, steadied himself against a parked auto and took careful aim into the street where Officer Loftus and the other uniformed police officers and citizens were standing.

Ronnie 'Mad Dog' Carrasquillo was warned by fellow gang members not to shoot; that these were police officers in the street; but he did not take their advice and fired his handgun four times. Officer Loftus was struck in the face by one of the bullets, fell onto the street and was taken to a hospital where he died of his wounds on 12 October 1976. Carrasquillo fled the scene and went into hiding, bragging to his fellow gang members that he had killed a 'pig'. An intensive search was held and Carrasquillo was arrested a few days later.

Carrasquillo was charged, tried and convicted of the murder of PO Terrance Loftus, Star #5701. He was sentenced by Judge Frank Wilson on 17 January 1978 to serve 200-600 years in the Illinois Department of Corrections. At that time there was no Death Penalty nor a Sentence of Life Without Parole and this indeterminate sentencing now transposed Carrasquillo into inmate#C801186 or what is also known as a 'C Inmate'.

Over thirty years has passed since that horrible night when Mad Dog Carrasquillo murdered Officer Loftus as he performed his duty Serving and Protecting the Citizens of Chicago. Carrasquillo, until this day, has never accepted responsibility for his actions or shown any remorse. Now, a group of influential supporters say that Carrasquillo is reformed, that he has changed, is a model prisoner, and *deserves a second chance*, and they are proposing that Carrasquillo be released early for his crimes. Officer Terrance Loftus was never shown any mercy, or given *a second chance*, when this coward deliberately fired a handgun into a crowded street.

A hearing before the Illinois Prisoner Review Board was held at 26th & California on 18 June 08. Present at the

hearing were five friends and former co-workers of Officer Loftus, representatives of the Department, a retired Superintendent, the President of the FOP, the President and member of the Gold Star Families and myself. We each made statements to the hearing Officer along with presenting contradictory evidence as to why this murderer should not be released. We presented to the Hearing Officer copies of petitions with the signatures of 5,003 Citizens of the State of Illinois who demand that the Illinois Prisoner Review Board deny Parole for convicted murderer Ronnie Mad Dog Carrasquillo now and in the future.

The next hearing in this matter will be at Lawrence Correctional Facility on 8 July 08 and then the Embank Hearing on 31 July 08 in Springfield where the entire Illinois Prisoner Review Board will vote either to deny parole or release this murderer. We, as a Lodge, will continue to monitor with our watchful eye the actions of the Illinois Prisoner Review Board and particularly the cases of C inmates. Our wish is that the Illinois Prisoner Review Board will review this case and inmate Ronnie Carrasquillo will serve the remainder of his term in prison, as his lawful sentence was imposed.

WE WILL NEVER FORGET!

100 Club of Chicago

The 100 Club of Chicago has expanded its assistance to the surviving family members of first responders. The 100 Club has provided a history of their organization and an overview of the services they have provided in the past. The article is posted on our website under the Current Updates. We encourage you to take the time to read about the 100 Club and don't forget that there are citizens who go more than an extra mile in support of the police.



Health Evaluations from IHS Provided By The Fraternal Order of Police – Lodge #7

Monday, July 21st, Tuesday, July 22nd and Wednesday, July 23rd, 2008

By appointment beginning at 7:00 a.m.

Chicago Police Department—020th District

5400 N. Lincoln, Chicago, Illinois

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

Recommended Health Evaluations:

Age 18 to 34 – Male & Female

Health Profile Includes: Blood Tests, Blood Pressure Analysis, Medical Report, Coronary Risk Trend Analysis and Web Site.

■ **Blood Tests** – Includes individual tests to detect diabetes, kidney disease, liver disease, bone and muscle disease, anemia, leukemia, bleeding abnormalities, infection, and more. Also analyzes total cholesterol, HDL, LDL, and cholesterol/HDL computed ratio.

■ **Blood Pressure Analysis**

■ **Medical Report** – You will receive an individualized, comprehensive report from IHS that reviews and explains your test results.

■ **Coronary Risk Trend Analysis** – IHS will track and compare your cholesterol, HDL, LDL, triglycerides and glucose each year that you screen.

