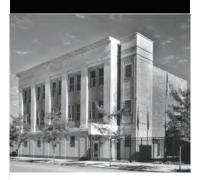
November

2008



FOP, Chicago Lodge 7 1412 W. Washington Blvd.

"Less Police manpower may also mean a slower response when someone is kicking in your back door in the middle of the night."

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F.O.P. News

Committee: Rhonda Bullock, Chairman

Gerry Majerczyk

Bill Burns

Official Publication of Chicago Lodge No. 7

President's Report, By Mark Donahue

Mette

On the 12th of October, the Lodge hosted a welcome home party for Mike Mette and his Family. For all that the family has gone through, the outcome of the ordeal has been welcome relief. determination of his immediate and extended family and friends in addressing this extreme miscarriage of justice has caused Mike to be released from prison and is now back as a member of the Chicago Police Department. His quick return to the job was as a result of an assurance made by Superintendent Weiss several weeks ago.

Police Budget

The headline news for the past two weeks has centered on the City Budget and in particular for us, the Police portion of that Budget. The Budget that was released on October 15th is now being scrutinized in the City Coun-Although the Mayor stated that he was not going to remove any sworn positions from the Budget, this is apparently not the case. There are approximately 180 fewer sworn positions in the '09 Budget than there were in the '08 Budget. The budget does call for the hiring of 200 sworn personnel in 2009, but when you couple that with the current shortage of around 300 and the anticipated count of around 500 to 700 retirees for the rest of 2008 and 2009, we are looking at the very real potential

of having between 600 and 800 fewer sworn personnel on the street by the end of 2009 than we had at the beginning of 2008. And when the City typically does their hiring at the end of the year to further save on the budget, there is no telling when help will be on night. the way.

24th, although extremely few of the Aldermen speaking to the budget actually did so. almost to a man and woman they addressed the current manpower shortages in the Districts their Wards cover. So to put it plainly, each Alderman that addressed the Police Budget recognized the manpower shortages we have known for years. Even former Superintendent Cline admitted the shortages in District Law Enforcement at the same hearings in 2005. So now it is up to this Council to determine if they are willing to pay the price for sound Law Enforcement. How can they not recognize a correlation between the rise in violent crime and the manpower shortages and future budgeted shortages in the Department? Our position is that the prospect of saving 10 million dollars by not filling the current vacancies is not a lucrative proposition for the taxpavers in this City, nor for us as the Police. The Mayor said that the cuts in other City Departments may, "...mean slower response times to some everyday services. It will take

longer to tow abandoned cars, clean up vacant lots, trim trees and replace and repair street lights." Less Police manpower may also mean a slower response when someone is kicking in your back door in the middle of the

In light of the above infor-At the Hearing on October mation and based on the recommendation of a retired P/O's wife, and Mother of a current P/O who was distraught over the killing of the 3rd Police Officer in as many months, the Lodge is asking family members and friends of our membership to contact the Mayor's Press Office at 312-744-3334 and ask the Mayor to hire more Police Officers. Let them know that the request is based upon a need to make the streets safer and that you want our Police to be working in two man cars for their safety as well. We will attempt to gauge the success of this request and continue the efforts in concert with this Mom and others who wish to assist us in obtaining the resources we need to effectively do our jobs and return home unscathed. Check out our web site for more information on this.

Retiree News

On October 6th I testified before the Police/Fire Committee of the City Council over the issue of retirees not being able to register newly purchased duty related weapons. As you may recall, ear-

(Continued on page 2)

President's Report Continued...

lier this year there was an issue taken up in the Council over those gun owners who have neglected to register their firearms on an annual basis. We were able to segue our issue that is pending in the Circuit Court over a retiree who while qualifying for HR 218 had a weapon malfunction. That retiree felt more comfortable in replacing the weapon instead of getting it fixed, but when he attempted to comply with the City registration provisions, he was denied. Aldermen Burke and Mell introduced an ordinance on our behalf to allow "retired peace officers who are in compliance with the federal Law Enforcement Officers Safety Act of 2004" [HR218] to register their weapons with the City, still at no cost to the retiree. After passing out of Committee on the 6th, the issue was brought before the entire City Council for consideration and it passed out of there as well. This statute will be effective 120 days [early February 2009] from the date of passage on October 8th. Our court case will now be handled appropriately.

Pension Fund News

The opposition that the Lodge posed over the inclusion of credit working for the CTA to his Police Pension by former Deputy Ron Hubermann was two fold. First, current State Legislation does not allow for that type of service to be cred-

ited for pension purposes in our fund and also the fact that the current funding level of our fund is lower than it ever has been. The CTA Chief has wisely pulled his request from consideration and it is the Lodge's intent to remain vigilant in the future. Currently the Mayor's Pension Commission is looking for ways to address that under funding which has become ever more challenging with the current financial times. This attempt as well as other issues that can negatively impact the Fund surely will be subjects of discussion prior to any recommendations being made by the Commis-

Legislation

Our legislative issues in Washington appear to be headed for renewal in the next Congressional Session. The Social Security Fairness Act, the Collective Bargaining Bill and the Discipline Act will apparently all be reintroduced for consideration in 2009.

