



LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York

2014 Membership Dues Inside

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2013*



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*Christmas
Party
at
DaNico's
Restorante
December 16, 2013
6:30-10:30*

*Please RSVP to one
of the following*

*Keith@
FDNYColumbia.com
Silvinc@
FDNYColumbia.com*

2013 COLUMBUS DAY PARADE

This year's Columbus Day Parade turned 5th Avenue into a true celebration of Italian-American heritage. Beginning with a wonderful pre-parade breakfast, members and their families gathered for a day filled with food, drinks, and fun as we marched up New York City's 5th Avenue as a visible show of the FDNY's presence and pride.

The Fire Department membership was led by our president, Keith Tanico, Commissioner Cassano, and Columbia Association Parade Chairman, Phil LaRocco, along with other officers, members, and friends of the Association, including the Fire Riders. We were joined also by a contingent from the International Columbia Association.

The excitement and celebration continued in full force at the after-party at a popular NYC bar and lounge, where food and drinks were enjoyed. Toasts, cheers, and lots of laughs were shared and a great time was had by all who attended.

Bigger and better with every passing year, many who joined us for the first time this year have already marked their calendars for the next one. We invite you to join us for this memorable day next October 2014 for what promises to be a fun-filled and exciting day that is not to be missed.



Vist Our Online Store & Shop For Official FDNY Columbia Association Merchandise.
All Proceeds Benefit The Columbia Association Scholarship Fund.
www.fdnycolumbia.com





MetLife's
Legacy Advisors



We at MetLife's Legacy Advisors, in conjunction with the Board of Directors for the Columbia Association of the FDNY, cordially invite you to an Educational Workshop to discuss the following topics:

- **How to maximize your pension**
 - Plan to anticipate life's changes
 - What pension choice is right for you?
 - Receive income for as long as you live
- **How to build your retirement assets**
 - Creating an income strategy
 - From accumulation to distribution
 - How long will your retirement last?
- **How to make your retirement assets outlast you**
 - Protect your income against unexpected expenses
 - How do you want to live?
 - What about your legacy?

The workshops will be held on Tuesday, January 28th and Thursday, January 30th. Keep these dates open! Formal invitations will follow with details on time and location. Dinner and refreshments will be served.

If you are interested in attending please respond to (516) 686-7182 or (516) 686-7023 or fill out the information below and return to MetLife/Frank Amodio 1044 Northern Blvd., Suite 200, Roslyn, NY 11576 by December 31st, 2013. Your response is important as seating will be limited.

✂ _____

Name: _____

Address: _____

Phone #: _____

Email Address: _____

I am interested in discussing the following topic(s):

- Maximizing my pension Building assets for retirement Making retirement assets last

It would be most convenient for me to attend a workshop in the following location(s):

- Nassau Brooklyn Queens

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Cigar Night October 25, 2013 at Club Macanudo

Once again, we held our semi-annual Cigar Night at Club Macanudo in Manhattan. We sold out to this spectacular event with over 100 guests. Everyone enjoyed cigars and top shelf liquor while listening to enjoyable live music. Dinner was served and the festivities continued well after 9pm. Many guests remained at the Club once the event had ended.

This year we honored 2 special friends. First, we honored our good friend Alfred (Butch) Guzzi, from the Long Branch FD. Butch had recently been promoted to Lieutenant on October 4th. Every event that we run, Butch is sure to bring at least a dozen friends with him and they always have a good time.

Next we honored the Clubs mater'd, Mauricio Cordoba. This years event just so happened to fall on his birthday (I think he planned it that way). Mauricio has been treating us like family for the last several years and tells us that the Club is our home. Grace had bought a huge cake and we forced everyone to sing Happy Birthday to our "BROTHER". Needless to say he was very happy that the Columbia Association "remembered" his birthday.

Thanks to all that turned out and please, look for us to run this event next year in the fall, if you like fine cigars and a nice drink.

The 2013 Golf Outing

A great time was had by all. This year the weather was perfect, the course was in great shape. Happy hour was also a big success with everyone getting just the right amount of happy. There were lots of great giveaways and many laughs. We're looking forward to next year and maybe seeing some new faces.

Thanks to all that came and have a merry Christmas and happy New Year!