■ **Web Site** – Includes membership and unlimited access to www.interactivehs.com, your source for healthy living. At your option, you can confidentially access your personal health history and test results history from this secure web site.

■ **TSH** (Thyroid Stimulating Hormone) – Abnormal thyroid may exhibit common symptoms such as unexplained weight gain or loss, unexplained fatigue, hair loss, sweating, insomnia or constipation.

Age 35 & Above –Female

■ **Health Profile** (described above)

■ **TSH** (described above)

■ **Homocysteine** – There is a strong relationship between high homocysteine and heart disease and stroke. Evidence suggests that homocysteine may damage artery walls and enhance the blood's ability to clot. Recent research shows that moderate to high levels of homocysteine may substantially increase your risk of developing Alzheimer's Disease as well as a non-Alzheimer's form of dementia. Diet – notably eating foods rich in folic acid and Vitamins B₆ and B₁₂ – influences homocysteine levels and may provide a first line of defense.

Age 35 & Above – Male

■ **Health Profile** (described above)

■ **TSH** (described above)

■ **Homocysteine** (described above)

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

Police Couples' Workshop

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

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).

**Saturday, July 12, 2008
0745 - 1500 hours**

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

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.

THE RICHARD LIS SCHOLARSHIP PROGRAM

This is the application form for the annual scholarship drawing of Chicago Lodge #7. The scholarship awards are in the amount of \$1,000.00 each and are given in honor of our late State Lodge President, Richard Lis. There will be twenty names drawn at the October General Meeting, and we will also draw five additional names, in case some of the winners are not in college or elect not to continue their education. All applications are to be filled out and mailed to: FOP, Chicago Lodge #7, by police mail or U.S. Post to 1412 West Washington Boulevard, Chicago, IL 60607-1821, Attention: Scholarship Committee.

The following rules apply to applicants requesting scholarships:

1. Scholarship grants are available to the sons and daughters (including stepchildren) of members of FOP Lodge #7, who will be attending a college or trade school for the first semester of the school year.
2. There will be 20 scholarship grants given for \$1,000.00 each on a one-time basis. Payment will be made at our general meeting in January after proof of attendance is received by the Scholarship Committee.
3. Scholarships will be available to high school graduates and any student who is presently attending a college or recognized trade school.
4. The college attended must be recognized by the North Central Accrediting Association or the trade school must be recognized by the Illinois Department of Registration.
5. **Only one** application per eligible child will be accepted.
6. The scholarship grants will be awarded on the basis of a **drawing** of the submitted applications at the **October General Meeting**.

RICHARD LIS MEMORIAL SCHOLARSHIP FUND APPLICATION

Applicant's First Name: _____ Applicant's Last Name: _____

Member's First Name: _____ Member's Last Name: _____ Unit#: _____

Members Unit # or RTD: _____ Member's Star #: _____ Member's Phone: _____

Member's Address: _____ City: _____ State: _____ Zip: _____

Relationship to Applicant: _____ College or Trade School: _____

Mail To: Richard Lis Scholarship Fund.

St. Jude League Offers \$1500.00 Scholarship

The St. Jude Police League was recognized in the will of a long-time member. The League was bequeathed a gift and was asked to use the funds to endow a scholarship for the children of police officers. The St. Jude League Board of Directors feels strongly that making a long term or even a multi-year commitment to a scholarship fund would dilute their mission and perhaps diminish the things they do so well. The League has asked Fraternal Order of Police Chicago Lodge No. 7 to extend our scholarship program and distribute the funds using the annual scholarship awards program we have in place. In October 2008, Chicago Lodge 7 will distribute 20 (twenty) \$1,000 scholarships. On behalf of the St. Jude League, using the same pool of scholarship applications and the same rules, one additional scholarship(s) in the amount of approximately \$1500 will be drawn. The St. Jude League's Board of Directors is pleased to fulfill its duty to their member who was so kind as to remember police officers in his will. We hope that this memorial gift will enrich all of us, as it works to ease the burden that the costs of higher education places on the young scholar and his or her police family.

