

January

2009

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.

To date, through the actions of the Fraternal Order of Police, over 30 million dollars in overpayments of premiums for retiree health care has been returned to City retirees.

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President's Report, By Mark Donahue

Happy New Year

A Happy and Healthy New year to all and your families. By now, as with all New Years, we have been inundated with statistics for 2008. Some may be very good but the media historically tends to focus on those that are very bad. We should start this year off with a collective flip of the bird to the media outlets who consistently advocate negative reports, whether accurate or not, of our members and the department as a whole. In conjunction with this action, we will continue to fight the fight over our integrity as well as continuing the fight at the bargaining table to enhance your wages, hours and working conditions. We cannot let the profit motive of those seeking to sell papers and airtime, as well as those with strict monetary or political aspirations, to change our course in doing what we do best.

The Lodge has recently acquired a tape that aired on one "news" outlet that shows the mother of an alleged murderer of family members of a high profile local entertainer, claiming that her son was wrongfully arrested by the Police and that even though she didn't know what a Bentley is, she would soon be driving one. That is the mentality of a vocal minority of the people we deal with on a daily basis. When people that don't deserve airtime are

given it, and when they say something as obviously prejudicial to the police and establishes their personal priorities as this statement did, that message need not be pulled from view after airing. The silent majority, as most of our supporters are, need to view what we view every day to better understand what we deal with.

The Korshak Decision

The Lodge has yet to be informed by the City who has been appointed to the "Retiree Health Benefits Commission" that is required to be impaneled after July of 2008 in order to make any further changes to the design of the plans according to the ruling in the Korshak Decision. This Commission will also be responsible for the recommendations concerning what retiree health care benefits will look like after 2013 when the Korshak Settlement Agreement ends. To date, through the actions of the Fraternal Order of Police, over 30 million dollars in overpayments of premiums for retiree health care has been returned to City retirees. We will continue to monitor and take issue with any irregularities that we discover in guaranteeing this benefit to our members.

National Legislation

The National F.O.P. continues to work on the Social Security Fairness Act as its top priority. When the new Congress convenes, we will

see that the new Illinois Senator, and our freshmen House members become co-sponsors of the legislation to aid in the National's effort. Although this will continue to be a top priority, it is felt that the Act will progress as a part of a comprehensive overhaul of the Social Security Administration. As we have worked this cause over the years in D.C. others have expressed their interests as well. Although the progress of H.R.82 and S.206, due to our collective efforts, is well documented and note that the Nationwide support was tilted from the Democratic side of the isle, it was not enough to pass in this assembly. In the new assembly we will have the opportunity to better gauge the level of support from the Democrats in Congress. We again anticipate being able to get a unanimous consensus of support from our Illinois Delegation on this issue as well as getting support for the other issues of importance to the National FOP.

State Legislation

SB2520, the Pension Portability Act, was sent to the Governor's Desk on the 19th of December. He now has 60 days to either veto, amendatorally veto or sign it. So it looks as though by 17 February '09 at the latest, this bill will become law. Our attempts at casting a wider net than was allowed by accepted

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President's Report Continued...

practices of the legislative process, caused us and the Legislative Research Bureau to miss a group of our members on the CPD who have time in the Aviation Police, to not be included in this legislation as it stands. The necessary steps are underway to correct this oversight in the 96th General Assembly.

Contract Negotiations

There are many people who are asking when we are going to move to arbitration. Arbitration is, of course, an option that is available to us, and to the City, but your negotiation team does not think its time to give up on negotiations yet. When we end discussions/negotiations and turn over our future to the decision of an outside party, we lose too many options. An arbitrator in all probability will not even consider anything that may constitute a significant enhancement or deletion to a contract, and would probably be reluctant to significantly alter

any working conditions. There are several issues which we have already agreed on (work schedule) and other areas in which we have made progress. While we are not happy about the pace of our negotiations, turning the final details over to an arbitrator when we still are making progress would be wrong. Rest assured, the entire Negotiating Team will decide when we have reached a stalemate and when consideration of arbitration will be made.

Pensions

We are constantly being updated on what other municipalities around the country are doing to cut costs and many of them entail attacking pension obligations they have to their employees including Law Enforcement Officers. From coast to coast, belt tightening has been in order and for those cities and towns whose leadership is incapable of "not" taking the easy way

out, they are looking to the rescinding of pension obligations as the cure all. It has been more than one year since the City of Chicago convened a Commission to explore options for strengthening the City of Chicago's four pension funds. We have met more or less on a monthly basis and have broken into sub-committees with the goals of presenting ideas to the full Commission. The Commission is populated with representatives of some of the largest companies in Chicago, in addition to several City Hall elected representatives and staffers. Although the progress may be considered slow, it is important that we have a seat at that table.