The State Senate will address our Pension Portability Bill when they adjourn this month in Springfield. There is only a need to vote on concurrence of the action the House took on May 31st so that this bill can be sent to the Governors desk for his signature. In light of the discussion above, this bill has been

worked so that it has no financial impact on the City or the Pension Fund. So a vote to concur will not negatively impact the Fund. The Lodge Legislative Committee will be meeting this month to formulate agenda for the next State General Assembly which takes over in January. there are any issues that our membership feels needs to be addressed legislatively please let us know what they are by e-mailing me at mdonahue@chicagofop.org.

One Officer's Generosity

I was privileged to be at a ceremony on October 16th when a member of the

Lodge, Mike Scali from 018, presented a car he had won in a fundraising raffle to the family of the Police Officer for whom the raffle was held. Mike bought numerous raffle tickets at the fundraiser for Stone Park Police Officer Ivano Mazzulla who killed in a motor vehicle accident earlier this year leaving behind a wife and three children. The car was donated to the cause by Al Piemonte from his Ford dealership. won the car and gave it to the deceased officer's family. This is an occasion in which we can all as the Police, take a little pride in Mike's actions and on behalf of the Lodge, our thanks go out to him.



Pictured from the left are P.O. Mike Scali, Mrs. Mazzulla and President Donahue at Al Piemonte Ford.

First Vice-President's Report, By Bill Dougherty

What's Next... "Gang Bangers Day"?

If we as police officers haven't figured it out yet, society is going downhill fast. If your family was reading the newspapers and watching the news lately, they would think that police officers were the bad guys. Growing up you learned about good and bad and right from wrong, but somehow, over the last few years, doing the right thing has gone by the wayside. When Jon Burge was arrested last month, it was like winning the lottery for the news media. You would have thought that Al Capone was captured. As a matter of fact, one news outlet had

(Continued on page 3)

The Next General Meeting Will Be Held On Tuesday, 18 November 2008 at 1900 hours.

First Vice-President's Report Continued...

(Continued from page 2)

U.S. Attorney Patrick Fitzgerald quoted comparing Burge to Capone ("If Al Capone went down for taxes, it's better than him going down for nothing"). You had writers from the Sun-Times calling out FOP members in their article for standing up for Jon Burge in 1993. This is what FOP does for their members. This is what any union does for their members. Hardly any of the articles or news media that week talked about the murders of police officers William Fahev and Richard O'Brien. They had plenty of quotes from murderers and Alderman who voted to give \$20 million dollars to four criminals. They didn't lose a judgment in court; the alderman settled a civil lawsuit instead of fighting against these criminals and their attorneys. We as police officers watch the City settle cases every month that they would win in court. The City would rather settle than fight the attorneys that have made a career out of suing the Department and the City. I believe that we should change the CAPS holiday (April 29th) to October 21st and call it Gang Bangers Day. It's the least we could do for the community.

One Man Cars

The City of Chicago has decided that there are enough police officers on the street and only hired 125 new officers in 2008. They are budgeting for an additional 200 officers for 2009. Assuming the City hires 200 officers in 2009, we will be down approximately 850 officers by this time next year. Listening to most of the Alderman at Budget Hearings, most of them talk about the need for more police officers. But not one of them has demanded that the mayor at least keep up with replacing the officers that retire. The Mayor and the City Council has decided that they don't have a problem with Chicago being the murder capitol of the world. Not a day goes by that a Chicago Police Officer doesn't handle a two man job by himself. How many times do you hear an assignment for a two man car given out over the radio with the one man car

responding, "I'll let you know if I need someone"? For our own safety officers should wait for that back up. If the City feels that we can do the same amount of work with 850 less officers they will continue to cut us out of the budget, but at what cost to our families? Why would the Department put any officer in harms way by putting out one man cars on the 3rd and 1st watches? Officers feel Department pressure to handle these calls. Officers on the 1st and 3rd watches that don't want to work a one man car should write a report to their commanders requesting that they not be put on a one man car. Think of your safety and your fellow officer's safety first.

Open Enrollment 2009 (Active Officers)

Open Enrollment for 2009 started on October 31st and runs thru November 20, 2008. During this enrollment period, you have a chance to change your medical and/or dental plan, enroll for coverage for you or your dependents if you aren't cov-

ered now, cancel coverage or combine coverage. The decisions that you make will become effective January 1, 2009. Blue Edge HCA Plan will no longer be available in 2009. If you don't change your plan during the open enrollment period you will automatically be enrolled in the PPO Medical Plan effective January 1, 2009. You must call 1-800-773-5827 to make any changes.

Flexible Spending Reminder (Active Officers)

Open Enrollment is also the time of year that you can sign up for the Flexible Spending Account (FSA). It allows you to deduct pre-tax dollars from your paycheck and deposits them into an account that can be used for out of pocket medical and dental expenses. FSA 2008 plans have until March 15, 2009 to use the remaining balance in your account. Any questions regarding FSA's call Payflex at 1-800-284-4885.