Why Would Anyone Want To Be An FTO?, *By Rich Aguilar*

I have been a Field Training Officer for twenty-one of my twenty-six years on the job and this is probably the question I have been asked more than any other question throughout my police career. The reasons for the question are numerous; you don't have a regular partner, you never have the opportunity to bid to another district, you are limited to what districts you can bid to, there is the danger of working with an unknown and unproven quantity, the Department has made numerous promises over the years that they have

failed to live up to, and the list goes on.

Recently, four Field Training Officers were involuntarily transferred from their districts of assignment in the 014th District. The problem? The Department stated that there was an over-abundance of FTOs in 014 and an over-abundance of Probationary Police Officers elsewhere. The solution? Move the FTOs instead of moving the PPOs. This is the reward that these officers get for going the extra mile to do a job that few officers want to do. Apparently, the Department forgot one of the things

that they constantly stress to PPOs in the Academy. Know your location at all times. How does an FTO monitor and train a PPO when he, himself, may not know the layout and problems of a district that he has never worked in?

I have had the opportunity to speak with our new Superintendent on two separate occasions regarding the FTO program. Training is high on his agenda. He is concerned about the current status of the FTO program realizing that there is a need for improvement. His Chief of Staff, Michael G. Masters, and Deputy

Superintendent, Peter Brust also expressed their concerns about the program and stated that they would work with FOP to improve the program.

I am asking that all current FTOs and any officers contemplating becoming an FTO contact me with suggestions to improve the program. Please be specific. Address a specific problem, as you see it, and formulate a solution for that problem. You may send your suggestions via Department mail to me at Unit 541, via US mail to the Lodge, or via email to raguilar@chicagofop.org.

Recording Secretary's Report, *By Sidney Davis*

2008 FOP Picnic

It's that time again; the smell of barbeque, see who can dress the best tent, music and dancing, children on the carnival rides (adults too), renewing old friendships and making new ones. It's a day for relaxing and just enjoying the atmosphere of being

one big happy family. See you out there on the 9th of July.

July And August F.O.P. General Meeting

Lodge 7 will take its annual vacation from General Meetings for the summer during July and August. The next scheduled meeting will be held on September 16, 2008 at 1900

hours. Constitution and By Laws will be on the agenda for this meeting (if submission is valid). The Lodge will continue to hold its monthly Board Meetings the first Tuesday of each month.

Senior Citizens

The hot and muggy summer months are upon us once

again. Please take the opportunity to check on senior citizens that may reside on your block. Ring their doorbell, greet them as neighbors checking on their well being, one day it will be you that someone is checking on. Enjoy the summer months and vacation if one is planned.

Fraternal Order of Police, Chicago Lodge No. 7 Annual Golf Outing

Monday, August 25, 2008, Tee Off Times Starting At 0800 hours.

St. Andrew's Golf Club, Rte 59 at North Avenue, West Chicago, Illinois

Reservations Are Being Taken Now By Calling Kathy Moore Or Doreen Plachta At The Office, 312-733-7776.

\$400.00 Per Foursome, Golf, Cart, Lunch & Dinner Included In Price - (Cash Bar)
Money Due When Making Reservations.



Been Hit By A Brick Lately? *Compliments of Rabbi Moshe Wolf*

A young and successful executive was traveling down a neighborhood street, going a bit too fast in a new Jaguar. He was watching for kids darting out from between parked cars and slowed down when he thought he saw something. As his car passed, no children appeared. Instead, a brick hit the Jag's side door! He slammed on the brakes and spun the Jag back to the spot where the brick had been thrown.

He jumped out of the car, grabbed some kid and pushed him up against a parked car shouting, "What was that all about and who are you? Just what do you

think you are you doing?" Building up a head of steam he went on, "That's a new car and that brick you threw scratched the paint and is going to cost a lost of money to repair. Why did you do it?"

"Please mister, please, I'm sorry, I didn't know what else to do", pleaded the youngster. "I threw the brick because no one else would stop..." Tears were dripping down the boy's chin as he pointed around the parked car. "It's my brother," he said. "He rolled off the curb and fell out of his wheelchair. He's paralyzed and I can't lift him up." Sobbing, the boy asked the executive, "Would you please help me get him back into his wheel-

chair? He's hurt and he's too heavy for me."

Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be okay.

"Thank you and may G~d bless you," the grateful child said to him. The man then watched the little boy push his brother down the sidewalk toward their home. It was a long walk back to his Jaguar...a long slow walk. He never did repair the side door. He kept the scratch to remind him not to go through life so

fast that someone has to throw a brick at you to get your attention. G~d whispers in our souls and speaks to your hearts. Sometimes while running to 'make a living', we're too busy to listen, He has to throw a brick at us, to slow us down.

Summer is here, don't forget, take a few moments each day to share some time and a laugh with your loved ones, you both deserve it.

May G~d bless you and keep you safe. Amen.

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

Retiree Breakfast & Luncheon Meetings

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
 John Sweeney, 630-690-0409

South:

2nd Wednesday of Month @ 10:00 am
Jedi's Garden, 9266 S. Cicero Ave, Oak Lawn
 Don Januszyk, 708-364-9903

The Dirty Dozen, 12th District Retirees

1st Thursday of Month @ 10:00 am
Southern Belles Restaurant, 6737 Archer Ave.,
 Bridgeview
jimboysmail@comcast.net

Crime Lab, ETs, Forensic Services & Mobile Unit

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

Orland Park Law Enforcement Organization:

3rd Thursday of Month @ 7:30 pm
Orland Park Civic Center, 14800 Ravinia, Orland Pk
 Don Ade, 708-408-9308

Brothers Band Together:

3rd Saturday of Month @ 10:00 am
Pancake House, 700 East 87th Street, Chicago
 Roosevelt Lowe, 773-779-4073

8th District 8 Balls:

Last Wednesday of Month @ Noon
 Call for location: Al Bilacki, 773-767-1885

Old School Deuce:

2nd Tuesday of Month @ 9:30 am
B.J.'s Market, 8734 S. Stony Island, Chicago
 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

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

Tired of Being Tired?...Let's Fix That!

Research shows that millions of Americans daily complain of being tired. Many figure it's because they are too busy. *"I just have too much on my plate"*. Sound familiar? Suppose I told you that the main reasons for feeling tired may be due to: **1) Coping with Stress & Energizing the Spirit** **2) Getting the Quality Sleep Needed** **3) Exercising & Healthy Eating Habits**. Since, I have devoted previous months' columns to # 3, let's focus on #1 & #2.

1) Energize/Boost Your Sprit - Mental strain will take a toll on you. Stress, worry, and anger, are all challenging emotions to deal with. But, if you take the proper action, your brain & body will rebound and you'll feel energized quickly!

Try these 4 tips:

1) Splashing cold water on your face or dunking your head in a sink of cool water will take that edge off immediately. **2)** Express your feelings & don't hold onto those bottled up fears & anxiety. Talk about them, write them down. **3)** Turn on some favorite music. **4)** Take deep breaths and exhale! When under mental stress, you may have a tendency to either hold your breath or take short, shallow breaths, which can make you dizzy, and sap you of your energy because you are reducing oxygen flow to the brain. Instead, take slow, deep (belly) breaths. To remember this, post tranquil photos (your kids, pets, vacation spots) in your patrol car, office, and lockers.

2) Get Proper Sleep - This can be especially challenging for those working 3rd & 1st watches. Research shows that more than 25% of Americans don't get the quality or quantity of

sleep needed. Without those 7 - 8 hours of sleep, your energy and productivity decreases, illnesses and anxiety may increase, and eventually you can "burn-out", which can be detrimental for Police Officers.

Try these 7 tips: **1)** Exercising 4 to 5 times per week, will definitely help. **2)** Reduce Caffeine consumption - drink caffeine-free diet sodas. Your coffee should sometimes be caffeine-free, or 50/50, & do not consume caffeine within 6-8 hours of going to bed (regardless of what watch you are on). **3)** Don't eat a full meal within 4 hours of bedtime because your digestive system can keep you up. **4)** Have dark shades in your room, to keep out the light. For the brain to signal "sleep time", it needs the dark. **5)** If you enjoy falling asleep to the TV, set the timer so it goes off; say 30 minutes after you want to fall asleep. Also, try watching funny or old movies, they are more relaxing and make you smile/laugh more. **6)** Lower your thermostat & open those windows for fresh, cooler air, so you are comfortable with a blanket. **7) Avoid the alcohol** for 3 - 4 hours before bedtime!! You *may think* that a glass or two of wine or beer helps you fall to sleep, when in fact, it's a proven fact that alcohol interferes with the body's natural 24 hour biorhythms, which causes your blood pressure to rise and your heart rate to race, which causes restless sleep.

