

March

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.



**Timothy M. Fallon**  
Financial Secretary

At Rest February 16, 2009

## President's Report, By Mark Donahue

### Loss of Financial Secretary Tim Fallon

The morning of February 16th was a particularly devastating one for the FOP. Lodge 7 Financial Secretary Tim Fallon died suddenly while at home. As devastating a loss as it was for us, his family sustained an even greater loss. Tim was the cornerstone of his family and a treasure to his wife Julie and his three daughters. His impact on his family, as well as his extended Police family, has made us part of what we are today and the void he has left will be very difficult to fill. His family was made strong with his presence and they will persevere, and so will the FOP for the same reason. On behalf of the entire Board and Membership of Lodge 7, our condolences and offer of support go out to Julie and the entire Fallon family. Tim was a very good man.

### National Legislative Issues

The Social Security Fairness Act (HR 235) has been introduced into the new House of Representatives, and as of February 20, 2009 the bill had 167 returning co-sponsors. This will again be the #1 legislative priority of, not only the Grand Lodge F.O.P., but many other unions. On Tuesday, Wednesday and Thursday 24, 25, 26 February I will be in Washington DC meeting with members from Illinois' delegation, working and doing

our best to assure that Illinois once again has 100% of its representatives as co-sponsors of this legislation. There are currently only 10 Illinois Congressmen on the Bill and the Senate Companion Bill has yet to be introduced. The other priorities of the National Lodge are collective bargaining issues which we here in Chicago have already obtained, including: HR 413, which would guarantee the right of public safety employees to bargain collectively, and the "State and Local Law Enforcement Officers' Discipline, Accountability, and Due Process Act.", which is a very basic version of the Illinois; 50 ILCS 725 Uniform Peace Officers' Disciplinary Act.

Representatives from the National Legislative office met with staff on the House Subcommittee on Crime to discuss legislation amending the Law Enforcement Officers Safety Act and other issues which are or will be pending before the subcommittee. The F.O.P. is hoping to reduce the service requirement to 10 years and is hoping that some tweaks in the language of the bill will allow retired members whose departments do not offer retired officers credentials and/or those who live in states which do not provide weapons qualification to retired LEO an opportunity to comply with the federal legislation.

### Illinois Legislative News

The Pension Portability Bill became law on February

17th (after having sat on two governors desks for 60 days). The Lodge advises all those who are thinking of taking advantage of the opportunity to transfer work credit to our Pension Fund to attend the workshops which the Pension Board has announced they will hold, and perhaps to consult with a financial planner to determine the future value of the years purchased options vs. the future value of your funds. We at the Lodge have yet to receive the formula that will be used to calculate the cost for those choosing to make the purchase. This is a complicated decision, please give it due consideration and to learn all that you can.

The Lodge's legislative agenda for the 96th General Assembly, which was seated in January, has been submitted by the deadlines imposed by the House and Senate Rules. One of the items which we hope to pass quickly is to include a group of F.O.P. members who served the City of Chicago as Aviation Police and to also include any members who had previously worked for the Federal Government in a law enforcement capacity before becoming Chicago Police Officers in the Pension Portability Statute.

Besides the bills for which we will be advocating, an important part of our work is to testify and rally Illinois' legislators against bad legislation. This year, we will be

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## President’s Report Continued...

fighting against SB 48 (establishing a police torture commission); a proposal to distribute condoms to IDOC prisoners (HB 419); legislation which calls for the re-sentencing of every prisoner sentenced to death, and automatically considering paroling any “senior-citizen” inmate. We monitor, on a daily basis, the proposals that the Illinois legislators submit. Included in this newsletter is a listing of

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### Contract Negotiations

The full Negotiating Team met on February 3<sup>rd</sup> to discuss the progress of negotiations to date and to also brainstorm over how they feel the process should pro-

ceed in the future. All of the outstanding issues were reviewed including addressing issues that are significant changes with a high probability that an arbitrator would not make an award in our favor should we go that route. It was a near unanimous decision of the Negotiating Team to continue negotiating for the time being until the major issues are resolved or stalemated. The

Core Group met with the City on February 19 and the conversations covered lowering the age to 55 from 60 for retiree health insurance, Lodge reimbursement of officer salaries, the LMCC, (Labor Mgmt Healthcare Cmt) seniority issues and Caremark coverage. At the time of this printing, we are awaiting a meeting schedule for the month of March.

## First Vice-President’s Report, By Bill Dougherty

### Insurance Coverage For Autism

Effective January 1, 2009, all individual and group health insurance policies and HMO contracts for all active employees only must abide by the provisions of Public Act 95-1005(215 ILCS 356z.14). This new Illinois law provides coverage for the diagnosis and treatment of autism spectrum disorders for children under age 21, establishing an annual benefit of \$36,000 for services provided pursuant to this Act.