Our pension fund suffered some big losses in autumn when the stock market fell precipitously. Many may be shocked to see the numbers relative to funding in the next report. Dealing

with the under-funded levels will be a significant task to our newly elected and City appointed members of our Pension Fund. The time has come when we all should pay close attention to this most important benefit of our employment. Look at the Fund as you would Deferred Comp, as your own personal retirement plan, because it is.

Let's Not Forget

Police Officer Bernie Damagala was shot in the line of duty over 20 years ago and has been disabled ever since. Bernie, for the time being, is now residing at Sunrise Assisted Living at 12828 S. La-Grange Road, Palos Park, IL 60464. The phone number at the facility is 708-361-3577. Bernie would love to hear from any of his old friends or colleagues. If you have the time, drop a note, call or stop in for a visit. Again, let's not forget.

First Vice-President's Report, By Bill Dougherty

Wellness Benefit

Many members are still confused about the benefits offered in the Wellness Benefit Plan that was secured by the Lodge in the 2003 contract arbitration decision. The following information outlines the benefits that are available. It is permanently posted on the Medical Issues page of our website, www.chicagofop.org.

The Wellness Benefit is a \$600.00 allotment that is available to each covered family member. The benefit includes: one routine physical for adults per calendar year, one routine pediatric check up, baby well care and pre-school exams per calendar year, routine blood

work, immunizations, and hearing screening. These are services that were not covered in the past.

The Wellness Benefit is only for active members who are covered by PPO insurance. Members who have HMO insurance already have these items included in their insurance. Please call the Benefits Management Office at (312) 747-8660 with any questions.

Members may also take advantage of the many health fairs conducted by the Lodge through Interactive Health Solutions. These health fairs are a no-cost option that uses the benefit allotment. The

times and dates of the health fairs are published in the monthly newsletter and posted on the FOP website on the Current Updates and Upcoming Events pages.

Public Relations

The Lodge has partnered with Volunteers of America to assist in helping "homeless veterans". Officers that wish to participate in this program can help by passing out packages that include items such as water bottles, granola bars, toothbrushes, tooth paste and cards containing information to assist the homeless in whatever they may

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Benefit

Please Come Out To Support One Of Our Own

Officer Johnace "Jan" Lewis of Unit/175 and her family experienced a catastrophic loss in a fire on 20 November 2008

Friday, 16 January 2009

**FOP Hall
1412 W. Washington Blvd**

*Donations are being accepted at:
Chicago Patrolman's Federal
Credit Union
1359 W. Washington Blvd.
Chicago, IL 60607
Attn: "Jonace-Jan-Lewis Fund"*

First Vice-President's Report Continued...

(Continued from page 2)

need. We hope that we can help these men and women that have served our country and now have incurred hard times. The Department has agreed to have officers pass out these packets to homeless veterans on their beats. This is a great

public relations opportunity for the Lodge and the Department.

Waiting For Referrals From MSS

Officers should never have to wait several days for referrals from the Medical Services Section. If an offi-

cer is having trouble receiving a referral for an injury on-duty or a recurrence of an injury on-duty they should contact the MSS and ask for a sworn supervisor. If you are unable to resolve this issue with the sworn supervisor then contact the Lodge.



Second Vice-President's Report, By Frank DiMaria

Officer Safety & One Man Cars

Again we report on a situation that officers are faced with on a daily basis; the reality of responding to radio assignments while working alone (10-99). The District Officers are over worked and undermanned as a result of the current manpower situation and on a daily basis are being forced to work alone (10-99) and respond to radio assignments which typically require two person units. I am not advising you to not handle your jobs, but only request a back up as Department Orders require for particular assignments. We do not have to go into a residence alone where there is a domestic disturbance, suspicious person or burglar alarm, nor do we have to rush in for an in progress without the proper back up. Acknowledge the job as a 10-99 Unit and make sure that a back up is assigned. If not, tell the Dispatcher that you will accept the assignment but will wait near the assignment in question for your assist car. Officers, just remember the most routine of jobs can escalate to a life threatening situation and put you in jeopardy if you are alone without help. Wait for your assist!

Vest Safety Day

The Lodge will be hosting a Vest Safety Day on 25 Febru-

ary 2009, from 0900 hrs until 1700 hrs. There will be Representatives of the major soft body armor companies who will be displaying the current models of their products. Officers, if you need a new vest or just want to look at the most current products which are available stop by the Hall.

Stress Management Class

The Lodge and the Employee Assistance Program (EAP) will be hosting Stress Management Classes in 2009 for our Members. The classes will be held at the Hartgrove Hospital 5730 W. Roosevelt Road. The Classes are for two (2) days from 0830 hrs – 1630 hrs and you must attend both days.

The Dates for the 2009 Stress Management Classes are:

29 & 30 January 2009

26 & 27 February 2009

26 & 27 March 2009

23 & 24 April 2009

28 & 29 May 2009

27 & 28 August 2009

24 & 25 September 2009

29 & 30 October 2009

3 & 4 December 2009

There are no Classes June, July and November.

Until next month, be safe.