Good luck, and see you next month!

** TIP OF THE MONTH **

15 Minute Rule - If you cannot fall asleep, get out of bed, do something like walk, read, pet your dog/cat or sit on the couch and just "veg out". Do not get on the computer. Then once you feel sleepy, go back to bed.

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

May Pension Board - Advocates present were PO Mike Shields, Det. Mark Howe, 1st VP Bill Dougherty, PO Kathleen McClory, and myself. Two elected trustees were

absent. All three FOP in-house attorneys were present representing our members. Disability Claims: *Status Hearing* - 1 continued. *Duty* - 1 granted at 75%, 1 granted at 50%, 2 granted at 50% Ordinary. *Ordinary* - 2 granted without prejudice, 2 deferred for hearing.

July Pension Dates - Thursday, July 24 and a special meeting Wednesday, July 30 to clear up backlog.

Section 18.3 - Limited Duty I.O.D. - Officers injured in

the line of duty, who are certified by the Medical Services Section as being able to perform limited duty assignments, shall be given limited duty assignments until they can perform regular duty assignment, or until they are mandatorily retired, whichever occurs first.

Veterans' Corner

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

Military Committee - The

FOP has created a new committee that will serve all our members who are serving our country in the military. A Mission Statement is being prepared and will be ready by next newsletter. Members on the committee are Sidney M. Davis, Chairman; PO Derrick Armstrong, 2nd Dist Tact; PO John Vick, O'Hare Law; PO James Wells, 6th Dist, and myself.

173rd Airborne Brigade Highway - Route 173 is being renamed the 173rd Air-

(Continued on page 9)

Disability Report & Veterans' Corner Continued...

borne Brigade Highway in honor of the unit known as the "Sky Soldiers". Dedication is August 23, 2008. The 173rd Brigade will hold a mo-

torcade along the route beginning at 8:30 am in Zion and travel to Rockford with stops along the way. IDOT will place signs along the high-

way reflecting its new name. The Brigade was formed in 1917 and was active in combat missions in World Wars I & II, Vietnam, Afghanistan and Iraq.

"The only war is the war you fought in. Every veteran knows that." ~ Allan Keller

Airborne Sal

Rally For Rawa

In the early morning of July 13, 2007, Officer Bob Rawa, an 18 year veteran of the Chicago Police Department, K-9, was suddenly struck down by a brain aneurysm while driving home from a second job. Linda Rawa and her children, 3-year-old Robert and 1-year-old Holly lay sleeping in their home on the northwest side of Chicago.

The doctors told Linda that there was no hope for his recovery. Their lives would be changed forever. Just two weeks earlier, Linda told Bob that they were expecting their third child.

In early October, Linda began to have complications with her pregnancy. On October 18, at only 21 weeks into her pregnancy, the doctors delivered Carly, who was shortly thereafter returned home to God.

Many people have asked how they can help...

Please join us in trying to help ease some of the financial hardship faced by Linda and her young family.

Sunday, July 20, 2008

1800—2300 hours

Biagio's

4242 N. Central Avenue
Chicago, Illinois

Tickets cost \$30.00 each

Food - Refreshments - Prizes - Music
Bagpipes and Drums of the Emerald Society Performing

For more information or to purchase tickets, please contact Frank DiMaria at the FOP at 312-733-7776

Tickets can also be purchased at the door.