Distinguished Service Award

Pictured from left: President Mark Donahue, PO Anthony LaRocca, PO Mario Mendoza and 3rd Vice-President Greg Bella (Not pictured, PO Jonathan Shortall & PO Sergio Vences)



Distinguished Service Award

Pictured from left: 3rd Vice-President Greg Bella, PO Matthew Peterson and President Mark Donahue



Life Saving Award

Pictured from left: 3rd Vice-President Greg Bella, PO Todd Stanley, PO Jay Masey and President Mark Donahue

State Lodge Report, By Darrin Bourret, State Trustee, District 1

Greetings from the Windy City, District 1. I would first like to introduce myself. My name is Darrin Bourret and I was elected State Trustee, District 1. I have been a Chicago Police Officer for 8 years. I am currently working in the first district with the bicycle patrol. I live on the southwest side of Chicago with my wife Kathleen and two daughters, Lauren and Alyson. My predecessor was Pat Duckhorn, who became the First Vice-President. Pat Duckhorn has shown both dedication and professionalism as Trustee and he continues his work as First Vice-President. I look forward to working with Pat in the upcoming years. I also want to thank Brother Ken Watt for his dedication as Past Vice-President and I'm proud to say I have known Kenny since I was a kid. He has been a great mentor throughout my law enforcement career.

My first order of business was to attend Trustee training at the State Lodge. There we met with President Street who explained our duties and the importance in getting information to our membership. This is the key to our success, brothers and sisters and it will come full circle in the next couple of years as we disenfranchise from the telemarketing business. District 1, I stand with President Street and pledge my support to help the State Lodge and the good of the order. I believe its time to get back to basics, show up to your Lodge meetings, but most importantly get involved!

Michael Rodgers was a winner in the State Lodge scholarship drawing. His Mother, Chicago Police Officer Audrey Rodgers, met with President Donahue and me at Lodge 7 to accept the



Pictured above, President Mark Donahue, CPD Officer Audrey Rodgers and Darrin Bourret, State Lodge Trustee, District 1.

check on behalf of her son. Congratulations to all the other scholarship winners!

Finally, I think that being a cop is the greatest job in the world and I believe that we all took that oath to help others that can't help themselves. This year, we lost Chicago Police Officer Richard Francis, Detective Robert Soto, who was brutally murdered, and Police Officer Nathaniel Taylor, who was killed in the line of duty. These Officers all paid the ultimate sacrifice, their dedication to serve and protect will never be forgotten!

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

Weapons Discharge Incidents

Officers, if you are involved in a Weapons Discharge Incident, you should notify the Lodge immediately. The Lodge has office hours Monday thru Thursday 0800 hrs until 1800 hrs and Friday 0800 until 1600 hrs. A Field Rep is available on call after business hours 7 days a week to respond to these types of incidents. The Field Rep on call will respond to the scene and then to the Area assisting the involved officer throughout the process. Officers, you are required to cooperate with the investigation and obey the Laws of the State of Illinois along with the Chicago Police Department Rules, Directives and General

Orders. You should be aware that in the event of a weapons discharge incident you should not be interviewed by representatives of an outside department agency (IPRA/OPS) on the scene or at the Area where the incident is being investigated. You are entitled to representation per the Contract and the Officers Bill of Rights if you are required to give a statement to anyone from an outside department agency (IPRA/OPS).

You should always know the name and rank of who you speak with at a Weapons Discharge Incident. Don't give away your rights to anyone just for the asking.

Parole Hearings

The Lodge had been con-

tacted with short notice of hearings before the Illinois Prisoner Review Board. The case for the convicted murderer of PO Charles Pollard, 010th District, EOW 14 Dec 1967 & the convicted offender in the attempted murder of PO Eddie Jackson, DOO 14 Oct 1977 VCD Prostitution. The hearing was scheduled for 15 October 2008 at 26th & California. The hearings were video recorded and the testimony will be viewed at a later date by the entire Illinois Prisoner Review Board.

Even with just a week's notice, we sent out a request city wide for petitions to deny parole be signed by citizens and police officers. These

petitions were returned to the Lodge with over 2,000 signatures protesting the possibility of release for these convicts and they were presented to the Illinois Prisoner Review Board.

The En Banc Hearing was held on 25 September 08 for the murderer of PO Bob Wentzel and Parole was denied. The En Banc Hearings are scheduled to be held on 30 October 08 in the Capitol Building in Springfield to hear the cases to consider parole for the murderer's of PO Terry Loftus & PO Ken Kaner.

Uniform Resale

The next Uniform Resale will be scheduled in April 2009.

Third Vice-President's Report, By Greg Bella

It Never Ends

An order came out, at the District level, that if you apply for Special Employment you must submit a copy of your activity for the past ninety days. Let's start at the beginning. You work six days a week and we are short manpower at the District level so most of the time you work a 99 Unit. You chase the radio from job to job until your tour ends and you do this six days a week. So that an outsider can grasp the enormity of the problem, the day shift, which is all

one man cars, runs all tour from job to job and most of the time one man cars are handling two man jobs. Naturally, there are not enough cars on days to handle every call so when the shift ends there is a back log. Now the afternoon shift starts and you again chase the radio all tour while you are trying to eliminate the backlog but the backlog just keeps growing because of the volume of calls that come in on the afternoon shift. At 2300 hours the midnight shift begins with

the backlog and, if it is a quiet night and a weekday, you catch up by 4:00 or 5:00 in the morning.

Now a District Commander wants to know why you don't have any arrest activity or why you did not stop any vehicles. Does this Commander think this is the way to improve morale or productivity?