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**



It's That Time Again - STUDING FOR PROMOTION? The Jerry Barbara Promotional Scholarship

The J. Barbara foundation will award 3 scholarships to FireTech. (One for each rank-Promotion to Lieutenant, Captain & Chief) Jerry Barbara / FireTech Scholarship applications for the January FireTech Promotional Course. You must be a member in good standing to qualify Please mail before January 5, 2014 to Craig Silvino 14 Piermont Dr, Melville NY 11747

Name _____
 Address _____
 Phone _____
 Assigned Unit _____ Studying for the rank of _____



COLUMBIA ASSOCIATION 2014 SCHOLARSHIP COMPETITION

CANDIDATES FOR COLLEGE AWARDS (12th Grade Students)

Submit applications, along with a copy of the candidate's SAT scores, before April 1, 2014. These tests must have been taken in the candidates' junior or senior year of high school between September 2012 and March 2014. This must be the candidates' graduating year.

CANDIDATES FOR HIGH SCHOOL (8th Grade Students)

Submit applications before March 1, 2014. The STS closed high school placement test will be given March 2, 2014 at Randal's Island, Building 11 (D.O.T.). Exam will begin at exactly 10am.

ELIGIBILITY: Candidates for these awards may compete if a parent (natural, step or foster) is a member in good standing with the Columbia Association. Children of a deceased member, who were in good standing at time of death, may also compete. Grand Children are NOT eligible.

APPLICATIONS: Applications may be obtained from the internet at www.fdnycolumbia.com, your Borough Trustee, or by contacting the Scholarship Chairman, Grace Cacciola, 526 Henry Street, Brooklyn, NY 11231, (917) 375-3702



2nd Annual BOCCE BALL Tournament, Great turnout!

We were rained out on June 13th and rescheduled it on June 25th. The turnout was great. Nearly 100 members and their families and friends enjoyed a great day together in the sun. A total of 16 teams played. Food was on hand from the start at 11a.m. till the sun went down at 7 p.m., when the awards were given out. 1st place went to The Sacks, The Bags (last years 2nd place team) repeated again and 3rd to last years champs The Carpet guys. Thanks to our sponsors Cardinali Bakery and Vincent's Clam Bar. Everyone went home with a prize, wine or a dinner to Mio Posto, etc... Thanks to Nick and Paul from the board for making it a success. Also to the Del's and Checco for doing all our running around that day.

UFOA RETIREES - Retiregram 11/29/2013

Two Denials Overturned Judges: Pension Boards Err on 9/11 Disabilities

Chief Leader
October 28, 2013

State courts reversed two more denials of applications for disability pensions for first-responders at the World Trade Center on 9/11, both having to do with mental issues.

"The Appellate Division feels people should be awarded based on disability findings under the World Trade Center Presumptive Law," their attorney, Chet Lukaszewski, said in an interview.

Onus on Pension Boards

The law, an amendment to city pension law, gives the benefit of the doubt to first-responders who developed illnesses after 9/11. It says that if a pension board disagrees that the illness was caused by exposure to Ground Zero debris, it must offer credible medical evidence of some other cause. Otherwise, it says, the applicant must get a three-quarter disability pension.

First-responders who were denied disability have been appealing in the courts. Their cause was bolstered by a decision by the state's highest court, the Court of Appeals, last December that made it harder for pension boards to say no to disability pensions.

"First-responders need not submit any evidence — credible or otherwise — [that their illnesses were caused by Ground Zero exposure] to obtain the enhanced benefits," the ruling said.

The Appellate Division, an intermediate appeals court, ordered that the Police Pension Board grant Det. Mary Ginther a disability pension. In the case of Emergency Medical Technician Ennis Boyer, a Brooklyn Supreme Court judge sent the file back to the Medical Board of the New York City Employees Retirement System for reconsideration.

Hundreds of Hours There

Ms. Ginther was assigned to dignitary protection in the Intelligence Unit when she responded to Ground Zero on Sept. 11, performing crowd control and escorting officers into the ruins. She worked hundreds of hours at the site over the next weeks, mostly escorting officials who were touring it.

"Petitioner later informed her treatment-care providers that she felt in danger throughout her WTC efforts; and felt a strong sense of helplessness," according to Mr. Lukaszewski's brief. "She was unable to rid her mind of the families begging her to find their loved ones. She instantly began to have flashbacks of vivid memories of the traumatic events she witnessed. Even upon leaving work, petitioner felt extreme fear, helplessness and horror."

She retired abruptly on Nov. 28, going on leave to run out the clock on her 20 years.

