



# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York



**5 \* 5 \* 5 \* 5 \* 5**

**LT. RICHARD A. NAPPI**

We regretfully announced on April 16 the death of Lt. Richard A. Nappi, Engine 237, a 17-year veteran of the FDNY and member of the Columbia Association.

## IN THIS ISSUE



*President's Award Recipient*



*Special Recognition Award Recipient*



*10th Annual Chief Barbara Night*



*78th Annual Dinner Dance*

## 2012 COLUMBIA ASSOCIATION MAN OF THE YEAR MARIO CILENTO



One of the state's largest labor groups has a new boss, promoting its chief of staff to take over as president. Mario Cilento is officially the New York State AFL-CIO's new president after he was unanimously elected to the post by the umbrella group's executive council.

President of the New York State AFL-CIO," Cilento said a statement. "The labor movement in this state has always risen to the challenges laid before us. Together, as one movement, we will once again meet those challenges, and provide a brighter economic future for all working men and women."

Mario Cilento, a member of the Newspaper Guild-CWA since 1990, began working at the New York State AFL-CIO in 1992. He served as Public Relations Director from 1992-1999. For the past twelve years he has served as Chief of Staff, coordinating the day to day and long-term political, legislative, communications and grass roots strategies of the 2 ½ million member organization, as well as the overall policy and development of the organization's staff departments. He is also responsible for outreach, initiatives and strategies concerning the State Federation's Executive Board and affiliates. In 1999, Mario led a coordinated statewide media and grassroots campaign highlighting the plight of New York's farm workers.

In 2000, Mario was instrumental in creating and developing the New York State AFL-CIO's Arts and Entertainment Industry Committee. The purpose of the committee is to bring together unions from New York's entertainment industry to discuss and act upon issues of shared concern and interest.

In 2005, Mario created and developed "Working New York", a New York State AFL-CIO sponsored half hour talk show designed to inform the general public of policies, issues and initiatives important to working men and women and their families. The show aired on Regional News Network (RNN) for five seasons, during which Mario served as Producer and Writer. "Working New York" won the labor movement's International Labor Communicators Award (ILCA) for Best Cable Television Program in 2009.

In June 2011, Mario was appointed to serve as a Commissioner on the New York State Insurance Fund. He also serves on the Executive Boards of the Workforce Development Institute, Working Theater, and the New York State AFL-

*(Continued on next page)*

Vist Our Online Store & Shop For Official FDNY Columbia Association Merchandise.  
All Proceeds Benefit The Columbia Association Scholarship Fund.  
[www.fdnycolumbia.com](http://www.fdnycolumbia.com)



(Continued from cover)

CIO/Cornell ILR. Mario graduated from Fordham University in 1990 with a Bachelors of Science Degree.

Mario Cilento continues to fight everyday to protect our pensions and is a dear friend of the UFA and UFOA.

COLUMBIA ASSOCIATION  
**GOLF  
OUTING**  
FIRE DEPT. CITY OF NEW YORK

8<sup>TH</sup> ANNUAL  
SCHOLARSHIP  
GOLF OUTING

**\$175**

WHEN  
September 24 - 25, 2012  
(Monday to Tuesday)

WHERE  
Hudson Valley Resort & Spa  
(formerly the Granit)

CHECK IN  
Can't get room until  
after golf Monday

TIME  
MONDAY 1<sup>st</sup> round tee times  
TUESDAY 2<sup>nd</sup> round 9am shotgun

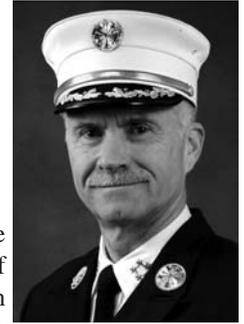
INCLUDES  
Golf, cart, room, cocktail hour,  
dinner, and breakfast.  
(Any extra golf you will have  
to pay for cart only.)

*Please have checks in asap*  
Foursomes Going Fast  
Make checks payable to:  
COLUMBIA ASSOCIATION

MAIL TO  
JOSEPH SMITHWICK  
20 PIPER LANE  
LEVITTOWN, NY. 11756  
(516) 796-0975

PLEASE SEND MEMBERS IN  
FOURSOME AND ROOMING  
ASSIGNMENTS

## President's Award EDWARD S. KILDUFF CHIEF OF DEPARTMENT



Edward S. Kilduff as the FDNY's Chief of Department - the highest-ranking uniformed position in the agency. Chief Kilduff, a 36-year veteran is our 34th Chief of Department in the agency's 145-year history. His appointment was effective January 12, 2010. He succeeds Commissioner Cassano, who served as Chief of Department for nearly four years prior to being named Fire Commissioner.