Does anyone realize that after working six days in a row just as I have described you now have two days off? We are required to live in the City and our homes are priced off the charts, just like our property tax and the sales tax that we pay. Add to this the fact that 90% of police officers with children send them to a private school because of the sub-standard public school system we get for our high taxes. Is it any wonder that our officers must now work one or both of their days off at Special Employment to pay for these needs? Do you think we work our days off because we don't like our families?

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Words, Work and Whacky Days, By Father Tom Nangle

By the time you read this, America will have a new president-elect. Some of us will be happy, some not. (No coded words here folks; I don't like politics and I don't like either candidate.) Some are energized by election time, some irritated by it. But many will be relieved that the rush of words, promises, dreams, goals, lies and evasions will ratchet down. The shouting will tone down. Throughout the campaign we wonder to ourselves, does truth have any value at all? Do our words still have meaning? Other quesdevelop: Does American economy still work? Who elects: the media or the people? Will the pension system be able to pay me when the time comes? Should I stay on this job? Is The Job worth doing? What's the future of the CPD, or the city? These are the kind of rumblings that happen at a deep level of the human mind or soul when we begin to wonder about our future (and present) and worry about our family's well being. There's nothing quite like a serious threat to our well being to show ourselves what we're

made of, what really matters in life.

David McCullough is a writer and historian, and the Tribune interviewed him for its Oct 26th edition. He studies great people from different eras, earlier times that he described as very intense and very painful. What impressed him, he said, was the "endless, valiant effort, the effort in the midst of chaos and despair." As for 9/11, when people said it was the darkest and most dangerous time we'd ever been through, he replied, "Nonsense! Yes, it was dark and perilous. But we've been through worse." And he quotes Churchill, "We haven't journeyed this far because we are made of sugar candy." Good words and good thoughts to lift our sagging souls! Words work...they're powerful.

A famous writer (Ernest Hemingway, maybe) was challenged to write a complete story in as few words as possible. He outdid himself:

> -For sale -Baby shoes

-Never used Six words that can stop us cold, a whole story in six words, and we can easily fill in the blanks. Some more words with great power are: I am sorry; I forgive you; the responsibility is mine; I love you; I hate you; I did it, please and thank you.

When your Police Chaplains Ministry sent almost 160 (total) care packages to our CPD personnel in Iraq-Afghanistan the last couple of years (we did the same for Desert Storm), we got some very warm thank you notes, but the thanks belongs to those who shopped, packed, mailed, and donated to the mission. All the notes mentioned how good it was to be remembered by The Real Police back home. The connection endures. One CPD/MP wrote, "...the items are awesome. I will display the CPD items proudly, especially the cover...the iPod will be a real pleasure after a 12-16 hour tour...I appreciate the support from people back home." Good words to hear, aren't they?

These are uncertain times for all of us. The job, the city, the country, the world scenario are all in flux. We will endure and flourish again, we will recover our equilibrium, because that's been the pattern for centuries and we learn from history and patterns. In the meantime, I hope the difficult times make intensely clear all that we have to be grateful for, and may the good God bless us all.

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

Information For The Police

-You're warmly welcome to attend the Police Mass on Thanksgiving Day, 27 November, 1000 hours, at 1140 W. Jackson Blvd. to thank God for the best things in life: love, mercy, laughter, family and meaningful work.

-If you'd like to make a tax deductible donation to the Police Chaplains Ministry for our 40 packages (all first class items, no junk or filler) going to our CPD personnel overseas, you can send the check to us at 1140 W. Jackson Blvd,. 60607.

Thanks.

Third Vice President's Report Continued...

(Continued from page 5)

Did you ever hear a copper say, "I had a kid running around in diapers and I work so much I just realized he started high school?"

Someone who should know about this problem is now going to make you produce documents so that you are allowed to work a seventh day?

The Department called to get that order rescinded but the short answer is, apply for every day off you have for Special Employment and do not give any activity, and if you are denied file a grievance under 16.2. Not only is this a violation of the contract it is wrong.

Another order came out

hours you work on side jobs to twenty hours. This order is supposed to be rescinded because it is in conflict with article 16 of the Contract unless the City wants to give us a residency stipend of \$10,000 a year so that we don't have to work side jobs.

Major Cities Conference

The FOP hosted the Major restricting the amount of Cities Conference this year on

September 26th through the 28th. According to all the feedback from the attendees, this event was a success. Pictured below, 3rd Vice-President Greg Bella welcoming the guests, Rabbi Moshe Wolf with opening prayers and President Mark Donahue discussing Pensions.









Interactive Health Solutions

Health Evaluations From IHS Provided By the FOP, Lodge 7

001st District—Central

1718 S. State St., Chicago, Illinois

Monday, November 17, 2008 Thru Wednesday, November 19, 2008

To Schedule An Appointment Or For More Information, Please Call 800-840-6100

Appointments Needed To Be Evaluated! Call Today!

For more details regarding tests and costs, please visit the FOP website at chicagofop.org.