Tax Time!

Active members paid \$426 in union dues that can be claimed on your income tax in 2008.

During the 2008 calendar year the organization incurred lobbying costs as part of its operating expenditures.

In accordance with IRS guidelines, the Lodge is required to furnish to each dues paying member the portion of Lodge expenditures during the previous year which was represented as lobbying costs, since this amount would not be considered tax deductible.

The lobbying costs represented about 2.15% of the total expenditures of the Lodge.

Message From The Editor

Happy 2009 to everyone. At the start of each new year we should all take time to reflect on those things that are precious to us. In December, I had time to think about those things that are important to me and would like each of you to do the same. A very close friend was felled by a little known syndrome without any notice or signs. The funny thing about it is that she was the last person anyone would have expected to fall ill. As I watched my friend's family struggle with almost losing her, I realized that we tend to take for granted that people will be here tomorrow. Officers, I would like all of us to remember to spend time with those close to us. Take a moment each day to give thanks to the Lord that we are healthy and enjoy each day you have with family, friends and co-workers because you may not have tomorrow. My friend is struggling to regain her speech, movement and general life as she knew it. In this new year remember this, all the extra money we make from those side jobs means nothing if we can't spend it or share it with those closest to us. Take time off for yourself because you may, without notice, lose the ability to enjoy the little things in life that make us happy. Happy New Year, Stay safe and remember to smell the roses sometimes.

Rhonda Bullock
Newsletter Editor

Recording Secretary's Report, *By Sidney Davis*

Santa Sid

For the sixth year in a row, the Lodge has selected a school where Recording Secretary Sid Davis played Santa Sid. Christopher School, located at 5042 S. Artesian, was chosen this year. Santa Sid, along with Alderman Burke, Judge Ann Burke, Principal Mary McAlloon and school staff, were present for a joyous morning of caroling and gift giving to the children.

Santa Sid then boarded his sleigh and proceeded to St. Ailbe Senior Citizen Home, located at 9240 S. Avalon, where 57 senior citizens were thoroughly surprised to see Santa Sid. Some had not seen the white bearded gentleman for years. They were totally entertained by Santa Sid who gave out gifts to each senior citizen and even danced with some of the ladies.

The highlight of the day came when Santa Sid once again boarded his sleigh and proceeded to the home of Naomi Taylor, daughter of Police Officer Nathaniel Taylor who was recently killed in the line of duty. Members from Unit 189, Sergeant Migdalia Bulnes, Officer Samella Ramirez, Officer Johnny Christian, Officer John Gonzalez, Officer Lemornet Miller and Santa Sid were present much to the delight of 5 year old Naomi. Lodge 7 made a donation that enabled Naomi to receive a bicycle, with training wheels, along with other gifts including funds to purchase clothing. Members from Unit 189 also contributed with donations and gifts to ensure that Naomi would have a blessed Christmas. (Pictured below: Santa Sid, Naomi Taylor and

PO Samella Ramirez)

This was one day that I'll never forget anytime soon. Wishing each and everyone from Lodge 7 (active and retired) a very joyous and prosperous New Year.

2009 Watch Bidding, Filling of Vacancies

Watch bidding will occur again during the 3rd Period (March 11th), 6th Period (June 3rd), and 9th Period (August 26th) in 2009. Unit and watch reps can assist you in the bidding process.

2009 General Handbooks

By now all Lodge 7 members should have received their 2009 FOP Handbooks. If not please contact the Lodge. On page 33 of the handbook, Lodge members may keep track of all General and Board Meetings that are attended in 2009. On page 156, Handbook Comments may be made including corrections/suggestions for the 2010 FOP Handbook.



Drifter MMA & UMMA Combat Present

BATTLE OF THE SHIELDS CHICAGO

Chicago's Annual Battle of the Shields Ultimate Caged Combat Championships

The toughest and the most skilled Amateur Mixed Martial Artists from Illinois Police and Fire Departments clash in the Cage for combat supremacy in Chicago's Annual Battle of the Shields. \$25,000 to be raised for local Police and Fire Charitable Organizations.



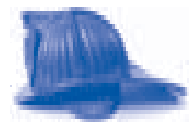
January 24, 2009

Doors open at 1630 hours
First bout 2000 hours

Aragon Entertainment Center

1106 W. Lawrence Ave.
Chicago, Illinois

Men in uniform, please contact us at contact@illinoismma.com to register for tryouts or for more information. Tickets on sale now.