Direct donations can be mailed to:

Rally For Rawa

The Chicago Patrolmen's Federal Credit Union
1359 W. Washington Blvd
Chicago, Illinois 60607

Pension News, By Steve Robbins, Pension Trustee

In last month's FOP Newsletter I briefly described the historical origins of our Pension and how it eventually evolved to the current formula of 2.5% for each completed year to a max of 75%. With a few exceptions, an average of your last 48 months of pay will usually decide the amount of your monthly annuity upon retirement. There are a few other notable events that occurred during the last several decades that continue to have an effect on our Pensions today. Most noteworthy is the Constitutional guarantee provided by Article 13 of the Illinois Constitution passed into law in the 1970s, clearly stating that public pensions can never be diminished or reduced.

Another event would be the landmark Supreme Court decision of 1998, People-Robert Sklodowsky vs. The State of IL. This suit sought to compel the State to appropriate funds necessary to meet statutory funding levels contained in the Pension Code. The Illinois Supreme Court held that the Pension Protection Clause of the Illinois Constitution did not create a contractual basis for pension participants to expect a particular level of funding, but only a CONTRACTUAL right that they would receive the money due them at the time of their retirement.

In other words, we don't have a legal right to force the City to improve upon our current 51% funding ratio, however the Court re-affirms our right to receive our promised pension benefits.

Deceased Brothers & Sisters

Francis A. Mack, Age 70
James R. Jones, Age 85
William G. Hurto, Age 67
Michael J. Schmitz, Jr., Age 55
Peter M. Calcagno, Age 81
Thomas P. Flavin, Age 87
Ronald G. Crabtree, Age 63
Daniel B. McGovern, Age 64
Annie Alexander, Age 64
Robert J. Byrne, Age 73
Louis C. Elzy, Jr., Age 59
Robert R. Kleinschmidt, Age 59
Joe P. Mayo, Age 77
Richard E. Peck, Age 82
Edmund S. Orleans, Age 77
Timothy P. Griffin, Age 72
Walter J. Svihula, Age 61
Jorge O. Tamez, Age 43
Raymond F. Luth, Age 70
Howard B. Linn, Age 62
Jamele Toolis, Age 59
Harold Flood, Age 89
Wayne A. Willer, Age 58

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

"CALLING ALL SIXERS"

006TH DISTRICT REUNION

2 DAY EVENT

FRIDAY, AUGUST 1, 2008

Premier Entertainment Center
300 W. Sibley
Dolton, Illinois

SATURDAY, AUGUST 2, 2008

Kickaboo Woods—Picnic
14200 S. Halsted
Riverdale, Illinois

Tickets cost \$60 each and cover both events!

For more information or to purchase tickets, please contact:

**PO Maurice Thigpen at 312-747-3610
or 773-485-2212**

Or

PO Eddie Chapman at 773-339-4391

Family Days at Six Flags Great America

August 8 - 11, 2008

Tickets are available through the F.O.P. Gift Shop
for just...

\$30.00 each!

Original price for tickets this season is \$56.00
each. This is a savings of \$26.00 each.

Unlimited tickets for your friends and family on
sale at our Gift Shop now...



Remember, no weapons in
park, ever...

For more information please
call the FOP Gift Shop at
312-733-2344.



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—6th, 2008

Happy Picnic! It's Just Around The Corner! We Move The Store Just For You! So Come On Out & Enjoy The Picnic. We Have Lots Of New Things For You To See At Great New Prices & A FREE Gift Too! Meet Us At The Picnic On July 9th.

Close Out Sale! FOP/CPD Socks In Adult & Children Sizes - On Sale For **25% OFF** While They Last...

Great For The Back Yard - Police Station Wind Chimes - On Sale For **50% OFF**...What A Bargain!!

Our Own Checkered Adjustable Dog Collars. Available In Navy/White, Gold/Navy or Green/White Was Originally Priced At \$19.95 - Now On Sale For Only **\$16.95**

NEW ITEM! Boston Leather Double Cuff Case **\$26.95**

Tee Shirt of the Month
 "COPS Chicago" Shirt, (Small—3XL) **30% OFF**

Polo Shirt, White With Black Embroidered Star
 Sizes Medium—2XL **30% Off**

National Police Memorial Tee-Shirts From Washington D.C. and CPD Memorial Tee-Shirts On Sale Now - Limited Quantity & Assorted Sizes - **\$5.00 Each...** (The New Design For The CPD Memorial Tees Released This Summer)