As Chief of Department, Chief Kilduff he oversee the Department's 15,000-member uniformed fire and EMS services, with five major bureaus: Operations, Training, Communications, Emergency Medical Service and Fire Prevention.

"Chief Kilduff is an outstanding fire officer whose steadfast dedication to the Department is exemplary," He has demonstrated extraordinary leadership both in the field as a chief officer and in helping the Department rebuild, Chief Kilduff is a key member of the Strategic Planning group and with our nationally recognized Incident Management Team (IMT). With more than three decades of experience and an impressive track record of performance, he is an excellent Chief of Department."

Chief Kilduff serves as an Incident Commander with the FDNY's IMT group - trained by the federal government in management of large-scale disasters - and helped lead the agency's response to Louisiana in the aftermath of Hurricane Katrina in August 2005, when more than 600 members were deployed to conduct rescue and recovery efforts for the city of New Orleans.

He also was a key member of the senior management team that created the Department's first two Strategic Plans in 2004-2005 and 2007-2008. These plans served as roadmaps for rebuilding after the Sept. 11 attacks and advanced numerous major agency-wide initiatives. As a deputy chief in 2001, he worked as night commander for months after Sept. 11, supervising FDNY members working on rescue and recovery operations at the World Trade Center site.

As Borough Commander for Brooklyn during the last five years, Chief Kilduff has led the Department's largest field force with more than 75 units and 2,000 firefighters in the city's most populous borough.

Chief Kilduff was appointed a New York City firefighter in August of 1977 and worked for six years at Ladder 34 in Manhattan. He was promoted to Lieutenant in 1983 and worked at Ladder 112 in Brooklyn until his 1989 promotion to Captain of Engine 92, in the Bronx. He continued to rise through the ranks as Battalion Chief (1993), Division Chief (2001), Deputy Assistant Chief (2002) and Assistant Chief and Brooklyn Borough Commander (2004).

He has been cited five times for bravery including in October 1988 when he rescued a 51-year-old woman from a burning apartment in Brooklyn, and was awarded the Columbia Association medal of Valor. In June of 1998 when he directed the rescue of five firefighters trapped in a building collapse on Atlantic Avenue, also in Brooklyn. Three members survived the fire and collapse, but two others, Capt. Scott LaPiedra of Ladder 176 and Lt. James Blackmore of Engine 332, succumbed to their injuries.

Chief Kilduff has a Bachelor of Arts degree in Political Science from Marist College. A lifelong Queens resident, Chief Kilduff and his wife, Kathy, reside in Flushing. They have two adult children, Daniel and Lauren. This year Kathy and Ed became grandparents of twins.

**T-SHIRTS and  
SWEATSHIRTS**

*Now Available*  
at monthly membership  
meetings or by contacting  
JOE DEPAOLA, L-27 at 845.558.4410  
or email [live4tonight@optonline.net](mailto:live4tonight@optonline.net)



# 10th Annual Chief Jerry Barbara Night



with the Staten Island Yankees  
Vs. Williamsport Crosscutters

Sunday, July 8th, 2012 at 4:00 pm

Richmond County Bank Ballpark

- Spectacular pre-game fireboat display.
- FREE Limited Edition Staten Island Yankees cap for each member of your group.
- All kids 12 & under can run the bases for FREE after the game.
- 50% of all proceeds from the raffle tickets sold by The Chief Jerry Barbara Scholarship Fund during the game will be raffled off to one lucky fan.
- This special afternoon will include a ceremonial first pitch by Chief Barbara's daughter & son.
- Your groups name will appear on our Higher Ledreplayon.



Only 475 tickets will be available and this game will sell out. Please respect the deadline and make sure you don't get shut out this year!



## Staten Island Yankees



75 Richmond Terr • Staten Island, NY 10301 • (718) 313-1320 • fax (718) 273-5763 • www.siyanks.com

RESERVE YOUR TICKETS; DEADLINE TO ORDER IS JUNE 9, 2012

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 # of tickets: \_\_\_\_\_ @ \$15 each = Total Amount: \$ \_\_\_\_\_

RESERVE YOUR T-SHIRTS; DEADLINE TO ORDER IS JUNE 9, 2012

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 # of Shirts: \_\_\_\_\_ @ \$15/Shirts = \_\_\_\_\_ Sizes: Youth S \_\_\_ Youth M \_\_\_  
 Youth L \_\_\_ Adult S \_\_\_ Adult M \_\_\_ Adult L \_\_\_ Adult XL \_\_\_ Other \_\_\_  
 T-Shirts must be ordered prior to the game & will not be available for purchase at the game.