Address Change Form, Effective Date: _____

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

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

Home Telephone: _____ Cell Phone: _____

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

Chicago Lodge 7 Updated Life Insurance Benefits

Members (Age 63 and Younger)

- \$3000** Life benefit is paid when an active member dies from any cause. **(Members age 63 and younger)**
 - \$3000** **Accidental Death** benefit is 24 hour coverage - business or pleasure. This benefit pays when a member dies from a sudden, unforeseen, and unexpected event including exposure or disappearance
 - \$5000** **Line of Duty** benefit is defined as a "covered activity" and will pay in addition to the Accidental Death benefit when a member is killed while performing law enforcement duties.
 - \$3000** **Common Carrier** benefit is paid in addition to the Accidental Death benefit if a member is killed while riding on a qualifying land, air or water transportation.
 - \$1500** **Felonious Assault** benefit is paid in addition to the Accidental Death and Line of Duty benefits when a member's loss of life results from use of force equivalent to a felony under the jurisdiction in which the accident occurred.
 - \$3000** **Seat Belt** benefit pays in addition to other applicable benefits if a member is killed as a result of an automobile accident while properly utilizing a seat belt, as evidenced by a police report.
 - \$3000** **Occupant Protection Device** benefit pays in addition to other applicable benefits if a member is killed as a result of an automobile accident while protected by a properly deployed air bag. This benefit is only paid if the Seat Belt benefit is payable.
 - \$3000** **Heart & Circulatory Malfunction** benefit pays in addition to other benefits if a member suffers a covered loss of life due to a heart or circulatory malfunction within 48 hours after participation in an emergency activity. Also, up to \$250 of medical expenses will be reimbursed for initial treatment of the symptoms for a suspected heart or circulatory malfunction.
- Additional Benefits** are paid when a member is involved in an accident that directly results in one of the following losses:
- | | | | |
|--------------------------------------|--------|--------------------------------|--------|
| * Loss of Hands or Feet | \$3000 | * Reattachment of Hand or Foot | \$1500 |
| * Loss of Hand or Foot | \$1500 | * Loss of Speech | \$1500 |
| * Loss of Thumb and Index, same hand | \$750 | * Loss of Hearing (both ears) | \$1500 |
| * Paraplegia | \$1500 | * Loss of Sight, both eyes | \$3000 |
| * Quadriplegia | \$3000 | * Loss of Sight, one eye | \$1500 |
| * Hemiplegia | \$1500 | * Uniplegia | \$750 |

Members (Age 64 and Older)

- \$1000** Life benefit is paid when a member dies from any natural cause. **(Members age 63 to 74 only)**
 - \$500** Life benefit is paid when a member dies from any natural cause. **(Members age 75 and older)**
 - \$3000** **Accidental Death** benefit is 24 hour coverage - business or pleasure. This benefit pays when a member dies from a sudden, unforeseen, and unexpected event including exposure or disappearance. (All ages)
 - \$3000** **Common Carrier** benefit is paid in addition to the Accidental Death benefit if a member is killed while riding on a qualifying land, air or water transportation.
 - \$3000** **Seat Belt** benefit pays in addition to other applicable benefits if a member is killed as a result of an automobile accident while properly utilizing a seat belt, as evidenced by a police report.
 - \$3000** **Occupant Protection Device** benefit pays in addition to other applicable benefits if a member is killed as a result of an automobile accident while protected by a properly deployed air bag. This benefit is only paid if the Seat Belt benefit is payable.
- Additional Benefits** are paid when a member is involved in an accident that directly results in one of the following losses:
- | | | | |
|--------------------------------------|--------|--------------------------------|--------|
| * Loss of Hands or Feet | \$3000 | * Reattachment of Hand or Foot | \$1500 |
| * Loss of Hand or Foot | \$1500 | * Loss of Speech | \$1500 |
| * Loss of Thumb and Index, same hand | \$750 | * Loss of Hearing (both ears) | \$1500 |
| * Paraplegia | \$1500 | * Loss of Sight, both eyes | \$3000 |
| * Quadriplegia | \$3000 | * Loss of Sight, one eye | \$1500 |
| * Hemiplegia | \$1500 | * Uniplegia | \$750 |

Annual Pre-ACT Exam Offered At The F.O.P. Hall

The best preparation for the ACT Exam is a solid academic high school curriculum. However, in our competitive academic environment, students must also have test "SMARTS." Statistics have shown that the students who have had preparation in testing strategies, practice testing, test format and test instructions, substantially outperform others. The COLLEGE VISIONS STRICTLY STRATEGIES workshop that will be offered at the F.O.P. Hall focuses on these important test strategies and techniques.

By mandate of the State of Illinois Department of Education, all public and private high school juniors will be required to sit for the ACT Exam this April. By attending this workshop and taking a practice ACT Exam, your child will have a week or two to become more prepared in certain areas where they may not have tested as well as they would have liked, prior to the ACT being offered at their particular school. In an effort to prepare the children of "F.O.P., LODGE #7" members for this very important exam, the F.O.P. has invited

COLLEGE VISIONS to conduct their workshop for the daughters and sons of F.O.P. members. This workshop will be offered on Sunday, March 29, 2009 from 1300 - 1600 hours and will be held at the F.O.P. Hall, 1412 W. Washington Blvd. This program usually costs \$50.00 or more. The cost for the children of the F.O.P. will only be \$25.00 per child.