#### What Is Covered?

The new law requires coverage for the diagnosis of autism spectrum disorders. For individuals diagnosed with an autism spectrum disorder, the new law also requires coverage for the following treatment:

- Psychiatric care
- Psychological care
- Habilitative or rehabilitative care (counseling and treatment programs intended to develop, maintain and restore the functioning of an individual).
- Therapeutic care, including behavioral, speech, occupational and physical therapies addressing the following areas:

- ✦ Self-care and feeding
- ✦ Pragmatic, receptive and expressive language
- ✦ Cognitive functioning
- ✦ Applied behavioral analysis, intervention and modification
- ✦ Motor planning

#### Sensory processing

All services covered by this new law must be prescribed by a physician. However, some of the services may be delivered by certified or licensed professionals who are not physicians (speech therapists, physical therapists and occupational therapists). Insurance companies are required to cover medically necessary care provided by these professionals.

#### Denial Of Claims

If an insurance company denies a claim based on an adverse determination of medical necessity, you may appeal the company’s decision. The company’s decision must be based on a determination made by a physician with expertise in the most current and effective treatments for autism spectrum disorders.

If you have a PPO health insurance plan through the

City of Chicago you can appeal any denials to City of Chicago, Department of Finance, Risk and Benefits Division, 333 South State Street, Room 400, Chicago, IL 60604-3978, Attention: Benefits Committee.

#### Doing Your Job

Your career as a Chicago Police officer starts out with training in the academy. We all received training on the Use of Force. We were all trained on how to handle a drunk on the bus. This is a call that almost every police officer has had sometime in his/her career. We know that any call could always be something more than what the original nature of the call was. Something that the average citizen sees as harmless may suddenly turn dangerous to an officer or a citizen. We also know that sometimes you have to show that you mean business and sometimes this includes using harsh language. Now we know that wasn’t what we were taught in the academy (Yes Sir! down sir!). But once you hit the streets reality sets in. Not everyone we meet day in and day out respects what we do. Most

do, but not all. **If we are going to do our jobs effectively we need to know that our leadership is behind us.**

The opportunity was there last month when one of our own was videotaped on a bus “doing his job”. Reality is, sometimes you are going to use harsh language to expedite your assignment. We need our leadership to let the public know that sometimes an officer is going to use harsh language to make a point. That point is that our time is better spent out on the street possibly stopping someone from getting shot or robbed, not sitting in the station processing some drunk. And when an officer uses the word “F\*\*k” the drunk knows that he’s that much closer to going to jail.

#### IHS Health fairs

On March 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>, Interactive Health Solutions (IHS) will be offering health screenings at the FOP Lodge. On April 15<sup>th</sup> and 16<sup>th</sup> IHS will be offering health screenings in the 009<sup>th</sup> District. These tests are generally more comprehensive than those given during a typical visit to your physician. The entire testing process takes about thirty

*(Continued on page 3)*

## First Vice-President's Report Continued...

(Continued from page 2)  
minutes of your time. Please review the description of the various screenings on page 5 of this newsletter. To sched-

ule an appointment for yourself and/or eligible family member (age 18 and above), call IHS at 1-800-840-6100.

### Retirees' \$3000 Tax Deduction Reminder!

All pensioners who have payments to the City of Chicago or to an outside provider of healthcare insurance automatically deducted from their monthly pension checks should have received a letter from the Pension Board stating the amount that was deducted in 2008 for those payments. This dollar amount (up to \$3000) is tax deductible for retired public safety officers. If you have any questions regarding this tax deduction contact the Pension Board at 312-744-3891.

### ANNUAL CHARITY HOCKEY GAME FOP STARS vs. CHICAGO FIRE

The FOP Stars Hockey Club will face off against the Chicago Fire Hockey Team in the annual charity game to raise money for the FOP Disabled Officer's Fund and the Chicago Firefighters Union Charities Fund.



#### United Center

1901 W. Madison St., Chicago, IL 60607

Tickets are available at the United Center Box Office.

Adult admission is \$5.00 Children 12 and under are Free

**Monday, March 16, 2009, 1500 hours**

Gates open at 1430 hours & Parking is available in lots C & K

## Second Vice-President's Report, By Frank DiMaria

### Video Games and Officer Safety

Another police officer was recently the subject of all the news stations with a video taping of his encounter and subsequent arrest of a subject aboard a CTA Bus. The critics of the police immediately cry foul because the officer in their opinion was too harsh with this thug who entered a CTA Bus without paying the required fare and would not respond to the officer's requests to get off the bus.