TO RESERVE YOUR TICKETS & T-SHIRTS: PLEASE RETURN THIS COMPLETED FORM & PAYMENT TO:

FDNY Chief Jerry Barbara Scholarship Fund - (New Address) 2291 HILL ROAD, SCOTCH PLAINS NJ 07076 • Phone: (917) 848-7607 or  
Please visit: [www.jerryslegacy.org](http://www.jerryslegacy.org) for tickets or shirts.

PRINTED BY REL PRESS 718-447-8557



# SPECIAL RECOGNITION AWARD STEPHEN SILLER FOUNDATION

The sole purpose of our Foundation is to honor the legacy of love given to us by Stephen Siller, FDNY, who laid down his life on 9/11, by "doing good" in his name. The mission is to follow Stephen's footsteps through support of children who have lost a parent, firefighters, and military who have been seriously injured and sacrifice their quality of life in the line of duty.

We believe that the Foundation is a real and concrete way to Follow the Footsteps of an American hero. The Foundation has established LET US DO GOOD PROGRAMS as our way to make a lasting and positive difference in the lives of others. These programs, In the Line of Duty and In the Name of Love, bring hope to grieving children, and healing to firefighters and families of our military, who sacrifice life and limb in the line of duty.

In the Line of Duty programs pay tribute to the 343 FDNY fallen brothers who sacrificed their lives on 9/11 through the memorial Tunnel To Towers Run, which supports the Weill-Cornell Burn Center and Burn Centers across America, and restores shattered lives by building homes for surviving quadriplegic servicemen returning from combat.

In the Name of Love programs bring love and hope to the most broken and vulnerable children. The Foundation does this through scholarship awards for local children who have lost a parent; through the establishment and continued support of Stephen's House of the New York Foundling for orphaned, abused and neglected children; and for scholarships to children of the men and women who sacrificed their lives in the Afghan and Iraqi wars.

The guiding principle that shapes our Foundation is that we can transcend the tragedy of 9/11 through the grace that comes from the power of caring. Love and faith are the cornerstone of our Foundation. The core belief of our Foundation is that every time we change a life for the better, we change the future. One mother, father, brother, sister, daughter and son at a time...we can make the world a better place...and transform and transcend 9/11.



## CIGAR NIGHT AT VETRO!

We held our Spring Cigar Night this year at Vetro Restaurant in Howard Beach. Once again we had a great turnout. We were treated to fine food and drink for over 4 hours. We handed out several cigars at the door, some of which were supplied by our good friend Mauricio Cordoba. We enjoyed our cigars on the roof top bar of the restaurant while watching the hockey game. I would like to thank all that attended and for those of you that didn't, you don't know what you're missing. Hope to see you at our next Cigar Party.

## Congratulations to Our 2012 Columbia Association Scholarship Award Winners

### AWARD FOR COLLEGE *Gerard Barbara Scholarship*

| Award          | Name    | Member          | Unit    |
|----------------|---------|-----------------|---------|
| \$2000.00* Tie | Justin  | Vincent Morello | Eng 283 |
| \$2000.00* Tie | Matthew | Stephen Moro    | Div 15  |

### *International Columbia Association Scholarship*

|           |       |                   |         |
|-----------|-------|-------------------|---------|
| \$2000.00 | Emily | William D'Emic    | Batt 31 |
| \$1500.00 | Mary  | Nicholas Gaudiosi | Lad 7   |

*The 2012 Tomas Russo Memorial College Scholarship award winner will be chosen at the Dinner Dance (\$1000.00)*

### AWARD FOR HIGH SCHOOL *Vincenzo, Suzy & Ilaria Marra Scholarship*

| Award        | Name    | Member            | Unit  |
|--------------|---------|-------------------|-------|
| \$1600.00 ** | Frank   | Frank Balbassarre | Div 8 |
| \$1400.00    | Jourdan | Michael Smithwick | SOC   |

### COLUMBUS CITIZENS FOUNDATION & ALICE SULLIVAN SCHOLARSHIP

|           |         |                |         |
|-----------|---------|----------------|---------|
| \$1200.00 | Richard | Richard DiOrio | Eng 167 |
| \$1200.00 | Jillian | Richard LaFata | Lad 78  |

### TRIOLA FAMILY SCHOLARSHIP

|           |          |                  |         |
|-----------|----------|------------------|---------|
| \$1000.00 | Robert   | Michael Massucci | Batt 10 |
| \$1000.00 | Danielle | Thomas Pitti     | Lad 104 |