The presenters of this program are knowledgeable and experienced educators. They have prepared thousands of students in the Chicago area to be "test smart." The Lodge

encourages you to involve your child in this program. If your child only picks up one or two items that assist him/her in taking the ACT Exam, it is to his/her advantage.

There is limited space available at the F.O.P. Hall, so please complete the application and send it, along with a check or money order for \$25 made payable to College Visions, by Friday, March 20, 2009.

Ensure that your child has a seat at this important educational event that might very well effect his or her future.

College Visions, ACT WORKSHOP, Strictly Strategies

Session Time:

Sunday, March 29, 2009
1:00 pm – 4:00 pm

Location:

Fraternal Order of Police, Lodge No. 7
1412 W. Washington Blvd., Chicago, IL 60607

Registration Fee:

\$25.00

Please return this registration form and your fee (cash or check payable to **College Visions) to Kathy Moore at F.O.P. Lodge No. 7, by Friday, March 20, 2009**

Name: _____

Address: _____ /City _____ /State _____ /ZIP _____

Phone: _____ /Year In School: _____ /Cash: _____ /Check: _____

Website Report, *By Rich Aguilar, Trustee, Field Rep.*

New Work Schedules & Your Input

A new year has begun and for the first time in over forty years many of our members will be working something other than the traditional six-on two-off schedule. Many members may remember a similar program where district response cars were part of a ten-hour pilot program and how that pilot program was tossed aside without any input from our members or the union.

The Department and FOP will meet on a monthly basis

to discuss the pros and cons of each schedule and offer solutions to rectify any problems. These meetings will include input from our members as members will have the ability to voice their concerns and suggestions via the FOP website. A survey for member input will be available on the Survey Page of the site. This survey will be active on 08 January 2009.

Only complete submissions will be accepted as the Lodge may need to contact you to clarify an issue. Your comments will be shared with the

Department. Personal identifiers will not be used.

be specific. We look forward to hearing from you.

General Meeting Notice

The next General Meeting will be held on Tuesday, 20 January 2009 at 1900 hours.

All members are encouraged to attend and participate.

What Really Matters, *By Father Tom Nangle*

Charles Schultz drew the Peanuts comic strip for many years, and many people loved its mix of simplicity, wisdom, and humor. Gary Larsen drew the Far Side cartoons, which were my favorites, and I still miss them; they were 100% police humor and I know plenty of people who never completely understood them. Schultz, though, had a way of making a point in a way that wasn't preachy or professorial. These are worrisome days in America with the economy and the anxiety seeps into the lives of each of us. We live in scenes from the Far Side. So let's let Schultz and Peanuts bring some wisdom and perspective to the scene:

- Name the 5 richest people in the world
- Name the last 5 Heisman trophy winners
- Name the last 5 Miss America pageant winners
- Name the last 5 Nobel or Pulitzer Prize winners
- Name the last 5 Academy Award best actors
- Name last decade's World Series winners

Those are hard questions to answer. But now:

- Name a few teachers who helped you in high school
- Name some friends who stood by you in a terrible time
- Name someone who taught you something worthwhile
- Name someone who really understands you
- Name someone who makes you feel special
- Name someone you really like to be with
- Name somebody who always has your back

These were probably easy to answer. Fame and fortune

don't last very long. But substantial human relationships last for life, they get us through life's storms, and they make life good.

History Lesson Gold Star Families

Statistics show fewer police officers were killed in the line of duty this past year. But for the families who lost an officer, those statistics aren't very comforting. Twenty five years ago, Sgt. Bob Faust (CPD Ret), Ralph Scheu (100 Club president) and I (CPD chaplain) met and started up the Gold Star Families (GSF) of the CPD. Our intention wasn't to provide financial assistance to families who'd lost an officer (the 100 Club was already doing that, and now so is the Chicago Police Memorial Foundation), nor was our mission psychological or therapeutic or political. Instead, we wanted these families to know that once the flag returned to the top of the mast at the station, and once the white gloves were stowed away, they were still a living part of the CPD.

The Police Chaplains Ministry, with your support, has consistently hosted the GSF throughout the years at Great America, The Drake Hotel, Drury Lane Theater, and summer luncheon cruises on Lake Michigan. We ask for no publicity, and we get none. But if you could've seen the Mounted Unit saluting the arriving GSF members in early December at The Drake Hotel's East Lake Shore Drive entrance, and the officers from 018 ushering them in to the dining room, you'd have been pleased. Every guest left that dinner with a leather bound pocket notebook with the CPD star embossed. We tell them from the podium that the real hosts

of the dinner are the Real Police. When the \$15,000 in bills came, we paid them thanks to your donations. Bottom line: The families of our murdered officers know they're remembered by the men and women of the CPD.