The entire incident was videotaped by an individual who belongs to an anti-police group who now posts it on the internet boasting of how this organization is out on their patrol watching over the police for wrong doing. The police officer was trying to do his job unlike the video camera man who only criticizes the police. The Officer was attempting to make what was once classified by the old mass transit sergeants as a quality of life arrest aboard a bus or train to ensure the thousands of citizens who travel daily depending on public transportation as a means of transportaton and expect a rea-

sonable sense of safety. The video camera man, instead of applauding the service this Officer provided, has an agenda and plays games creating an atmosphere for other Police Officers who must enter these buses in similar occurrences who will now be looking over their shoulders not to watch for danger but to look for the camera man who is playing his video games placing our officers at risk. The Police Officers who respond to this type of assignment have enough to think about and do not need the added stress of worrying about the video games some people may play.

Officers thank you for the job which you do on a daily basis and be Safe.

### Spring Uniform Resale

The Fraternal Order of Police Chicago Lodge #7 Semi-Annual Uniform Resale will be held at the FOP Hall on 22 April 2009 from 1300 hrs until 1800 hrs. Officers take advantage of this event if you are looking to purchase an additional uniform item or to sell those uniforms that are no longer worn. Officers

wishing to sell their uniform items need only come into the Hall and set up on one of the tables which the Lodge provides before the start of the resale. Officers who

wish to donate their uniforms for the Lodge to sell need only drop off these uniforms to the Lodge Office up to the day of the sale.

## Hippity Hop On Over For Lunch With The Easter Bunny!

Be there for the 18th Annual FOP Family Auxiliary Easter Egg Hunt and Lunch with the Easter Bunny.

Tickets cost \$5.00 each

**Saturday, April 4, 2009**

- Lunch Noon-1:15
  - Prizes
- Pictures With The Easter Bunny
- & Egg Hunt: 1:15-3:00



### FOP Hall

1212 W. Washington Blvd, Chicago, Illinois

For more information or to purchase tickets please call  
Angie Haynes at 773-334-5718

Lodge 7 Agenda for the Spring 2009 Legislative Session		
House	Senate	Bill Description
	1652 DeLeo	<b>Occupational disease disability benefit</b> -- Provides that the occupational disease disability benefit shall be equal to 65% of the current salary attached from time to time to the rank held by the officer at the time of his/her separation from payroll.
526/1297 Joyce	1531 Martinez	<b>Retirement annuity calculation</b> -- Retirement benefits based on the highest 36 months (rather than 48) of salary within the final 10 years of service. Effective Dec. 31, 2007.
1298 Joyce	1942 Raoul	<b>Real estate property tax exemptions/reduction</b> -- Amends the property tax code. Provides that the corporate authorities of a home rule municipality with one million or more inhabitants, by ordinance, may order the County Clerk to abate any percentage of taxes levied by the municipality and any other taxing district on each parcel of certain qualified residential property within the corporate limits of the municipality that is owned by the surviving spouse of a fallen police officer or rescue worker.
(0560--2.26) 1299 Joyce	1530 Martinez	<b>Funding multiplier</b> -- Increases the multiplier from 2.0 to 3.0 for employer contribution to pension fund.
0709/1300 Joyce	1943 Raoul	<b>Widows increase</b> -- Provides a compounded 3% annual increase in surviving spouse annuities.
708/1301 Joyce		<b>Retirement annuity automatic increase</b> -- Annual automatic increase in the retirement annuity raise to 3% (compounded). Removes the 30% maximum.
1302 Joyce	2072 Radogno	<b>Manning</b> -- Amends the Public Relations Act, includes Manning Levels as a subject of collective bargaining.
2249 Brady	1618 Millner	<b>Arbitration – residency</b> -- Amends section 14 of the Illinois Public Labor Relations Act (5 ILCS 315/14) to expand the scope of an arbitration decision to include residency requirements in municipalities of one million or more
2576 McAuliffe	1741 DeLeo	<b>Retirement benefit bill</b> -- Increases the formula to raise the maximum annuity from 75% to 80% of average salary.
2577 McAuliffe	1744 DeLeo	<b>Minimum annuity bill</b> -- Increases the minimum monthly annuity payment to \$1,250 for any policeman, and increases the minimum widow's annuity to \$1,200.
2578 McAuliffe	1742 DeLeo	<b>Health insurance</b> -- Provides that retiree members of the city health care plans shall pay no higher premium, and shall receive no lower benefit than active Chicago employees with the same Medicare status.
2579 McAuliffe	1653 DeLeo	<b>Duty disability</b> -- Increases the duty disability benefit to 75% of the current salary attached from time to time to the rank held by the police officer at the time of separation from payroll.
2580/2583 McAuliffe	2142 Delgado	<b>Administrative review</b> -- Provides that if any policeman whose application for either a duty disability benefit or an occupational disease disability benefit has been denied the by the retirement board brings an action for administrative review challenging the denial of disability benefits and the policeman prevails in the action in the administrative review, then the prevailing policeman shall be entitled to recover from the fund, court costs and litigation expenses including reasonable attorneys fees as a part of the cost of the action.
2581 McAuliffe	1651 DeLeo	<b>Automatic Annual Increase</b> -- Provides that policemen born on or after 01/01/1955 but before 01/01/1960 beginning 01/01/2010 shall receive an annual 3% increase and such policemen shall not be subject to the 30% maximum increase.
2582 McAuliffe	1858 DeLeo	<b>Pension Portability</b> -- Provides for some officers from the former Chicago Airport Police experience to buy back service from those agencies for credit with the CPD.