\*Highest SAT score (Rosina Higgins/Edward Scott Schettino Award)

\*\*Highest STS Score (Marcello-Murphy Award)

Each award will be present at the 2012 Scholarship Dinner Dance on June 21, 2012

## COLUMBIA ASSOCIATION & COLLETTE VACATIONS

# Southern Italy & Sicily

October 25 - November 5, 2012

### *Highlights...*

PALERMO • MONREALE • AGRIGENTO • VALLEY OF THE TEMPLES • CATANIA • MT. ETNA VOLCANO • GIARDINI NAXOS • TAORMINA • TARANTO • ALBEROBELLO • MATERA • SORRENTO • AMALFI COAST • POMPEII

12 Days, 17 Meals (10 breakfasts and 7 dinners)

Per Person Rates\*: **Double \$3599**  
**Single \$4099**  
**Triple \$3569**

\*Included in price: round trip air from J.F Kennedy International, air taxes and fees/surcharges of \$150 (subject to increase until paid in full), hotel transfers

\*Not included in price: cancellation waiver and insurance of \$220 per person

Check our webpage for more details at [WWW.FDNYCOLUMBIA.COM](http://WWW.FDNYCOLUMBIA.COM)



## RETIREE'S CORNER

By John Signorile, Retiree Trustee

On January 2, 2011, H.R. 847, the James Zadroga 9/11 Health and Compensation Act of 2010 (P.L. 111-347) (Zadroga Act), was signed into law. The Zadroga Act reopens the September 11th Victim Compensation Fund of 2001. This Act allows more individuals who suffered physical injury or death as a result of the September 11th attacks to obtain compensation from the program. It provides \$4.2 billion dollars to finance two important benefits: 1. Continued Health care monitoring and treatment and; 2. Compensation to individuals (or their estates if applicable) who were physically injured or killed as a result of 9/11.

### ELIGIBILITY:

**Who:** Workers, volunteers, and certain residents who suffered exposures during the terrorist attacks and subsequent rescue and recovery operations.

**When:** 4 Hours in first 4 days; 1 Day in September of 2001; or 80 hours between 9/11/2001 & 7/31/2002.

**Where:** In lower Manhattan, (south of Canal Street), the Staten Island Landfill or the Barges and Piers used to transport debris.

**How:** Treatment: The Zadroga Act requires treatment by medical professionals for 9/11 related physical injuries within a reasonable time from the date of discovery and which is supported by contemporaneous medical evidence.

**Time Periods Within Which Claims must Be Filed:** The Zadroga Act divides those who can file into two groups to be determined by the Special Master.

**Group 1:** Individuals who knew or should have known that they suffered a physical harm as a result of 9/11 BEFORE the date the new regulations are promulgated - such individuals will have until October 3, 2013, to file a claim.

**Group 2:** Individuals who become aware of a physical harm as a result of 9/11 AFTER the date new rules are promulgated by the Special Master - such individuals will have two years from the date the Special Master determines that such individual knew or should have known that they suffered from such harm and were eligible to file a claim.

**IN ALL CIRCUMSTANCES CLAIMS ARE TO BE FILED DURING THE FIVE YEARS** from the date the new rules are promulgated (October 3, 2016).

### BENEFITS:

Claims can be filed for both Economic and Non-economic losses. Economic Loss means any pecuniary loss resulting from harm (including the loss of earnings or other benefits related to employment, medical expense loss, replacement services loss, loss due to death, burial costs, and loss of business or employment opportunities) to the extent recovery for such loss is allowed under applicable State law. Non-economic Loss means losses for physical and emotional pain, suffering, inconvenience, physical impairment, mental anguish, disfigurement, loss of enjoyment of life, loss of society and companionship, loss of consortium (other than loss of domestic service) hedonic damages, injury to reputation, and all other non-pecuniary losses of any kind or nature.

If an individual is determined to be eligible, the VCF will issue a determination on compensation once a Compensation Form is fully submitted and deemed substantially complete. Claimants will have the right to appeal both determinations. Once an individual has accepted the award or completed the appeal process, the VCF will issue a payment within 20 days of that date.

These initial payments will not contain a Claimant's full award. In order to ensure that there is enough money to make a payment to every Claimant who is entitled to receive a payment, the Zadroga Act provides that the first payment to each Claimant should contain a portion of the full award.