Pension Board Election Summary Report

Patrol Officer Member Michael Shields 1631 votes 44.80% **Steve Robbins** 1138 votes 31.26% John Capparelli 405 votes 11.12% Mike Tannehill 205 votes 5.63% Wayne Harej 142 votes 3.90% Sandy Nash 120 votes 3.30% Sergeant Member Michael Lazzaro 360 votes 57.05% William "Mike" Voight 271 votes 42.95% Lieutenant Member James Maloney 165 votes 64.45% Bruce Lipman 91 votes 35.55% **Retired Member** Ken Hauser unopposed

FOP Online Gift Shop, By Rich Aguilar, Trustee/Field Representative

FOP Online Gift Shop

The FOP Online Gift Shop is a convenient way to purchase holiday gifts. Many new products have been added. Items that are offered in the monthly FOP Newsletter will be featured in the Online Gift Shop starting in November. Those members who are not comfortable using a credit card online always have the option of ordering online items by telephone at 312-733-2344. The Online Gift Shop is located at www.chicagofop.org . Select the yellow Gift Shop button located in the upper left corner of the page.

informed about the activities of the Lodge is to visit the Current Updates Page of the FOP website. Members only need to do this once. There is a link at the top of the page that allows members to subscribe to Current Updates by email. Subscribers will receive the page by e-mail anytime that the Current Updates Page has new information posted on it. You do not have to enter any personal information. You only need to ensure that the e-mail address you want to subscribe is in the From: portion of your

Current Updates by E-mail

Name: _

The easiest way to keep

Deceased Brothers & Sisters

George T. Caruso	Age 65
James R. Phillips	Age 69
Dwight W. Lindsay	Age 65
Dannie Marchan	Age 29
Robert G. McGuire	Age 67
Robert E. Loveless	Age 73
Edward Massas	Age 33
Kenneth R. Chorley	Age 76
Michael J. McInerney	Age 68
Michael D. Dzurovick	Age 58
Nathaniel L. Taylor, Jr.	Age 39
James P. D'Agostino	Age 66
Leonard W. Yunkers	Age 61
Vincent J. Esposito	Age 41
Robert D. Jefferies	Age 75
James J. Murphy	Age 77
Carey D. Irving	Age 53
John E. Sweeney	Age 85
Andria R. Randolph	Age 40

June 2008 Retirees			
Name	Rank	Dist.	Yrs
Alessia, Adolph	Detective	620	31
Atiles, John	Detective	630	26
Augle, Dale R.	Officer	018	27
Augustus, Linda C.	Officer	004	23
Brixy-Alday, Rita E.	Officer	023	21
Daley, Daryll E.	Detective	650	26
Deal, James D.	Officer	002	38
Ferro, George J.	Officer	008	28
Grau, Hiram	Lieutenant	180	27
Hunter, Kim M.	Officer	132	21
Jones, Michael	Officer	542	23
Juarez, Toni D.	Officer	023	21
Orlando, Anthony L.	Officer	050	40
Overstreet, Michael E.	Officer	006	30
Pienta, Ronald L.	Officer	DPR	20
Riess, Linda J.	Officer	017	22
Rimkus, Stanley	Officer	004	31
Ryan, Jr., Edward W.	Officer	008	40
Ryan, Richard R.	FTO	014	22
Schnoor, Raymond A.	Detective	640	38
Skerrett, Edward	Officer	022	35
Uginchus, Keith W.	Officer	017	20

July 2008 Retirees

Name	Rank	Dist.	Yrs
Ali, Kariem A.	Officer	253	22
Barnhill, Gordon A.	Sergeant	124	32
Biggane, Annette M.	Officer	022	22
Boivin, Darrell L.	Canine Handler	153	36
Byrd, Charlene T.	Officer	005	22
Chasen, Michael	Dep. Chief	601	40
Elmer, Roger A.	Sergeant	603	38
Glass, Douglas A.	Officer	021	31
Guest, William D.	Officer	001	28
Johnson, Jayne C.	Officer	022	21
Johnson, Jr., Arthur	Officer	018	21
Lewandowski, Phillip A.	Officer	004	32
Manow, Allan G.	Officer	189	18
McNally, Dennis W.	Officer	018	30
Moore, Jr., Thomas J.	Canine Handler	153	35
Nelson, Phillip J.	F/A ID Tech 1	177	37
Palacz, Dennis R.	Officer	192	26
Pavone, Sam	Officer	019	31
Petersen, Jr., Donald J.	Explosive Tech	603	39
Sodergren, Stephen R.	Officer	016	28
Thompson, Carol A.	Detective	610	20
Tidwell, Sherman G.	Officer	001	26
Walczak, Theodore	Officer	152	36
Whiteside, George M.	Sergeant	025	42
Woo, Ronald D.	Officer	018	27

Address Change Form	Effective Date:
	Star Number:
(Last, First, MI)	

New Address: _____ Zip: _____ Zip: _____

Telephone: ______ Cell Phone: _____

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

Subject: The Train Ride, Compliments of Rabbi Moshe Wolf

As we enter the month of November, the month of Thanksgiving, we are forced to look back and reflect on the year gone by. We were faced with many challenges this year from natural disasters to the tragic loss of several of our own. I was called last week at the office with the following question, "How does a person keep a positive perspective in trying times?" It brought to mind a parable that kind of helps keep things in focus. "The Train Ride" is a parable that compares life to a train ride or a series of train rides.

Life is like a train ride, we get on. We ride. We get off. We get back on and ride some more. There are accidents and there are delays. At certain stops there are surprises. Some of these will translate into great moments of joy and some will result in profound sorrow.