**Locations & Dates**

**March 24-26, 2009**

Fraternal Order of Police – Lodge 7  
1415 W. Washington – Main Union Hall

**April 15-16, 2009**

Chicago Police Department – 9<sup>th</sup> District  
3120 S. Halsted – Training Room

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

Active employees and family members – please have your insurance card ready. You will need your insurance card ID number.



***Recommended Health Evaluations:***

**Age 18 to 34 – Male & Female**

**Health Profile**

- **Blood Tests** – Includes individual tests to detect diabetes, kidney disease, liver disease, bone and muscle disease, anemia, leukemia, bleeding abnormalities, infection, and more. Also analyzes total cholesterol, HDL, LD, and cholesterol/HDL computed ratio.
- **Blood Pressure Analysis**
- **Medical Report** – You will receive an individualized, comprehensive report from IHS that reviews and explains your test results.
- **Coronary Risk Trend Analysis** – IHS will track and compare your cholesterol, HDL, LDL, triglycerides and glucose each year that you screen.
- **Web Site** – Includes membership and unlimited access [to www.interactivehs.com](http://www.interactivehs.com), your source for healthy living. At your option, you can confidentially access your personal health history and test results history from this secure web site.

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

**Age 35 & Above –Female**

**Health Profile** (described above)

**TSH** (described above)

**Homocysteine** – There is a strong relationship between high homocysteine and heart disease and stroke. Evidence suggests that homocysteine may damage artery walls and enhance the blood’s ability to clot. Recent research shows that moderate to high levels of homocysteine may substantially increase your risk of developing Alzheimer’s Disease as well as a non-Alzheimer’s form of dementia. Diet – notably eating foods rich in folic acid and Vitamins B<sub>6</sub> and B<sub>12</sub> – influences homocysteine levels and may provide a first line of defense.

**Age 35 & Above – Male**

**Health Profile** (described above)

**TSH** (described above)

**Homocysteine** (described above)

**Prostate Cancer Screening** – The PSA blood test detects early signs of prostate cancer. The test is especially

<b>Cost &amp; Eligibility Information</b>			
<b>Active Employees and Family Members</b>			<b>Retired Employees and Spouses</b>
<b>Test</b>	<b>HMO</b>	<b>PPO</b>	
Health Profile/TSH	N/C	N/C	\$98.00
PSA Blood Test	\$47.00	N/C	\$47.00
Homocysteine	\$58.00	N/C	\$58.00
Hepatitis C (Optional)	\$14.00	N/C	\$14.00

## 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: \_\_\_\_\_

## Recording Secretary's Report, *By Sidney Davis*

**Watch Bidding**

On March 11, 2009, watch bidding may occur in districts and units. Section 31.5 (filling of vacancies) covers watch bidding. If and when the employer decides to fill a recognized watch vacancy by bid, such vacancy to be bid shall be posted on the seventh calendar day (Wednesday, March 11, 2009) of the third police periods and shall remain posted for seven (7) calendar days (Wednesday, March 18, 2009) from the day of posting. Members who are newly assigned to a unit may be placed on a watch at the employer's discretion until such time as the member accepts a management position

or is able to bid on a vacancy.

**Daylight Saving Time**

It's that time of the year again. On March 8, 2009 don't forget to set your clocks ahead one hour.

**Update 2009 FOP**

**Fishing Tournament**

Hey Anglers, it's almost time to fish. You can find an application for the FOP 2009 Fishing Tournament on the back page of this Newsletter. The cost to fish the tournament has increased. Each boat will now pay \$80.00 (\$10.00 increase) to participate in the tournament

Frank and I ask each member who has fished with us in the past to contact another fish-

erman (who has a boat or can get one), asking them to participate in our fishing tournament. A prize will be given to the person who brings a new boat or angler(s) and has never fished with us before, into the tournament (they must be sponsored by a member who has fished with us before). We provide music, refreshments, food and prizes, not to mention cash for the top ten (boats) anglers based on weight of the fish to include the largest fish. A cash prize for the largest fish is also provided for children fishing with a parent.

