



New York City Correction FOP Lodge 89 Official Newsletter

Individual Highlights:

Charity Event	1
President	2
Health Beat	2
Making a	
Difference	3
Benefits	3
Associates	4
K9 Hero	5
Lodge Pix	5
Time Served	6
Business Assoc	6
Renewal Time	6

CHILDREN'S CHARITY HOLIDAY EVENT

by: James Schott

I hope this newsletter finds you and yours healthy and happy. This is my first article for the newsletter but not my last.

Lodge 89 is planning a children's party for the holiday season. Our Lodge has adopted The Children's Hospital at Montefiore located at 3415 Bainbridge Ave. Bronx N.Y. 10467. This is a relatively new wing at the hospital with 4 wards with a capacity of 106 to 120 children ranging in age from infant (few days old) to the age of 21. The severity of illness varies from minor to terminal. The tentative date is December 15th of this year and the time will be determined. This event will include a pizza party and presents for the dayrooms of the wards.

The hospital has prepared a list of possible items that are needed, i.e. video games, arts and crafts supplies, journals, musical CD's, DVD's board games, dolls, trucks, puzzle books, puzzles, baby toys(mobiles, busy boxes, stacking rings, blocks, developmental toys) etc.. There are many other items on the

list, which will be provided upon request. We need your help to make this event a success for the kids.

Our request is two fold. First, we are in need of those items listed previously, or a small donation. We don't want to burden anyone with monetary demands, but a small donation of \$2 to \$5 dollars to help with the purchase of the items and food for the day. The second request is for volunteer on the day of the party. We would like as many volunteers possible to come and spend just a few hours with the kids. The day will be very special one for some children.

There will be delegates in your facility with envelopes to collect your donations please be generous, or attend the September or October membership meetings to make a donation of any value.

Thank you in advance for your help with a donation and/or volunteer

If you need any information on this Please feel free to contact me @ 516-205-9168 or Jcs10391@aol.com (please put something in the subject, FOP or Holiday Party so I know it's from a member and its contents.)

The
**Children's
Hospital**
at Montefiore.



PRESIDENT'S MESSAGE

by: Reginald L. Wilson



President Reginald L. Wilson

"I am very proud of our members who come to work every day, do their job, and ask for nothing."

Our FOP lodge is made up of every rank from officer to chief, and civilians. With over 400 members, our mission is to bring fraternalism back.

I am very proud of our members who come to work every day, do their job, and ask for nothing. I am looking for ways to put those officers, and civilians in the spot light. I know we have the "Employee of the Month" program, but it does not reflect the hundreds of officers behind the gate, in the hot jails day in, and day out. Sometimes, a mere "thank you" from the supervisors can be greatly appreciated.

I recently observed a Deputy Warden passing out bottled water to the officers after roll call, and expressing his thanks. That simple gesture really motivated the staff, and started that 8 hour tour on the right foot. This should apply to ALL staff members, of all ranks.

The FOP Executive Board and I created this newsletter to keep the members informed, and to expose the hard working staff of our agency.

I will take this opportunity to say "THANK YOU" and keep up the good work.

HEALTH BEAT

by: R. Richard Leinhardt, M.D.



**Lodge 89 Chief Surgeon
R. Richard Leinhardt, M.D.**

"You can learn about your different options and how plastic surgery can be both life altering and affordable."

Welcome to my first column of Health Beat. First let me say that it is my honor to have been asked to be the Chief Surgeon of NYS-FOP Lodge 89. What I will try to do in our monthly newsletter is discuss various health and beauty related topics that will be of interest to you and your families.

Each month our column will be devoted to a different medical specialty, and I hope to get letters and e-mails from you asking questions and suggesting topics that you would like to see in this column. As I am a Plastic Surgeon and Ear Nose and Throat surgeon, our next column will be devoted to plastic surgery, a topic that everyone is discussing and seems to have some interest in. I will talk about the different aesthetic surgery procedures such as face lifts, nasal surgery, liposuction, breast surgery as

well as, non invasive office procedures such as Botox, fillers, lasers, etc. You can learn about your different options and how plastic surgery can be both life altering and affordable. Future columns will address Ear, Nose and Throat problems, Orthopedics, Pediatrics, Ophthalmology and Internal Medicine.

Your feedback will determine many of the areas that will be covered during the year. I look forward to sharing my knowledge and expertise with you each month.

LODGE MEMBERS MAKING A DIFFERENCE!

Joseph Q. Carbone is going into his 10th year as the President of the New York City Department of Correction Columbia Association. He has been an Officer with the Department since 1986, and an Association board member since 1991. His father, Quentin, was President of the Columbia Association for the Housing & Development in 1972 & 1973. That Association was one of the many branches of the Grand Council of Columbia Associations in Civil Service under its founder Mario Biaggi.

Joe's goal has been to live by his father's wise words of wisdom. His Dad always told him that the smallest act of caring, a kind word, a listening ear, or even just a smile, all have the potential to turn a life around. Since Joe has been with the

Department of Correction, he has attempted to unify co-workers, not just his Association members, but from all races and fraternal organizations, and assist them with equal efforts.

Joe's life focuses around his 13 year old daughter Anna Bella, who has spent every Columbus Day walking at her father's side up 5th Avenue. Joe said that even before she could walk, he held her proudly as an infant as he was in his full dress uniform, regardless of that unpredictable October weather. He ensures that Anna knows the struggles of her grandparents, who long ago, came through Ellis Island and settled in East New York, Brooklyn. Joe feels that Anna must represent her Italian heritage proudly by

following her grandfather's words of wisdom and strive to make a positive difference in people's lives.