When we are born and we first board the train, we meet people who we think will be with us for the entire journey. Those people are our parents! Sadly, this is far from the truth. Our parents are with us for as long as we absolutely need them, but sometimes they get off the train before we even had a chance to say goodbye. They too have journeys they must complete. We live on with the memories of their love, affection, friendship, guidance and their ever presence.

There are others who board the train and who eventually become very important to us. Some people consider their journey like a jaunty tour. They will just go merrily along. Others will encounter many upsets, tears, losses on their journey. Oth-

ers still linger on to offer a helping hand to anyone in need.

Some people on the train will leave an everlasting impression when they get off. Some will get on and get off the train so quickly, they will scarcely leave a sign that they ever traveled along with you or ever crossed your path.

We will sometimes be upset that some passengers whom we love will choose to sit in another compartment and leave us to travel on our own. Then again, there is nothing that says we cannot seek them out anyway. Nevertheless, once sought out and found, we may not even be able to sit next to them because that seat will already be taken. That okay...everyone's journey will be filled with hopes, dreams, challenges, setbacks and goodbyes.

We must strive to make the best of it...no matter what. We must constantly strive to understand our travel companions and look for the best in everyone. Remember that at any moment during our journey, any one of our travel companions can have a weak moment and be in need of our help. We too may hesitate or even trip. Hopefully we can count on someone being there to be supportive and understanding.

The bigger mystery of our journey is that we do not know when our last stop will come. Neither do we know when our travel companions will make their last stop. Not even those sitting in the seat next to us. We all know we will be sad to make our final stop, we are sure of it! Our separation from all those friends and acquaintances we

made during the train ride will be painful. Leaving all those we are close to, will be a sad thing. But then again, we are certain that one day we will get to the main station only to meet up with everyone else. They will all be carrying their baggage, most of which they did not have when they first got on this train. We will be glad to see them again. We will also be glad to have contributed to their baggage and to have enriched their lives, just as much as they will have contributed to our baggage and enriched our lives. We are all on this train ride together. Above all, we should all try to strive to make the ride as pleasant and memorable as we can, right up until we each make the final stop and leave the train for the last time. End of parable.

A few final thoughts to ponder:

- There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real.
- Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.
- May you have enough happiness to make you sweet,

enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

- The happiest of people do not necessarily have the best of everything; they just make the most of everything that comes along their way.
- The brightest future will always be based on a forgotten past; you cannot go forward in life until you let go of your past failures and heartaches. When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you are the one who is smiling and everyone around you is crying.
- Don't count the years, count the memories
- Life is not measured by the number of breaths we take; but by the moments that take our breath away. And last but not least, don't forget to tell your loved ones how much they mean to you.

May G~d bless you, keep you safe and give you strength to continue in your noble work. Amen

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

Pension News

Commentary By Steve Robbins

Thank you to all those who participated in the Pension Board election. I hope everyone will join me as I pledge my support for new Trustee, P.O. Mike Shields. The next three years will be challenging, but I am confident Mike is prepared and committed to safeguarding our Pension Fund.

It has been an honor to serve the members and annuitants of the Fund for the last three years and I thank those who gave me the opportunity.

Thanks, Steve R.

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

Disability Report

The best of health from the Disability Committee. We are available for calls at the FOP office Monday through Friday. Click on the Disability Page link on the FOP web site, www.chicagofop.org, for beneficial information. Email a d d r e s s: c s a l a - dino@chicagofop.org.

September Pension Meeting – Advocates present: 1st VP Bill Dougherty, DET Steve Schorsch, DET Mark Howe, PO Mike Shields and myself. One appointed trustee absent. Disability Claims: Duty – 1 granted at 50%, 2 continued by police officers, 2 granted ordinary. Ordinary – 4

granted without prejudice and awaiting scheduled hearings. Beneficiary - Take a little time out of your busy life to verify that the proper person/s to be named as your beneficiary is correct. I have encountered numerous situations when an officer's death occurs and they still have their deceased parents, ex spouse, or someone they no longer want as the beneficiary. This often goes into a very long legal fight. So protect your loved ones and make that simple call. Pension Board: 800-656-6606. City of Chicago-Prudential Life: 800-778-3827, FOP: 312-733-7776.

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

VA Flu Shot Clinic – Open thru December 19, Monday-Friday 0830-1600, Jesse Brown VA Medical Center, 820 S. Damen, 1st Floor, Bed Tower or Lakeside CBOC, 211 East Ontario. For more information call 312-569-8387.

City of Chicago Veterans Day Ceremony – Tuesday, November 11, 11:00 am at Harold Washington Library, 400 S. State (Winter Garden 9th Floor). The Winds and Words of War will be on exhibit.

United States Naval Academy Information Day 2008

– Sunday, November 23, 1:00-4:00 pm. North Chicago VA Medical Center, Bldg 4, 3001 Greenbay Road, North Chicago, IL. This program is designed to provide information regarding the Naval Academy and its admission process to interested high school students and their parents. For more information call Jerry Lewis (retired CPD) at 773-779-8967.

"War is fear cloaked in courage." ~ Gen. William Westmoreland Airborne Sal

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

WAKE-UP CALL! This month's column is meant to help & alert all Police Officers & families, on Hypertension. Often referred to as the, "Silent & Deadly" killer, it is more commonly referred to as High Blood Pressure. It's one of the leading causes of death & disability in this country.