As a result, the size of that first payment will depend on the amount of the Claimant's full award, as well as the total number of Claimants and the amount of money available. The Zadroga Act provides that most of the available money will be distributed at the end of the program, so in most cases these initial payments will be significantly less than the full award. The Zadroga Act provides that \$875 million will be available to pay claims in the VCF's first five years.

The Act provides that the remainder of the award may be paid five years after the VCF opens. Claimants can thus expect to receive the rest of their payment in 2016-2017. Depending on the number and type of claims, and in order to ensure that all eligible Claimants receive an award, the Zadroga Act's cap on funding means that it is possible that those payments will be pro-rated.

Robert Ungaro is a founding partner of Ungaro & Cifuni, Attorneys at Law, LLP, a general disability. He can be contacted directly at (212) 766-5800. Their website is <http://nycdisabilitylaw.com>.

## KAPLAN UNIVERSITY UNDERSTANDING THE NEEDS OF THE FDNY

Kaplan University is helping members of the FDNY prepare for Promotion! Have you thought about returning to college only to be faced with obstacles such as Time and Money? You are not alone! The majority of working adults that want to pursue advanced education all share the same concerns. Managing life's commitments and finding the time for college is perceived as the biggest barrier to advancing one's education with finding the money to pay for school as the second.

Members of the FDNY preparing for promotion for Fire Marshall, Lieutenant, Captain, Battalion Chief and Deputy Chief will be required to have the following amount of credits:

- FIRE MARSHALL - 30 COLLEGE CREDITS
- LIEUTENANTS - 60 COLLEGE CREDITS
- CAPTAINS - 80 COLLEGE CREDITS
- DEPUTY CHIEFS - BACHELORS DEGREE
- BATTALION CHIEFS - BACHELORS DEGREE

Kaplan University's Regional Account Manager, Nancy Mendes, understands the obstacles and challenges adult learners face when trying to return to school and has spent the last year researching ways to help members of the FDNY to Get the Credits they need to advance through the ranks.

### BENEFITS FOR FDNY MEMBERS

Members of the FDNY can now earn college credit for their FDNY training at Kaplan University saving you both time and money toward your degree. FDNY training may earn you up to 90 college credits! Students can receive college credit for prior coursework, formal training, and other work & life experience.\*

Kaplan University courses are 100% online giving students the flexibility needed to earn the credits and/or degree required for promotion. Our programs are geared toward the needs of adult learners We recognize that time and money are major obstacles to furthering one's education, which is why we are now offering a 33% Tuition Reduction on our undergraduate degree programs. †

We have a specialized team of Admissions and Financial Advisors that understand the needs of the FDNY and are ready to answer your questions. If you are interested in learning how you can earn the credits you need for promotion or finish a degree give us a call at 866.583.6765 or visit us at [www.fdney.kaplan.edu](http://www.fdney.kaplan.edu)

You may also contact Nancy Mendes at [nmendes@kaplan.edu](mailto:nmendes@kaplan.edu) with questions pertaining to this program!

\* Kaplan University does not guarantee transferability of credit. See University Catalog for the Prior Learning Assessment policy.

† May not be combined with scholarships, military tuition reductions, tuition vouchers, or other discounts.

Kaplan University's programs are designed to prepare graduates to pursue employment in their field of study, or in related fields. However, the University does not guarantee that graduates will be placed in any particular job, eligible for job advancement opportunities, or employed at all. Additional training or certification may be required.

For comprehensive consumer information, visit [online.kaplanuniversity.edu/consumer\\_info.aspx](http://online.kaplanuniversity.edu/consumer_info.aspx).

## COLUMBIA ASSOCIATION IS GOING GREEN ACTIVE MEMBERS CAN NOW PAY YOUR DUES WITH DIRECT DEPOSIT

Sign in on Employee Self Service (ESS). Follow to Fraternal Organization Dues and click on Columbia Association Enroll and your dues will automatically be sent to us. For our retired members we are still working on the program. Once you sign up you will never have worry about your dues. Each year, your dues will be automatically deducted from the first check of the New Year.

We are also working on e-mailing the newspaper directly to your address. We will also be able to keep you up to date with all of our meetings, trips and gatherings with a blast e-mail. We will be able to keep everyone up to date without killing trees! Please stay tuned for more information.



# 78<sup>th</sup> Annual Souvenir Journal

Please support our scholarship. By you or your company placing an ad in our journal will help us continue to award over \$16,000 a year in scholarships.

This is an authorization to insert our advertisement in 78th Annual Souvenir Journal to be published by the Columbia Association, NYC Fire Department. This Journal is published in conjunction with the Association's Annual Scholarship Dinner Dance, to be held on June 21, 2012 at Russo's on the Bay in Howard Beach, Queens.