200 Gun Cleaning Patches
 Limited Quantities - **\$1.99 Each**

Hand Gun Case—Hard Molded With
 Thick Foam Inserts, **\$7.95 Each—WOW**

Youth Sweatshirt **\$14.95 Each**
 "Chicago Police Rookie"

Need CPD Color or Subdued Patches For Trading Or Collecting? We Got 'Em...Prices Range From **\$1.50—\$1.99**

Fully Adjustable Radio Holder—Have Your Own, Don't
 Depend On The Department - **\$15.95 Each**

Glass Beer Mug With Pewter Star
\$6.95 Each Or 2 For \$10.00

Pewter CPD/FOP Key Chains—PO—Detective—Sergeant - Was \$7.00, Now **\$4.95**, 3 Or More?, **\$3.95 Each**

April 2008 Retirees

Name	Rank	Dist.	Yrs
Bartosik, James E.	ET	603	30
Bour, Thomas A.	Officer	001	36
Brown, William C.	Officer	001	37
Coady, David J.	Officer	018	31
Collins, John P.	Officer	018	28
Corcoran, Gloria C.	Officer	024	21
Duignan, Patrick T.	Detective	123	40
Dyckman, Barbara	Detective	650	32
Gutierrez, Albert	FTO	010	27
Heikkila, Roger P.	Officer	171	31
Higgins, William	Detective	620	33
Honeywood, Frankie	Sergeant	192	37
Huels, Jr., John L.	Forensic Inv.	177	31
Kempf, Gary R.	Officer	012	26
Knefel, Pierre K.	Officer	022	22
Lewis, Don P.	Agent	121	26
Malewski, James C.	Officer	010	30
Marshall, Gwendolyn	Officer	003	22
Minor, Lamarr	Detective	620	28
Pufundt, Marshall M.	Officer	014	33
Reid, Gerald J.	ET	477	32
Rhodes, Marguerit	Officer	005	23
Riley, Michael R.	ET	477	30
Savickas, Christ J.	Officer	001	38
Schury, Joseph R.	Officer	001	39
Stephens, James M.	Officer	001	36
Szelag, Joseph T.	Sergeant	015	36
Szuba, Edvin L.	Officer	019	30
Tode, Patrick C.	Detective	606	31
Town, William P.	Captain	021	36
Walski, Joseph S.	Officer	021	32
Ward, Paul S.	ET	377	29
Weeks, Joel R.	Officer	169	21
Zanderson, Milka J.	Officer	171	21

2008 FOP Picnic Report

By Frank DiMaria & Sidney Davis

The time is drawing near for the 2008 FOP Picnic, which will be held on the fields of Gaelic Park located at 6119 West 147th Street in Oak Forest Illinois on 9 July 2008 from 1000 hrs until 1800 hrs. This is our 2nd year at Gaelic Park and we are hopeful for another successful picnic.

There will be carnival rides for all ages along with a variety of inflatable attractions for the younger children. The Lodge will also be giving candy and snacks to our members' children along with soft drinks and beverages for the adults. The Lodge will provide tables on a first come first serve basis.

We recommend that you bring chairs and shelter (tent or umbrella) for shade and a picnic lunch for your family or group. There are no food services at Gaelic Park. There will a contest for the best decorated tent along with music and dancing.

Please take advantage of this benefit which your Lodge has provided. Hope to see you all at this year's Picnic. Don't forget your FOP ID card to enter the park. If you need a replacement card, call the office at 312-733-7776.

See you all there!



Official Publication of Chicago Lodge No. 7
1412 West Washington Blvd. 60607-1821
Phone: 312-733-7776
Fax: 312-733-1367 Hotline: 312-733-2101
www.chicagofop.org

FIRST CLASS

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE
PAID
CHICAGO IL
PERMIT NO. 6291

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

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

The Lodge Provides:

- Ice Cream, Candy & Refreshments
 - Carnival Rides
 - Music
- Tables (Limited Quantities...First Come...First Served)

You Provide:

- Your Tent/Shelter (Be Creative For The Tent Decorating Contest)
 - Lawn Chairs
- A Picnic Lunch For Your Family. (Gaelic Park does not offer any food services.)

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