Location will be the Chain of Lakes near the Wisconsin Border on Wednesday, May

20, 2009 DOG 6/7/1 – 65/66 – 92/93/94. There will be a barbecue at the weigh-in with beer and soft drinks from 1400 hrs until 1630 hrs. NO PRO FISHERMAN ALLOWED, individuals found to be Pro Fisherman will be disqualified. Starting time is 5am – with all boats in by 1430 hrs. All fish must be caught on the Chain of Lakes waters between the Wisconsin Border and McHenry Dam. Two (2) fisherman per boat, one must be an FOP member. Looking forward to seeing all past anglers come out and enjoy a day of fishing and story telling.

## Fourteen Year Olds, Doors and Discipline, *By Rich Aguilar, Trustee*

I recently attended my first Police and Fire Committee meeting held in the City Council Chambers. My expectations were high, but much to my dismay the experience was actually quite disappointing. You see, I was thinking like a citizen instead of thinking like a police officer and expected the elected officials at this meeting to have levels of common sense that would exceed the levels of the common man.

This group discussed whether a rear door to the 003<sup>rd</sup> district station was in disrepair. After a lengthy discussion that lasted more than thirty minutes, there was an epiphany. The door had merely been left unlocked. The solution? The door had subsequently been locked with a key needed to open it. Other suggestions were a keypad for access or a swipe card

system. One member even suggested a palm reader system (*and I thought the City was almost broke*).

Any working police officer probably could have testified that this is done routinely at police stations to afford easy access when bringing an uncooperative arrestee in or out of the building. I guess this group thought that encountering a locked door with someone who doesn't want to go to jail is the equivalent of fumbling for your keys with a handful of groceries from Jewel Foods.

They also discussed how it was an embarrassment and outrage that a fourteen-year-old boy could enter a police station, get into a squad car, and patrol the streets for five hours without being detected. What if he had hurt someone? Someone would have to be held accountable. It was interesting to hear that the person

lowest in the chain of command, the officer in the beat car, should bear the brunt of this accountability. While defending the District Commander and Watch Commanders, I believe the comment was made to make sure the correct heads roll.

An embarrassment? Absolutely, but keep in mind, that although an investigation was yet to be completed, the committee members seemed to think that they already have the "facts". Listening to the "facts" it was as if the beat officer came into the station of her own accord, made the decision to take the imposter as her partner, and went out on patrol without any supervisor having any knowledge that there was now an extra body on the worksheets.

Accountability is one thing. Discipline is another. The Merriam Webster Dic-

tionary lists the origin of the word, discipline as: from Latin *disciplina* teaching, learning, from *discipulus* pupil. Part of the Webster definition is: *training that corrects, molds, or perfects the mental faculties or moral character*. Part of the Webster definition is: *punishment which, in turn, is defined as: suffering, pain, or loss that serves as retribution or severe, rough, or disastrous treatment*.

One alderman at the meeting made an interesting observation when he stated, "Maybe we need to consult with the Committee of Common Sense." Hopefully, the Department will take this comment into consideration when it attempts to correct those who did not commit intentional acts, but were found to have simply made a mistake.

### Giving Back To Becky—Benefit

On 18 June 08, Becky Clifford had a tragic accident. Due to this accident, Becky sustained a spinal cord injury that rendered her a quadriplegic. Currently she receives 24-hour care at home and the medical bills continue to accumulate. Becky is the sister of CPD Detective Amanda Smith, assigned to Unit 610.

**21 March 2009**

1500—2000 hours

**115 Bourbon Street**

3359 West 115th Street, Merrionette Park, Illinois

Website: [www.givingback2becky.com](http://www.givingback2becky.com)

*Monetary donations can be sent directly to:  
Fifth Third Bank, Attn: Sandy Green  
9400 S. Cicero Avenue, Oak Lawn, IL 60453*

### The Following Member Was Left Off The November 2008 Retiree List:

Name	Rank	Dist.	Yrs
Veraveic, Jimmie	FTO	LOA	37

### December 2008 Retirees

Name	Rank	Dist.	Yrs
Gottlieb, George S.	Sergeant	011	39
Wilbert, Joseph B.	Detective	610	38

### Uniform Sale

Time again for the  
Semi-Annual F.O.P. Uniform Sale

Wednesday, 22 April 2009  
1300 – 1800



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

Officers from all over the City, all Ranks, Active & Retired, will be selling uniform shirts, blouses, reefers, pants & leather goods.