**Price List:**

- Back Cover . . . . . \$1,200.00
- Inside Cover . . . . . \$600.00
- Bronze Page . . . . . \$250.00
- Gold Page . . . . . \$350.00
- Full White Page . . . . \$150.00
- Silver Page . . . . . \$300.00
- Half White Page . . . . \$100.00

Name/Organization: \_\_\_\_\_

Contact person: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Type of ad requested: \_\_\_\_\_, for which we agree to pay the sum of: \$\_\_\_\_\_.

This contract must be returned to our Committee no later than May 15, 2012.

PLEASE MAKE CHECKS PAYABLE TO: COLUMBIA ASSOCIATION - FDNY

**Please forward Ads, Contract and payment to: GRACE M. CACCIOLA 526 HENRY STREET BROOKLYN, NY 11231**

The Columbia Association reserves the right to refuse to publish any advertisement.

For further information please call Grace Cacciola at (516) 852-3318 or visit our website at WWW.FDNYCOLUMBIA.COM.

## COLUMBIA ASSOCIATION

visits

### HERSHEY PARK

DESIGN A VACATION TO MAXIMIZE YOUR ENJOYMENT OF THE AREA

1. HOTEL & HERSHEY PARK PASS COMBINATION
2. HOTEL ONLY
3. HERSHEY PARK PASS ONLY\*

\*THE PARK PASS IS GOOD FOR ANY DATE DURING THEIR SUMMER SEASON (May - August.) Call Park for details about their night before park preview and exact dates.

**DATES:** Wednesday July 25, 2012 to Sunday July 29, 2012

**LODGING:** Best Western The CENTRAL Harrisburg, PA phone (717) 561-2800  
Hotel price is \$133 per room/per night. Check in 3pm

**HERSHEY PARK:** PAY ONE PRICE PARK PASS (DAILY) (Food & parking not included)  
Admits Holder to all attractions for the day.

|         |              |
|---------|--------------|
| NAME    |              |
| ADDRESS |              |
| CITY    | STATE        |
| ZIP     | PHONE: ( ) - |
| E-Mail  |              |

### Worksheet

1. Calculate Rooms and Tickets needed

|               | # of  |  | # of passes |               |                |
|---------------|-------|--|-------------|---------------|----------------|
|               | ROOMS |  | Kids (3-8)  | Adults (9-54) | Senior (55-69) |
| Wednesday     |       |  |             |               |                |
| Thursday      |       |  |             |               |                |
| Friday        |       |  |             |               |                |
| Saturday      |       |  |             |               |                |
| Sunday        | XXXXX |  |             |               |                |
| <b>Totals</b> |       |  |             |               |                |

2. Calculate the PRICE:

|      |                           |        |               |         |
|------|---------------------------|--------|---------------|---------|
|      |                           |        | <b>TOTALS</b> |         |
| 133  | x (# of Rooms             | _____) | =             | _____   |
| \$37 | x (# of Adult Passes      | _____) | =             | _____   |
| \$29 | x (# of Kid Passes        | _____) | =             | _____   |
| \$29 | x (# of Senior Passes     | _____) | =             | _____   |
|      |                           | _____) | =             | _____   |
| \$5  | Park passes mailed to you |        | =             | _____   |
|      |                           |        | <b>TOTAL</b>  | = _____ |

We sold out last year so  
**First Come First Serve**  
**ALL WELCOME**

No refunds after June 18

Payment in FULL due: June 18, 2012 Make Checks Payable to: "Columbia Association"  
Mail to: Sal Belmonte 1616 Stevens Ave. Merrick, NY 11566 - Phone (516) 233-8142

(proceeds benefit Columbia Association Scholarships)

## 78<sup>th</sup> Annual Dinner Dance

Please join the Columbia Association of the New York City Fire Department celebrate its 78th Annual Scholarship Dinner Dance. As always your support in making this a special affair and a success is deeply appreciated.

The Columbia Association 2012 Man of the Year Mario Cilento, President of the NYS AFL-CIO

Our Presidents Award will be presented Edward Kilduff, 34th Chief of Department.

Special Recognition Award presented to the Stephen Siller Foundation.

And a presentation of our 2012 Scholarships.

Our 78th Annual Scholarship Dinner Dance will be held June 21, 2012 at RUSSO'S ON THE BAY, 162-45 Cross Bay Boulevard. Cocktails start 7:00 p.m. Dinner and dancing to follow. Donation of \$90 per person. Contact Craig Silvino for reservations.