Ms. Ginther did not report her psychological problems to the Police Department, believing they would subside after she retired, according to the brief. They did not. She had to leave three post-retirement jobs because of anger issues. Finally, in 2007, she underwent medical and psychological testing at the World Trade Center Medical Monitoring and Treatment Program and was diagnosed with post-traumatic stress disorder.

Board Doubted Connection

The Police Pension Fund Medical Board concluded that her psychological issues were not related to 9/11, questioning why she waited so long to report her problems.

The Appellate Division ruled Sept. 24 that the board had failed to meet its burden "of providing competent evidence rebutting petitioner's medical evidence that she suffered from post-traumatic stress disorder and depression following her service as a police officer at the World Trade Center site.

"Although the Medical Board rejected the conclusion of petitioner's doctors based on her delay in seeking diagnosis and treatment for her medical condition, and concluded, instead, that petitioner suffered from a personality disorder, no credible or competent medical evidence was cited in support of this diagnosis," the ruling continued.

Mr. Boyer had been an EMT for 14 years when he responded to Ground Zero. He logged 219 hours on Sept. 11 and in the following weeks, performing duties that included retrieving and identifying body parts.

Had Traumatic Effect

In the aftermath of the attack, he began to have significant disciplinary issues and was placed on restricted duty the following June, according to the ruling by Brooklyn Supreme Court Justice Debra Silber. Despite continuing treatment by city and private doctors, his mental state continued to deteriorate.

In April of 2008, he started to "stutter excessively" and was diagnosed with dysphasia, meaning that brain injury had impaired his ability to speak, Justice Silber said. He applied for World Trade Center disability retirement the following year.

The Medical Board of the New York City Retirement System determined that Mr. Boyer's disability was not related to his service at Ground Zero. The board said he had "mental issues" since childhood.

Judge Silber ruled on Sept. 26, "The Medical Board's opinion does not satisfy the requirement [for] proving that a claim's qualifying condition was not caused by the hazards encountered at the WTC site." Specifically, the Medical Board bases its conclusion on petitioner's lack of evidence of causation which is not grounds for denial of the enhanced benefit."

She also asked how it was that if his mental problems went back before 2001, he served the bulk of his career with no problems.



Protect Your Heart When Shoveling Snow

The combination of colder temperatures and physical exertion increases the workload on the heart. The American Heart Association says that for most people, shoveling snow may not lead to any health problems. However, the association warns that the risk of a heart attack during snow shoveling may increase for some, stating that the combination of colder temperatures and physical exertion increases the workload on the heart.

People who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain a person's heart. To help make snow removal safer, the American Heart Association has compiled a list of practical tips.

Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.

- Don't eat a heavy meal prior or soon after shoveling. Eating a large meal can put an extra load on your heart.
- Use a small shovel or consider a snow thrower. The act of lifting heavy snow can raise blood pressure acutely during the lift. It is safer to lift smaller amounts more times, than to lug a few huge shovelfuls of snow. When possible, simply push the snow.
- Learn the heart attack warning signs (listed below) and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives - maybe your own. Don't wait more than five minutes to call 9-1-1.
- Don't drink alcoholic beverages before or immediately after shoveling. Alcohol may increase a person's sensation of warmth and may cause them to underestimate the extra strain their body is under in the cold.
- Consult a doctor. If you have a medical condition, don't exercise on a

regular basis or are middle aged or older, meet with your doctor prior to the first anticipated snowfall.

- Be aware of the dangers of hypothermia. Heart failure causes most deaths in hypothermia. To prevent hypothermia, dress in layers of warm clothing, which traps air between layers forming a protective insulation. Wear a hat because much of your body's heat can be lost through your head.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
 - Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
 - Shortness of breath with or without chest discomfort.
 - Other signs may include breaking out in a cold sweat, nausea or lightheadedness.
 - As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.
- In the event of a suspected heart attack, CALL 9-1-1. Emergency medical services (EMS) staff can begin treatment when they arrive - up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

HOLIDAY COOKING CORNER STRUFFOLI (HONEY BALLS)

For the Dough

- 4 cups all-purpose flour
- 1 tablespoon sugar
- Zest of half a lemon, grated
- Zest of half an orange, grated
- pinch salt
- 4 large eggs
- 1 tablespoon unsalted butter
- 1 teaspoon grappa, rum, or vanilla
- 3 cups vegetable oil for frying