Or think of the volunteers for the Police Chaplains Ministry (all police) who shopped, packed, and shipped about 50 packages to our CPD personnel in Iraq-Afghanistan in November. The high quality stuff inside included cameras, flash drives, mp3 players, and items identified by our returning officers as very much needed over there, as well as some CPD t-shirts, patches and pins, snacks, plastic baggies (sand proof!), hats, etc. No junk, no filler, no re-gifting. When the \$5,000 in bills came in, we could pay them because of your donations and support. No publicity, no media coverage, just doing the right thing quietly. The thank you notes come to me, but they belong completely to you.

Or think of the over \$300,000 your Police Chaplains Ministry quietly gave to needy CPD families over the years, a mission now belonging to the Memorial Foundation which has already far surpassed our grand total. From chaplaincy services, to Rabbi Wolf's candy, to the hand warmers and inspirational (we hope) cards about police work, from minimal office supplies (we keep this real lean) and get-well and sympathy cards, to the yearly events at which we host the GSF, our efforts are supported completely by voluntary donations. No city money comes our way, nor

should it. But providing pastoral care to the officers who serve and protect this city is still a privilege for us. And it's still fun. It's meaningful work to try to keep alive in the police heart a sense of the nobility and sacred flavor of police work when so many voices are shouting words of criticism, ignorance, and sometimes raw prejudice and hatred.

This has been a rough year past. I hope the year ahead is a better one for all of us. We could use a break, Lord.

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

P.S. To the anonymous officer who sent a generous USC donation after being overlooked and disrespected at Det. Joe Airhart's funeral: Thank you. And for those who called to ask about our officer whose suicide attempt (FOP newsletter 12/08) was interrupted by an armed robber, our man is over that hump and doing well, with a little help from a lot of friends.



The Clay Vessels, *Compliments of Rabbi Moshe Wolf*

As we enter the new year of 2009 let us pause do a bit of reflection on our own lives and those of our loved ones. Let me explain with a short parable...."The Clay Vessels"

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone! Excited, the

man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him.

He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it. We see that person as less important than some-

one more beautiful or stylish or well known or wealthy, but we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask G-d to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth. May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay. May we see the people in our world as G-d sees them.

We as your Chaplains are so blessed by the gems of our friendships we have with each of you. Thank you for looking beyond our clay vessels, (sorry, we are not perfect), it is a honor

and privilege to "serve those that serve".

As we are about to say goodbye to another year, let us take a moment to reflect. There have been some good times that made you laugh and times that made you shed a tear, but thank G-d you made it. You go out there everyday doing G-d's work, 'To Serve And Protect', always taking care of others, don't forget to take care of those most important, yourself and your loved ones. Seasons Greetings, and a very Happy New Year To my most deserving and most precious flock.

Compliments of your Police Chaplain,
Rabbi Moshe Wolf
773-463-4780,
moshewolf@hotmail.com

Speaker Series

Practical Issues of Police Use of Force
Given by

Jeff Chudwin

Chief of Police, Olympia Fields
President, Illinois Tactical Officers
Association (ITOA)
Former Assistant State's Attorney

Tuesday, 3 February 2009
0830—1300 hours

Multi-Purpose Room, HQ

Sign up at the E-Learning website, login, click on catalog, enter keyword: CHUDWIN, and enroll.
Refreshments will be served.

Please contact Officer Karen Bartuch at 312-745-6145 should you require further information.

Deceased Brothers & Sisters

Vernon C. Baker, Age 87

Carl N. Zoch, Age 70

Jasper J. Campise, Age 80

John P. Harms, Age 79

Glenn E. Lanier, Age 80

Stanley B. Bryck, Age 88

Herbert H. Bevan, Age 64

Gail H. Wakefield, Age 85

Prince G. Leftridge, Age 68

Thaddeus R. Potempa, Age 96

James M. Mickleborough, Age 66

Ronald F. Heiden, Age 73

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. Feel free to email me at csaladino@chicagofop.org.

November Pension Meeting

Advocates present: 1st VP Bill Dougherty, Det Mark Howe, Det Steve Schorsch, PO Mark Shields and myself. Disability Claims: Duty – 3 granted at 75%, 1 granted at 50% ordinary, and 1 continued. Ordinary – 1 granted without prejudice. Heart – 1 granted.

Legislation – Next month the Lodge will be introducing Bills to the Illinois General Assembly in Springfield. Bill numbers for both House & Senate will be posted as they become available.

Section 25.2 – Medical and Dental Plans. This contract agreement covers officers who retire on or after age 60 and their eligible dependents. Coverage includes officers on leave of absence for duty and occupational disability. The Employer will contribute the full cost of coverage. When the officer reaches Medicare eligibility (age 65) the officer will then be covered under the Medicare program for retirees provided the person pays the applicable contributions.

The Committee hopes your Christmas holiday was safe, healthy and merry. We wish you the best in 2009. Happy New Year!