# THE MEDICAL CORNER

*Hello and welcome to our featured column of "La Sotto Voce" designed to share information regarding your health for you and your families.*

## **CURB YOUR SUGAR INTAKE TO LOWER HEART RISKS** (Excerpt from Cleveland Clinic)

Cut back on added sugar from processed and packaged foods for a slimmer waistline and a healthier cardiovascular system. Check your beverages first - soft drinks and other canned and bottled drinks have some of the highest sugar contents of any supermarket items. Ingredients are listed in descending order of the amount in which they occur, so the closer that sugar appears to the first ingredient gives you an idea of the amount that is in the food. Sugar comes in many forms and goes by many names: Sucrose, fructose, dextrose, lactose and maltose are forms of sugar, as are honey, corn syrup, evaporated can juice, molasses, and barley malt syrup. The American Heart Association recommends that you get no more than half of your daily discretionary calorie allowance from added sugars, which is no more than 150 calories per day for most American men (100 calories for most women). Since each teaspoon of sugar contains 167 calories, these amounts are roughly equivalent to 9 (or 6) teaspoons per day.

## **QUESTION: "IS THE BEST HEART DIET ONE THAT IS ULTRA-LOW IN FAT?"** (Excerpt from Cleveland Clinic)

When it comes to diet, the right answer is "low fad", not low fat. You actually need fat in your diet, but make sure that you get the good fats. Those healthy fats include monounsaturated fats (found in olive oil, canola oil, avocado and some nuts) and polyunsaturated fats (found in fish, flaxseed, canola oil and walnuts). Follow a Mediterranean-style diet and include these fats, and you will reduce your risk of developing heart disease. In contrast, ultra-low fat diets can actually cause unfavorable changes in cholesterol levels and may increase the risk of diabetes in some people.

## **CHOCOLATE LINKED TO LOWER STROKE RISK**

Your risk of stroke may be reduced if you indulge your love of chocolate, according to a Swedish study published in the Oct 18

issue of the Journal of American College of Cardiology. In recent years, chocolate has been shown to have antioxidant properties that, among other benefits, can help suppress the oxidation of LDL ("BAD") CHOLESTEROL. Dark chocolate, which has more antioxidants than other types of chocolate, is also linked to lower blood pressure. Researchers note that dark chocolate is the preferred variety, because it usually has less sugar and more antioxidants.

**IF YOU ARE ITALIAN-AMERICAN** or want to be..... a Mediterranean diet is heart-healthy along with a glass of wine and now you can add dark chocolate as dessert.

**DON'T HESITATE** to listen to your body's warning signs. Make an appointment to get the facts you need to avoid a heart attack, stroke, aneurysm, poor blood circulation.

**VASCULAR DIAGNOSTIC** will give you answers to your current cardiac and vascular system as well as your fitness level and weight distribution (lean, fat and water), blood profile for cholesterol breakdown and glucose for diabetes. Our staff is made up of wonderful professionals that are particularly aware of the type of job FDNY members (active and retired) have or had. We make the experience as seamless as possible by combining the specialties of cardiology (stress test or nuclear stress test, echocardiography, Holter Monitor/24-hr EKG) and vascular (carotid arteries in neck area, abdominal aorta to evaluate for an aneurysm, blood vessels in the legs, or veins for a clot). The blood profile with a cardiovascular risk analysis and the body weight composition report are filled with information on your status and how to improve your risk factors. If you are interested in our reputation, ask another member of the FDNY. We are accomplishing these evaluations for 30 years.

We always welcome your call.

Let Vascular Diagnostic give you the answers. Take control with information. We are a fully accredited lab in five cardiovascular specialties: nuclear cardiology, carotids, peripheral vascular, venous, and echocardiography.

**CALL (718) 886-0600  
CO-PAY \$15 ONLY  
FREE PARKING IN OUR BUILDING**

*The Medical Corner provided by:  
Vascular Diagnostic Assoc., P.C.  
41-61 Kissena Boulevard  
Flushing, Queens*

*Watch our 6 minute video on our website  
vascularidiagnostic.com.  
We also have Facebook.*

*Cardiovascular Imaging for  
FDNY members since 1981.*

## John Jay College

### Fall Semester 2012

John Jay College of Criminal Justice (CUNY) in conjunction with the FDNY combine resources to present a series of courses that can be applied toward requirements and electives of the BS degree or the BA degree in the newly named Security, Fire and Emergency Management Department. Each course carries three credits and they are taught by FDNY personnel or John Jay faculty professors.