Tables will be available in the Hall. Sellers should be in the Hall by Noon to set up their wares.

Anyone interested in donating items can drop them off at the F.O.P. Office anytime before the date of the sale.



Any questions? Contact Frank DiMaria,  
F.O.P. at 312-733-7776

## Take A Moment To Notice, *Compliments of Rabbi Moshe Wolf*

The question was asked, "What is the best antidote to coping with difficult times?" We all find ourselves trying to cope with life's challenges, trials and tribulations. Where does one muster the strength to go on in difficult times? It reminded me of the following parable, Take a Moment To Notice...

As you got up this morning, I watched you, and hoped you would talk to me, even if it was just a few words, asking my opinion or thanking me for something good that happened in your life yesterday. But I noticed you were too busy, trying to find the right outfit to wear.

When you ran around the house getting ready, I knew there would be a few minutes for you to stop and say hello, but you were too busy. At one point you had to wait fifteen minutes with nothing to do

except sit in a chair. Then I saw you spring to your feet. I thought you wanted to talk to me but you ran to the phone and called a friend to get the latest gossip instead. I watched patiently all day long. With all our activities, I guess you were too busy to say anything to me.

I noticed that before lunch you looked around, maybe you felt embarrassed to talk to me, is that why you didn't bow your head? You glanced three or four tables over and you noticed some of your friends talking to me briefly before they ate, but you didn't. That's okay. There is still more time left and I hope that you will talk to me yet.

You went home and it seemed as if you had lots of things to do. After a few of them were done, you turned on the TV. I don't know if you like TV or not, but you spend a lot of time each day

in front of it not thinking about anything, just enjoying the show. I waited patiently again as you watched the TV and ate your meal, but again you didn't talk to me.

Bedtime I guess you felt too tired. After you said goodnight to your family, you plopped into bed and fell asleep in no time. That's okay because you may not realize that I am always there for you...I've got patience, more than you will ever know. I even want to teach you how to be patient with others as well. I love you so much that I wait every day for a nod, prayer or thought, or a thankful part of your heart. It is hard to have a one-sided conversation.

Well, you are getting up once again. Once again I will wait, with nothing but love for you, hoping that today you will give me some time. Have a nice day!

Your friend, G~D

So when you find yourself

with a heavy heart take a moment say a prayer, take a moment and notice that G~d is listening.

My G~d Bless and keep you safe, today and always, Amen.

**P.S.** Regarding the name of G~d, please note, I do not spell out the name of G~d out of respect. Spelling out THE NAME and then throwing it in the trash, would be a desecration of THE NAME, so I put in the dash. This is a religious custom I follow and please don't be offended. Thanks for understanding. If you would like to discuss it further, please don't hesitate to drop me a line or give me a call.

Compliments of your Police Chaplain, Rabbi Moshe Wolf, cell 773-463-4780 or email me at [mshewolf@hotmail.com](mailto:mshewolf@hotmail.com).

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

### Disability Report

The best of health from the Disability Committee. We are available for calls at the FOP office Monday through Friday. Click on the Disability Page link on the FOP web site, [www.chicagofop.org](http://www.chicagofop.org), for beneficial information. Feel free to email me at [csaladino@chicagofop.org](mailto:csaladino@chicagofop.org).

**January Pension Meeting** – Advocates present: Det Mark Howe, 1<sup>st</sup> VP Bill Dougherty and myself. One appointed Trustee absent. **Disability Claims:** Duty – 1 granted at 50%, 1 denied. Ordinary – 2 granted without prejudice. Permanent and Total – 1

granted.

**Permanent and Total Disability Sec.5-154 A (iii)** – *"If the Board finds that the disability of the policeman is of such a nature as to permanently render him totally disabled for any service of a remunerative character, the duty disability benefit shall be 75% of the current salary attached from time to time to the rank held by the policeman at the time of removal from the police department payroll."* The officer will receive 75% of the current salary every year. An application to the Pension Fund by the officer must be submitted.

**Annual Charity Hockey Game** – FOP Stars vs. Chi-

cago Fire, Monday, March 16, 1500 hrs at the United Center. Proceeds support the FOP Disabled Officers Fund and the Chicago Firefighters Union Charities Fund.

### Veterans' Corner

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

**Welcome Home Celebration** honoring the veterans of Operation Enduring Freedom and Operation Iraqi Freedom – March 8, 2009, 10:00 AM to 2:00 PM, University of Illinois (UIC) Forum, 725 W. Roosevelt. All OEF/OIF active duty,

veterans and family are invited. For more information call 312-569-6150.