It is referred to as "silent", because most often there are no signs or symptoms to this disease. No advance notice. Some folks believe that you can feel or see it (redness in the face), nope, not true. Some research supports that sudden severe headaches, vision problems, or blood in the urine, can be symptoms. True, but assume there will be no advance warning at all. Stress on the job, rotating shifts, poor eating habits, and of course these challenging economic times are just some of the factors can lead to High Blood Pressure. So,

lets' be proactive on addressing this disease.

What is Hypertension? – When your heart muscle is weaker than it should be, it then works/pumps too hard, and forces the blood into your arteries (blood vessels), thus damaging the walls of your arteries. This allows the build up of cholesterol and plague on the inner walls, thus narrowing or completely closing the passage way to/from the heart and brain, which can result in heart attacks, strokes, kidney failure, and blindness. Healthy arteries are smooth inside, damaged arteries are jagged, like very rough sand paper, which traps the fat and plague and closes off the blood flow.

Causes of Hypertension – Lack of exercising is a key factor. The more you exercise, the more you <u>strengthen</u> the heart muscle, so it does not have to pump too hard, avoiding damage to your arteries. Other factors causing High

Blood Pressure are; smoking, obesity (more than 20 - 25 pds. over your ideal weight), stress, genetics, and older age.

Who is mostly at risk? – High stress jobs, people over 35, also African-Americans, women on Birth Control Pills, smokers, too much alcohol consumption, too much fatty & fried foods, and those who do not exercise, and are overweight.

Prevention/Cure: Exercise & Exercise!...with your doctors approval. STOP smoking, eat a low fat, low salt diet, minimize fried foods. Relax & Meditate. Take Yoga classes. Your doctor will also counsel you and medication, if needed.

Monitor Your Blood Pressure: Since you will probably not feel or see the onset of high blood pressure, consider purchasing an easy to use Blood Pressure monitor at your local pharmacy (only \$75 - \$125). This will be an excellent investment. You don't need to check your blood pres-

sure daily or weekly, but once every month or two. You should bring this device into your physician office or local clinic and compare the reading of your new monitor to that of your Nurse or Doctor's reading, to confirm the device is accurate. Waiting to see your Doctor once a year to check your blood pressure may not be enough. Ask you Doctor about this.

HAPPY THANKSGIVING.

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, and my e-mail is jcullen@CertifiedHealthFitness.com. Check the Website at: www.CertifiedHealthFitness.com.



INSTRUCTION FOR FILLING OUT A WATCH SELECTION FORM

On a Watch Selection form, you have four choices that can be made: 1st Watch; 2nd Watch; 3rd Watch; and No Bid. Although there are risks of placing a "No Bid" choice (see article "The Risk of No Bid", pg. 10) it remains a choice for you to make.

Officers should make their choices by prioritizing the watches, with the most desirable watch being designated as your first choice, followed by your next desirable selection, etc. Officers should complete all four choices, but may not select the same watch for all four choices. Submitting a selection form in which all four choices indicate the 2nd watch is not only the wrong way to fill out the form but if you don't have enough seniority to achieve a 2nd Watch seniority assignment you have just opted out of the selection process and will be placed on a watch designated by the Department. Use each selection once and only once, ie: 1st, 2nd, 3rd and No Bid.

Here are a few examples and scenarios which I hope will assist you in deciding how to use the "No Bid" choice. The Lodge is recommending that you use the slots (which are effectively empty) after your "No Bid" choice to indicate to your Commander what your preferred watch is.

EXAMPLE #1: I am an officer who, although I do not have enough seniority to get on the 2nd watch, am confident (really, really confident) that the Commander will use the Department's 20% to place me on the 2nd Watch. I made out my form:

1st Choice: 2nd Watch 2nd Choice: No Bid 3rd Choice: 3rd Watch 4th Choice: 1st Watch

EXAMPLE #2: I am an officer who, although I do not have enough seniority to get on the 2nd or 3rd Watch, am desperately trying to avoid the midnights and all I can do is hope and pray the Commander may use his/her 20% on me but I can at least indicate to him/her my preferences. I made out my form:

1st Choice: 2nd Watch 2nd Choice: 3rd Watch 3rd Choice: No Bid 4th Choice: 1st Watch

EXAMPLE #3: I am an officer who knows positively that the Commander is not going to use his/her 20% on <u>ME</u>. I made out my form:

1st Choice: 2nd Watch 2nd Choice: 3rd Watch 3rd Choice: 1st Watch 4th Choice: No Bid

Officers think wisely before submitting your Watch selection form, your decision may be with you for the full year.