Joe is an avid supporter of the St. Jude Children's Research Hospital, and he is very active with the Federal Law Enforcement Foundation. He plans on retiring shortly, after working 21 years with the Department of Correction, and possibly going into business with his twin brother Quentin. He said, "At this stage in my life, as long as my daughter is healthy, and has a smile on her face, I am the richest guy in the world."

Joe Carbone is a pillar in this department, and others. He is constantly **Making a Difference.**



Joseph Q. Carbone

"At this stage in my life, as long as my daughter is healthy, and has a smile on her face, I am the richest guy in the world."

LODGE BENEFITS

by: Robert Smith

FOP Correction Lodge 89 is pleased to offer our members a great benefit: Working Advantage! Through Working Advantage, our members can save up to 50% on movie tickets and up to 38% on movie rentals nationwide! Working Advantage also offers incredible discounts on other great tickets such as Broadway theatre shows, theme parks, sporting events, family events, online shopping, gift certificates, seasonal ski tickets and more.

Working Advantage offers discount movie tickets to 14 different movie theatre chains nationwide with savings of up to 50% off the regular box office

price. You can also save up to 38% on movie rental coupons from America's most popular video stores. Do your friends and family love movies as much as you? Movie tickets and rental coupons from Working Advantage also make great gifts!

From Broadway to the big screen, from family events to spectator sports, Working Advantage has your ticket to some of the most sought after performances and sporting events nationwide. Head out on the town and be sure to purchase your Broadway theatre tickets, movie theatre

tickets, gift certificates, theme park tickets and more at great prices through Working Advantage. Who says having fun has to be hard on your wallet? Take advantage of your exclusive membership discounts today!

As your Benefit Coordinator, I am pleased to assist you.



**Benefit Coordinator
Robert Smith**



ASSOCIATE CORNER

by: Maribel Freire

For Your Safety - Symptoms of Heat Stroke/Heat Exhaustion



Maribel Freire

“The hot summer weather seems fun, but keep your family and yourself safe this season.”

With these dog days of summer upon us, I thought I'd post some helpful tips on preventing heat stroke and heat exhaustion, and symptoms to look for in your family, friends or even yourself to make sure you're safe in this heat.

- **Dehydration** is a serious thing in hot weather - don't ever underestimate how important it is to stay hydrated when out in warm weather. We all lose some body fluids every day, from normal activities like perspiring and using the bathroom. Some symptoms of dehydration include: thirst, less frequent urination, dry skin, fatigue, light headedness, dizziness, confusion, dry mouth, and increased heart rate and/or breathing rate
- **To prevent dehydration...**drink plenty of fluids all day long, especially (but not only) when you're out in the hot sun. Keep a bottle or glass of water with you all the time. Make sure to take in more fluids than you're losing by perspiration...and don't exercise during the very hottest periods of the day. You'll put yourself at greater risk of dehydration and heat stroke.
- **Heat Stroke** is a very serious condition - in fact, it's considered the most serious of all heat related illnesses. It can cause death if left untreated, or allowed to go to an advanced stage. It is caused by long exposure to heat and/or sun, when a person doesn't sweat enough to lower their own body temperature.
- **Symptoms of Heat stroke include (but are not limited to):** headache, dizziness, disorientation, sluggishness or fatigue, seizures, hot dry skin that isn't sweaty, high body temperature, rapid heartbeat, hallucinations
- **Symptoms of Heat stroke should never be ignored!** Treat the person immediately by getting them indoors out of the blazing heat. Remove as much clothing as possible and treat with cool water all over the patient's body...have the person lie down, and apply ice packs to the groin and armpits. Get professional help as soon as you possibly can.

The hot summer weather seems fun, but keep your family and yourself safe this season. If you have any health conditions or if you live in a particularly hot area of the country, get advice from health professionals in your area about how to prevent dehydration and heat stroke.

K9 'BLAZE' SAVED BY PACEMAKER

by: Cynthia Fagen (NY Post)

July 24, 2007 -- A beloved 4-year-old German shepherd police dog who collapsed on the job at Rikers Island after his heart suddenly stopped is miraculously back on the beat after doctors implanted a lifesaving pacemaker made for humans.

"He means everything to me. He's like my son," said grateful city Correction Capt. Efrain Madera of his partner, Blaze.

Madera has faced down violent inmates and quelled jail-yard riots with his loyal four-pawed buddy at his side, so when Blaze keeled over stiff as a brick and went into shock five months ago, he feared the worst.

"His heart stopped beating for six seconds. It happened several times. He would just stare up at me," recalled Madera, a 20-year veteran who heads the Correction Emergency Services Unit.

After tests at the renowned Animal Medical Center on the Upper East Side showed an uncommon genetic condition that stops the heart from pumping blood there was only one way to save the heroic dog's life: implant a pacemaker that zaps the heart with electrical impulses.



NYCD K-9 'BLAZE'

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We're on the Web!

See us at:

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TIME SERVED



Retired Captain Roy Vadala accepts the FOP Retirement Certificate from President Reggie Wilson

Captain Roy Vadala retired in July, from the Transportation Division. He supervised the Accident Investigation Unit, and he is an FOP member in good standing. No matter what type of day it was, Roy always had a smile. I guess he knew his retirement was near.

Roy, enjoy your retirement. Your FOP family wishes you well. You are officially discharged---

TIME SERVED!

BUSINESS ASSOCIATES

Our Business Associate of the month is our friends at **Mindsaw**. If you need a website, or web development, go to www.mindsaw.com



RENEWAL TIME!

The 2008 Renewal period will end October 31st 2007. The dues were raised, **Active** is now **\$40**, and **Associates** is now **\$60**. Retirees are considered 'ACTIVE' members.

Every member must submit a copy of your law enforcement identification with the application.

Please submit renewals on time in order to get your 2008 package in January.