**NATO Medal** – North Atlantic Treaty Organization Training Mission in Iraq and Afghanistan has been added that qualifies U.S. service members for the award of the NATO Medal.

**Illinois Lottery** – Coin Craze scratch off game. 100% of net proceeds benefit Illinois Veterans. Ask for it and good luck!

*"In love there are two evils:  
War and Peace."  
Horace, BC*

Airborne Sal



## Wellness Day At The Education & Training Division

The Education and Training Division will be hosting their Second Annual Wellness Day, which will be held Thursday 30 April and Friday 01 May 2009 from 0800 hours until 1600 hours at the Education and Training Division's Gym.

Wellness Day is free for all CPD sworn, civilian and retired personnel as well as CPD family members.

The following services and testing will be provided:

- Health Screening
- Height/Weight/BMI/Waist Circumference
- Blood Pressure Screening
- Cholesterol Screening
- Nutrition Evaluation And Information
- Tiny Fat Analysis
- Fitness Testing

- Massages

In addition, fitness classes and instruction will be offered at designated times.

For further information and updates on the event log into the LMS system. Please note, attending the wellness date will not be considered a tour of duty.

The next  
General Meeting will  
be held on Tuesday,  
17 March 2009 at  
1900 hours.

All members are  
encouraged to attend.

### 2009 Annual St. Patrick's Day Party

*Featuring The Music Of  
The Katie Sullivan Band*

**Saturday, March 14, 2009**  
6:00 pm—11:00 pm



### Fraternal Order of Police Hall


1412 W. Washington Blvd.  
Chicago, Illinois

**\$20 Donation**  
Includes Harrington's Corned Beef  
Refreshments & Entertainment

For more information or to purchase tickets for  
the party, please contact the  
Gift Shop at 312-733-2344.

### 2009 National Police Officers Memorial Chicago Police Social Event

*All agencies welcome*



*Fado Irish Pub and Restaurant*

*May 14, 2009*  
808 7<sup>th</sup> Street NW  
7:00 p.m. to 10:00 p.m.

Heavy Hors D'oeuvres and Open Bar  
Due to the overwhelming response and attendance last year,  
tickets **will not be sold at the door**. We must have a head-  
count by April 10, 2009 in order to have a big enough space.

*\$65.00/person*

For tickets contact P.O. MariKay O'Brien, 773-677-4397 or  
Det. Sharon Colby, 773-544-2908.

**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**

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

### SMOKING

#### How to Finally Quit!

This has been a tough winter for a number of reasons, but now since Spring time is just days away, it's time to look forward and once again, focus on healthier habits. Since I'm often asked about this, allow me to discuss the dangerous habit of "smoking" and how to quit. If you don't smoke, you may want to share this with someone who does. Smoking can have a negative impact on your health and job performance.

Research shows that those who finally quit, do so because they become really scared of the thought of permanent disability, or dying. The main Reasons (or excuses) why most smoke is they say; it relaxes them, relieves stress, they're addicted, or if they stop, they will gain weight. The Dangers are well proven. Smokers are more likely to experi-

ence lung disease, strokes, heart attacks, and cancer. Your partner and family members are also at risk due to second-hand smoke.

#### HOW TO QUIT 8 Steps

**1) Choose a Reason & Reward** – The dangers I mentioned above are real and may be reason enough to quit. Your reward will also be looking and feeling 1000% better, and by the way, no more bad breath and yellow teeth.

**2) Don't go Cold Turkey** – 95% of folks, who just quit, may relapse in a few weeks unless they have a therapy or medication plan. This is because smoking is a chemical addiction, and the brain depends on this nicotine. So, you need a plan.

**3) Try Nicotine-Replacement Therapy** – The desire for just one "puff" can be overwhelming. This type of therapy will reduce this craving. Studies suggest nicotine lozenges, gum and patches greatly increases

your chances of quitting. However, you should not use these substitutes, while you are still smoking.

**4) Prescription Pills** – Ask your doctor. There is medicine that will alter the areas of the brain that has become affected by nicotine, reducing the desire to light-up.

**5) Don't be a Hero** – Don't try this by yourself. Look for the support of your family, your partner, or a support group. When you combine behavioral therapy with nicotine-replacement products/medication, your odds of quitting go way way up!

**6) Manage that Stress & Anxiety** – We all have it. Instead of reaching for a cigarette to help relax, try listening to easy music, exercise, take yoga, meditate, yell, laugh or cry. Also, have access to healthy snacks in your patrol cars and in the office.