THE RISK OF "NO BID"

As officers throughout the Department are preparing to make their watch selections for 2009, the art of selecting a watch and furlough continues to be problematic for some members in understanding the "No Bid" selection. There are indeed risks involved in placing a "No Bid" on your selection form. Please Read Department Notice 08-35, titled Annual Watch, Furlough Selections, Vacation Schedules and 2009 Operational Calendar, prior to completing your watch selection form. It contains language regarding the new pilot program for work schedules and how to bid for a watch

Over the years, there have been a number of officers who decided to place a "No Bid", hoping their Commander would take care of them and assign them under the Department's percentage to a desirable watch. In some cases the old saying, "Promises are made to be broken" rang true. Looking forward to the 2009 selection process, all officers should be cautious in placing a "No Bid" selection because they will be at the mercy of the Department. In essence, you have opted out of the selection process and are telling the Department they may place you where ever they choose. There are no guarantees to a "No Bid" selection. There is a guarantee when your watch is selection by seniority. For example: a less senior officer who may have wanted and had been promised 2nd watch thought he/she would be given the 2nd watch assignment if a "No Bid" was selected ends up on midnights but could have achieved a more desirable 3rd watch assignment by seniority if only his /her 2nd choice had not been a "No Bid" selection, but rather, 3rd watch.

The Department will soon release a listing of how many positions will be filled by 80% seniority and how many positions will be filled by the 20% Department's discretionary assignment. This will be posted for each watch. Taking a look at the number of positions and where you sit on the seniority roster can give you a good idea on what watches you can select by seniority. We caution you that if you place a "No Bid" as your second choice, you should have received some prior assurance from the Commander that he/she will use his/her 20% to place you. You should also understand the risk of the "No Bid", and how it will effect you.

If you have any questions regarding the risk of "No Bid", please check with your Watch or Unit Representative, if further information is needed, please contact the Lodge at 312-733-7776 and ask for Sid Davis.



Extended Store Hours (11/22):

Mon-Thurs 9:00 - 5:00 Friday 9:00 - 4:00 Saturday 8:30 - 4:00 Direct: 312-733-2344

Store Closed: Nov. 11, 27 & 28, 2008

Happy Thanksgiving!

We're starting the Holidays out right with a big sale and money saving values on Saturdays, online and in our new mini-catalog with exclusive "catalog only" items.

FREE Holiday raffles—FREE ticket with any purchase—Enter as often as you like—Great prizes!!

Police Christmas ornaments have arrived...early bird sale...

50% OFF all ornaments on Saturday, November 29th! Limit one per style. Now that's a good deal!!

Extended Holiday hours on Saturdays from November 22nd through December 20th - 0830-1600 hours.

FREE shipping on all online website orders over \$40 for the month of November. Shop early and save money! All sale prices in the newsletter apply to online orders, saving you even MORE. We want you to have a great Holiday season!

40% OFF long sleeve black tee with classic PD design in red. Sizes small to 2XL - Now only \$8.97 each, all sizes.

Squad car padfolio, blue & silver, was \$11.95, now \$8.96

25% OFF all youth caps—Now only \$4.46 each

25% OFF grey with black trim polo with CPD initials on left chest—was \$19.95—now \$14.96, 2XL & 3XL slightly higher price

Coffee cup & beer stein with pewter CPD star buy one get one 1/2 off

Key chain—PO, Detective, Sergeant—was \$7.00—now \$3.95 This makes a great stocking stuffer!

Pewter shamrock napkin rings—set of 4—was \$11.95—now 50% OFF, brings the price to **\$5.98**—great gift idea!

Irish Christmas stained glass wreath—was \$18.95—now 25% OFF brings the price to \$14.21 each

20% OFF ladies grey & pink reversible sweat shirt. Limited sizes & quantities—was \$28.95—now \$23.77, (2XL \$24.77)

F.O.P. Family Auxiliary hosts...

19th Appual Lupch With Sapta

Saturday, December 6, 2008

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

Tickets cost \$5.00 each

Lunch: Noon—1:30
Pictures & Prizes:
1:30 - 3:00

For tickets and information Please contact: Angie Haynes, 773-334-5718



Don't Forget To Vote!!

Bring in your voting stub & receive a FREE American Flag pin on November 4th & 5th...while supplies last...

All Police frogs on sale—was \$29.95—now \$19.95—makes a

FOP Family Auxiliary ladies charm bracelet—\$12.00 each

Tee Shirt of the Month:

Patrol Division or Tactical Unit designs **30% OFF**—brings the price to **\$8.36**, 2XL & 3XL slightly higher

Close-out 50% OFF all FOP/CPD novelty socks, \$1.98 each

NEW ITEM! Custom business card case, bright silver color with four lines of engraving & CPD logo.

All this for only \$19.95—see store staff for more details. This

All this for only \$19.95—see store staff for more details. This will make an excellent and memorable gift!





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The Lodge is preparing for its annual mailing to members. Please look at the address label above, this is the address we will use to mail your 2009 Handbook, Membership Card and Stickers. Please contact the Lodge and make any necessary Name or Address changes now.

FINAL NOTICE: Annual Payers (Retirees, Sgts, etc.) 2009 Dues Payments Must Be Received before November 15, 2008

Attention Retirees and Annual Dues Payers you can mail your 2009 dues now. The Lodge will begin accepting credit card payments over the phone after the Labor Day Holiday. If you turn 75 in 2008, you DO NOT pay!!

NAME:	PHONE:
ADDRESS:	CITY, STATE, ZIP:
BENEFICIARY:	
CHECK ONE: S35 Retiree Annual Dues	\$60 Sgts. & Above AND/OR Outside Units
Please Charge My VISA MasterCard Discover Credit Card	Exp. Date:MM/YY
Enter Credit Card #	
SIGNATURE:	☐ My Check Is Enclosed