These courses are offered at both FDNY training facilities. The curriculum is offered for firefighting, emergency medical, emergency management, fire inspection and fire safety personnel. Members of the FDNY uniformed services are eligible for limited waivers of certain General Education requirements.

Students are encouraged to develop a degree completion plan with a John Jay College advisor. This plan should take into consideration credit for FDNY training programs completed as well as courses taken at other colleges.

More information is located on Sup No.17 DO No. 24.





# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York  
14 Ivanhoe Drive  
Merrick, NY 11566

PRESORTED  
FIRST CLASS  
US Postage  
**PAID**  
Permit # 1  
Bethpage, NY

## LA SOTTO VOCE

The Newsletter of the FDNY

Columbia Association

La Sotto Voce is published  
four times annually.

### What does the word DUES mean above your name on your address label mean?

We are updating our Membership program. One of our new features includes a Membership history located directly above your name on your address label. Please check the label. The numbers above your name indicate that we have not received your dues for that particular year. With any new system there are glitches. If your records vary with ours, please give us a call at (516) 303-4209. Our Financial Secretary Steve Forlenza will return your call.

*Below indicates 2006 and 2008 dues have not been received.*

**DUES: 06 08**

**Columbia Association  
14 Ivanhoe Dr  
Merrick, NY 11566**

SAMPLE

If you only see the word DUES above your name, this means you are up-to-date and no action is needed. We apologize for any confusion.

## Columbia Association: Executive Board & Committee Members

### Executive Board:

|                       |                        |                   |              |
|-----------------------|------------------------|-------------------|--------------|
| President             | Keith Tanico           | Division 13       | 917 337-7413 |
| 1st Vice President    | Craig Silvino          | Ladder 127        | 516 286-1796 |
| 2nd Vice President    | Joseph Smithwick       | Engine 303        | 516 662-3699 |
| 3rd Vice President    | John Signorile         | Ret-L126          | 516 782-5343 |
| Treasurer             | Teddy Forlenza         | Ladder 8          | 718 213-7499 |
| Financial Secretary   | Stephen Forlenza       | Division 8        | 347 266-8781 |
| Recording Secretary   | Sal Belmonte           | Ladder 102        | 516 233-8142 |
| Sergeant-At-Arms      | Enrico Boletti         | Squad 1           | 917 207-4773 |
| Manhattan Trustee     | Nicholas DePiero       | Ladder 24         | 917 648-9305 |
| Queens Trustee        | Sal Mirra              | Ladder 138        | 516 322-7588 |
| Staten Island Trustee | Ignazio Venezia        | Engine 282        | 917 682-7991 |
| Brooklyn Trustee      | Phil LaRocco           | Ladder 148        | 347 884-1169 |
| Bronx Trustee         | Joseph DePaola         | Ladder 27         | 845 558-4410 |
| EMS Trustee           | Grace Cacciola         | Division 5        | 516 852-3318 |
| Legal Advisor         | Stuart Salles, Esq.    |                   |              |
| Spiritual Advisor     | Msgr. Marc Filacchione | Archdiocese of NY |              |

### Committee Chairs:

|                          |                            |
|--------------------------|----------------------------|
| Trips                    | Keith Tanico/Joe Smithwick |
| Membership               | Joseph Smithwick           |
| Dues                     | Steve Forlenza             |
| Lottery                  | Sal Mirra                  |
| Parade                   | Phil LaRocco               |
| Good & Welfare           | John Signorile             |
| Scholarship/Dinner Dance | Craig Silvino              |
| Hershey Park Trip        | Sal Belmonte               |
| Dinner Journal           | Grace Cacciola             |
| Editor                   | Craig Silvino              |

❖ Visit our website: [www.fdnycolumbia.com](http://www.fdnycolumbia.com)

❖ E-mail the Columbia Association: [keith@fdnycolumbia.com](mailto:keith@fdnycolumbia.com)

❖ Columbia Association Hotline: (516) 303-4209

## 2012 Columbia Association Borough Meetings

Brooklyn  
April 10 & November 13  
VFW Post, 2414 Geritsen Ave.

Queens  
January 10 & June 12  
VFW Post 19-12 149th St.  
(between 19th & 20th Ave.)  
Whitestone NY 11357  
(718) 746-0540

Staten Island  
February 15 & September 12  
Hillside Swim Club  
151 Signs Rd.

Bronx  
March 13 & October 9  
Maestro's Caterers  
1703 Bronxdale Ave.

Long Island  
May 8  
American Legion  
250 Franklin Ave.  
Malverne, LI

2012 Christmas Party  
To Be Announced