For the Honey Syrup

- 2 cups honey
- ½ cup sugar
- ⅓ cup water
- ¼ cup small colored sprinkles

Stir the flour, sugar, lemon and orange zest and salt together in a bowl and turn it out onto a clean work surface. Make a well in the center of the dry ingredients and add the eggs, butter and grappa to it. With your fingertips, work the eggs, butter and grappa together until more or less blended, then begin working in the dry ingredients. Continue working the dough un-

til it is smooth and evenly blended. Gather the dough together into a ball, wipe the dough from your hands and add it to the dough ball. Clean your hands and the work surface, flour both lightly and knead the dough until smooth, 3 to 4 minutes. Wrap the dough in plastic wrap and let stand at room temperature 1 hour.

Pull off a plum size piece of the dough and roll it out with your palms and fingers to a rope about 1/3 inch in diameter. Repeat with the remaining dough. Cut the dough ropes crosswise into 1/3-inch lengths. Roll the pieces of dough between your hands into balls.

Pour the oil into a wide, deep skillet or braising pan and heat over medium heat until a deep frying thermometer registers 350 degrees F or a dough ball gives off a lively sizzle when slipped into the oil. Carefully slide about one-fourth of the dough balls into the oil and fry, turning and immersing them with a wire skimmer or slotted spoon, until golden brown on all sides, about 4 minutes. Transfer them with the skimmer to a paper towel-lined baking sheet to drain, first allowing any excess oil to drip back into the pan. Repeat with the remaining dough balls, allowing the oil to

return to the correct temperature before frying the next batch.

Have a bowl of cold water and a serving plate large enough to hold the finished struffoli (about 12 inches in diameter) close by. Stir the honey, sugar and water together in a heavy wide pot large enough to hold all the dough balls over low heat until the sugar is dissolved. Increase the heat to high and bring the syrup to a boil. The syrup will foam up dramatically when it comes to a boil. Continue cooking until the foam dies down and the mixture becomes just a shade darker [ok?], about 4 minutes. Remove from the heat and immediately add all the fried dough balls. Toss them in the syrup with a wire skimmer until they are coated. Remove the dough balls from the syrup with the skimmer, allowing excess syrup to drip back into the pan first, and mound them on the serving plate like a pyramid, helping yourself with your hands from time to time, after dipping them into the cold water to protect them.

Scatter the sprinkles over the mound of struffoli until it is colorful. You may serve them the same day, however it also keeps well for several days covered loosely with plastic wrap.





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

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LA SOTTO VOCE

The Newsletter of the FDNY

Columbia Association

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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 Kieth or Paul a call. We would like to apologize in advance for any issues you may have. We have changed companies and it has caused some errors.

Below indicates 2006 and 2008 dues have not been received.

DUES: 06 08
Columbia Association
14 Ivanhoe Dr
Merrick, NY 11566

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	Stephen Forlenza	Division 8	347 266-8781
Financial Secretary	Nick DePierro	Ladder 126	917 648-9305
Recording Secretary	Sal Belmonte	Ladder 102	516 233-8142
Sergeant-At-Arms	Enrico Boletti	Squad 1	917 207-4773
Sergeant-At-Arms	Paul Fischetti	Ladder 4	516 582-0011
Manhattan Trustee	James Pisano	Squad 1	917 751-8335
Queens Trustee	Sal Mirra	Division 15	516 322-7588
Staten Island Trustee	Vito Verde	Engine 153	646 529-6346
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

❖ E-mail the Columbia Association: keith@fdnycolumbia.com

2014 Columbia Association Borough Meetings

Brooklyn
Feb 11 & Sept 9
VFW Post, 2414 Geritsen Ave.

Queens
Mar 11 & Oct 14
VFW Post 19-12 149th St
(between 19th & 20th Ave)
Whitestone NY 11357
(718) 746-0540

Staten Island
April 8 & Nov 11
Hillside Swim Club
151 Signs Rd.

Bronx
Jan 14 & June 10
Maestro's Caterers
1703 Bronxdale Avenue

Long Island
May 13
American Legion
250 Franklin Ave

Malverne LI
2013 Christmas Party
Dec 16, 2013

All Borough Meetings Are Held on the SECOND TUESDAY OF EVERY MONTH. There are no meetings in July & August. Meetings Begin at 8:00 p.m. Food & Refreshments are always served.