**7) Start "Moving"** – I guarantee you all that when you start exercising, you'll be more relaxed, less stressed, happier

and less likely to reach for those unhealthy cigarettes. Also, exercising will burn calories, which will help when you do gain some weight (initially) when you stop smoking. You are better off slightly overweight, than smoking!

**8) Eat Vegetables & Fruit** – A recent study by Duke University, suggests that eating fruits and vegetables makes cigarettes taste really bad.

So, good luck, it's not easy, but do it for yourself, and your family.

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

#### TIP OF THE MONTH

*Have a Contest with a fellow smoker to quit. This competition is fun, motivational and increases your chances of success!*

### Deceased Brothers & Sisters

- Joseph J. Zannelli, Age 86
- Michael R. Lupa, Age 59
- Thomas S. Ferry, Age 73
- Sherett Chapman, Age 50
- Charles G. Koselke, Age 90
- Edward A. Nowdomski, Age 84
- J. Ronn Wilder, Age 68
- William C. Hudson, Age 66
- David A. Crowell, Age 53
- Robert M. Ocampo, Age 58
- Wesley C. Gerard, Age 66
- Christian T. Michal, Age 65
- Timothy M. Fallon, Age 54
- George McMahan, Age 81

### 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](http://www.cpaon.org)



**Store Hours:**

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

**Store Closed:**

March 2, 2009

**Direct Line:**

312-733-2344



**Tee Shirt of the Month:**

Crime Lab

**30% OFF**

Sizes Medium—3XL available.



**All Duty Gloves Still on Sale**

**20% OFF**



**Police Officers Field Guide, 2nd Edition**

Now On Sale For Only **\$9.00** each

It's Spring? At least, that's what the calendar says... We're going to have an end of Winter sale anyway and a little something for St. Patrick's Day!

**IN HONOR OF ST. PAT'S DAY...**



We have a great gift item, a singing Irish teddy bear, either lad or lass, that sings "When Irish Eyes Are Smiling", priced to sell, **\$19.95**



Weatherproof, 100% cotton, green with navy and white stripes, fleece jacket with full zip and slash pockets. CPD on a shamrock logo, priced to sell, **\$32.95**



Green polo with CPD Star on a shamrock logo, all sizes, medium to 3XL, priced to sell at only **\$15.96** each, all sizes! Originally priced at \$19.95 each.



Long sleeve, green tee-shirt for adults and children, perfect for the walk down the parade route!



Garda Cap—The "Irish Police", priced to sell, **\$9.95**



Irish "Welcome" Garden Stake, **50% OFF**, Originally priced at \$6.95, now on sale for only **\$3.48** each.

**Outerwear Sale!**

**Free Gift With Purchase Of Any Jacket All Month!  
Just Our Way Of Saying Thanks!**

Navy blue, full zip sweatshirt hoodie with white CPD star. Sizes, medium—XL—**\$19.95**, 2XL—**\$21.95** and 3XL—**\$22.95**

Men's fleece-lined, black jacket—medium and large only, 25% OFF. Originally priced at \$35.95...now on sale for **\$26.96** each.

Blue with black trim, fleece jacket—medium and large only, Originally priced at \$25.95...now on sale for **\$19.95**

Wool jacket with leather sleeves, snap down the front, stand up collar. Originally priced at \$129.95...now on sale for **\$99.95**, all sizes!

Packable rain jacket—Great for the car or the golf cart priced to sell at **\$19.95** and **\$20.95** for 2XL

**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.

Take this article to your taxman when you have your taxes done.



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



**THE ED REINES MEMORIAL FISHING TOURNAMENT**

Fraternal Order of Police, Lodge #7, will be holding its 15th Annual Ed Reines Memorial Fishing Tournament, at the Chain of Lakes, Wednesday, May 20, 2009. All members, active and retired, are invited to take part in this event. There will be a barbecue at the weigh-in with beer and soft drinks from 2 – 4 p.m.

**THE BASIC RULES:**

Starting time: 0500 hrs – with all boats in by 1430 hrs. All fish must be caught on the Chain of Lakes waters between the Wisconsin Border and McHenry Dam. Two fishermen per boat; one must be an FOP member.

**NO PRO FISHERMEN PLEASE.**

We'd like everyone to have a fun time. Complete rules and location of the weigh-in will be sent out to members making application for the Tournament.

Name: \_\_\_\_\_ Active: \_\_\_\_\_ Retired: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Fishing Partner: \_\_\_\_\_ If youth, age \_\_\_\_\_

Make checks payable to F.O.P., Lodge 7  
 Attn: Frank DiMaria  
 1412 W. Washington Blvd., Chicago, IL 60607

**Include Fees of:  
 \$40.00 Per Man  
 or \$80.00 Per Boat**