Veterans' Corner

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

Last month at the FOP Hall we helped put together 50 care packages for our officers

serving overseas. Thank you to all who donated gifts and to all Santa's helpers: Fr. Tom Nangle, Dave Dunham of the Chicago Patrolman's Credit Union, Sid Davis, Al Piantkowski, Bill Burns, Gary Wager, Rich Batrich, Roger McGill, Jim O'Leary, Dennis McKenna, Frank Valadez, Bill Whelehan, Dominick J. Kearns, Mike Schumacher, Don Ade and Nancy & Sal.

has been meeting with Alderman Jim Balcer, Alderman Ariel Reboyras, David Johnson (City Law Department), and Fire Personnel Local 2 on proposed municipal code change pertaining to military leave. The Committee will keep you informed on proposed changes.

*"The price of freedom is eternal vigilance."
~ Thomas Jefferson*

The FOP Military Committee Airborne Sal

COUPLES' WORKSHOP

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

Police Couples' Workshop

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

Timothy J. O'Conner Training Academy

1300 W. Jackson Blvd
Chicago, Illinois

Saturday, 21 February 2009

0745—1500 hours

You will receive a FREE continental breakfast and lunch. The Police Couples Workshop is brought to you courtesy of the CPD Training Academy, The Chaplains Section, The EAP and The FOP, Chicago Lodge 7.

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

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



People Search!

The FOP, Chicago Lodge 7 is trying to close some life insurance claims, but is having trouble reaching family of some deceased members.

If anyone has any information on the families of the following deceased members, please contact the Lodge and ask for Doreen.

Walter A. Stronczek
James F. Hardaway
Eugene Nelson
Joseph D. Castellonas
Joseph Kolesiak
Robert T. Elam
Fred B. Drew
Donald N. Steppan

Fitness For... “Our Finest”, By Coach Joe Cullen

Happy New Year! So, let me guess, you probably ate and drank too much in December, and had little, or no time to exercise, right? That’s OK. But, many of you are now thinking, how do I work off this weight? How can I start and really stick to an exercise program in 2009? Let me help you.

As I wrote last January, **desire, accountability & discipline**, are essential to police officers duties, right? These traits are also vital to your new 2009 exercise program. Devote this 2009 program to something or someone you really care about. It’s usually more effective when you do it for someone else, say your spouse, your children, or grandchildren. Visualize for a moment how great it will be this Spring, and Summer when you’ll be more energized, less stressed, stronger & healthier. Your performance on-the-job will increase and you

can participate in more sporting events and activities with your family and friends. It’s a Win-Win for everyone!

Each Sunday, schedule 3-4 appointments for the coming week for exercising, and do not allow anything to interfere with this (except for emergencies). Put these appointments in your pocket calendars, on your refrigerators, or in your patrol car. Keep it posted and in-view, always.

Exercising –You can exercise at home, local gym or at work (w/o interfering with your responsibilities). You don’t have to exercise 5 - 7 days/week. It’s not practical for most. Exercise say, every other day for 30 to 45 minutes. If you’re just starting out, be careful and patient. Focus on 10-15 minutes per session, with the goal to gradually increase each month. Your safe exercise program should consist of three (3) components:

- 1) **Cardio** (walk, jog, bike, swim etc.).

- 2) **Strength Training** (legs, hips, butt, arms, chest, shoulders & your “core”, -- your lower back and stomach).

- 3) **Stretching**, prevents injuries, and reduces stress. Please remember to breathe during stretching for **30** seconds, not 5 to 10 seconds. You can stretch through mild discomfort, but not pain.

Note: When exercising, be sure you are able to hold a conversation during the exercise. This is called “The Talk Test”. If you can’t talk, your exertion level is too high, and back off. If you ever experience pain or dizziness, STOP, and rest. Drink lots of water. Starting a new program?... seek the approval from your physician, especially if over 35.

How to exercise properly? Try just 2 sessions with a Trainer, it can be affordable and you’ll learn the proper exercises and avoid injuries. Get yourself a weekly **“Phone Coach”**, which will keep you

motivated, accountable last all year!

- 4) **Healthy/Realistic Eating** – Permanent weight loss comes from smart eating. “Portion control”! You’ve heard “diet” is a bad four letter word, so don’t do it. Eat almost anything you want, just eat about 30% to 50% less. Split your meals and those snacks with your partner, spouse, and children. You’ll save money, reduce calories, lose weight, and won’t feel so stuffed, and guilty.

** TIP OF THE MONTH**

Avoid adding salt to your food. Too much salt can increase your blood pressure.

Thank you. If you have any questions or suggested topics, feel free to call me at 773-857-7027, cell # is 312-972-2828.

October 2008 Retirees

Name	Rank	Dist.	Yrs
Ahlgrim, Terry M.	Officer	001	42
Barham, Fred L.	Officer	018	31
Bautista, Alfonso	Sergeant	010	28
Dziwulski, Melvin A.	Officer	023	14
Horstein, Jr., Alex	Officer	050	32
Lane, Robert J.	Detective	620	42
Lipsey, Wayne E.	Detective	650	31
McHugh, Jr., John P.	Officer	016	26
Paszkowski, Thomas A.	ET	008	38
Piantkowski, Allen J.	Sergeant	018	40
Rivera, Edgard J.	Detective	630	28
Salustro, Sharon E.	Agent	121	22
Taylor, George C.	Officer	007	8
Zinn, Ruth C.	Officer	045	22

November 2008 Retirees

Name	Rank	Dist.	Yrs
Cooper, Robert W.	Lieutenant	018	35
Evans, Robert E.	Commander	145	37
Flores, Moises	Officer	189	26
O’Connor, Jr., Thomas F.	Officer	050	37
Pena, Aaron	Officer	010	22
Reddick, Harold B.	Officer	701	34
Thome, Alfred J.	Officer	009	38

The Chicago Police Association of Nevada Proudly Announces....

The Return of
The Annual Law Enforcement Reunion!

June 7th through June 10th, 2009



The Orleans Hotel & Casino
Las Vegas, Nevada

Reception, Golf Outing, Shows, Dinner Dance and More

To make reservations please call the Orleans at 800-675-3267. Please identify yourself as being with the Chicago Police Association of Nevada or use group code 9CPACo6.

Please visit the website at www.cpaon.org



Store Hours:

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

Direct: 312-733-2344

Store Closed:

January 19th
 February 12th

**Happy New Year To All & Let's Hope For A Better One!
 We're Starting The New Year Out Right...
 With An Inventory Reduction Sale!**

Youth odds & ends sale. Tee shirts & polo shirts **50% OFF**
Now only \$4.98—various styles—skyline, Chicago IL PD,
 CPD initials. Not available in all sizes, limited
 Quantities and a great cheap price!

Ladies grey/pink reversible sweatshirt, large & XL only, was
 \$28.95,
now only \$19.98

Men's grey/navy reversible sweatshirt, wings design, medium &
 large only, was \$28.95, **now only \$19.98**

"Lunch With Santa" pictures available for pick up in FOP Gift Shop

Youth grey sweatshirt with Chicago
 skyline
 design, **50% OFF, now only \$5.98**

Ladies spaghetti strap junior/youth
 tank tops, assorted colors, **50% OFF,**
now only \$5.98

Tee Shirt of the Month...Chicago PD Ink Spill Design in maroon or olive green
30% OFF—sizes small to 2XL—now only **\$8.36 & \$9.06** for 2XL

Closeout: Patriotic Eagle Music Box
 with one or two flags,
50% OFF, now only \$12.48
 Limited quantities

Men's Game day Sweatshirt
 Was \$34.95—Now **30% OFF, now only**
\$24.46
 Size large only!

Now in Stock, Operations Flip Wall Calendar, Magnetic Calendar and our new
 Mouse Pad Calendar. Yes, it has 12 individual monthly sheets—it works great!
All are \$3.00 each. The flip and mouse pad calendars are FREE with any
 purchase of \$30 or more!

FOP Handbooks are **\$3.00 each.** Window stickers are **\$1.00 each.** Vehicle
 medallions sell for **\$10 each** and you need your FOP ID Card to purchase the
 medallions or stickers.

New Item! Singing Happy Birthday Bear! Two sizes to choose from.
That last minute gift to save your butt, only \$14.95 for small and \$19.95 for
large. Come in and see our complete line of animated singers for all
 occasions.

Custom Star Business Card Case with your Rank, Name, Star Number, Unit or
 District. This is a great gift anytime! Sells for only **\$19.95** with the
 engraving included.

FREE Mini-FOP Gift Shop Catalog when you visit the Gift Shop. Many items are
 exclusive to the catalog inventory. Nice line of winter jackets.



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

Retiree Breakfasts & Luncheons

North:

1st Wednesday of Month @ 7:30 am
Lone Tree Manor, 7730 N. Milwaukee Ave, Niles
 Joe Nalepa, 773-763-1362

South:

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

Bomb & Arson:

2nd Tuesday of Month @ 8:30 am
Fiesta Tapatia Restaurant, 2752 W. Cermak,
 Chicago, IL
 Ron Sacolick, 773-841-7747

The Dirty Dozen, 12th District Retirees

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

Crime Lab, ETs, Forensic Services & Mobile Unit

1st Tuesday of Month @ Noon
Flap-Jack's Restaurant, 4830 West 111th Street,
 Oak Lawn, IL
 Bob Baikie, 773-284-1935

Orland Park Law Enforcement Organization:

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

Brothers & Sisters Band Together:

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

8th District 8 Balls:

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

Old School Deuce:

2nd Tuesday of Month @ 10:00 am
Lumes Pancake House, 11601 S. Western Ave,
 Chicago, Illinois
 Elbert Parker, 773-593-7743

Survivors Lunch:

2nd Saturday of Month @ 11:00 am
Beverly Woods Restaurant, 11532 S. Western,
 Chicago, IL

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