Have You Teladoc-ed Yet?

You already have access to a board-certified doctor by phone or video. In minutes.

Teladoc is a great benefit that members of the CCPOA Medical Plan have right now. It lets you talk to experienced doctors, get prescriptions, if medically necessary, and is available 24/7/365.

HOW DOES IT WORK?

Connecting with a doctor within minutes is easy. Whenever you feel unwell, you can receive convenient, quality care from a variety of licensed healthcare professionals. Want to see the doctor? Choose “video” as the method for your visit. Feeling camera shy? Choose “phone.” Got a busy schedule? Select a time that’s best for you by choosing “schedule” instead of “as soon as possible.”

Talk to the doctor. Take as much time as you need…. there’s no limit!

A NATIONWIDE NETWORK

Teladoc uses a national network of U.S. board-certified physicians, dermatologist and therapists and pair you with a doctor licensed in your state.

The doctor will review your medical records. Your medical history provides valuable information to the doctor regarding past conditions, medications, allergies as well as information about your family’s medical history.

PHARMACY?

If medically necessary, a prescription will be sent to the pharmacy of your choice.

Receive the treatment you need in a timely, expedient manner. In addition, you have the ability to send your visit results to your primary care physician.

HOW MUCH DOES IT COST?

Beginning January 1, 2017 the copay is being reduced to only $5.

Through Teladoc you have access to General Medical doctors, which means Family Physicians, Pediatricians and Internal Medicine Specialists.

YOUR HEALTH RECORD IS PRIVATE

Health records are kept totally private and using robust encryption methods to protect your personal information. You determine who can see the information in your record.

OFF-WORK NOTE

When you are on a telephonic or video consult with a Teladoc physician, and if it is appropriate, you may request an Off-Work Note, if you are diagnosed with a respiratory and infectious illness such as bronchitis or seasonal flu. If in the doctor’s judgment you are not able to work for the next 24 hours, the doctor may grant your request for an Off-Work Note.

The Off-Work Note covers a day off work for a 24-hour period. If you need to be off work for more than a 24-hour period, you will be directed to follow up with your Personal Physician. To receive the Off-Work Note, you will need to have access to a fax machine or the Internet.

HOW DO I START? IT’S EASY!

Visit: Teladoc.com/bsc
Call: 1-800-Teladoc
Download: AppStore or Google Play
According to the United States Department of Agriculture (USDA) the average American consumes between 150 to 170 pounds of refined sugars in one year! Plus an additional 62 pounds of high fructose corn syrup every year. By comparison Americans ingest only one pound of honey per year.

There is a saying that health and good looks come from stomach, and consuming honey drinks is a great way to reap those nutrition and therapeutic benefits, but there are a few rules you should know before you go and buy honey at the store.

**LET'S START BY LOOKING AT WHAT HONEY REALLY IS...**

Honey is NOT bee vomit. Sugary liquid nectar is extracted from flowers using a bee’s long, tube-shaped tongue and stored in its extra stomach, called a “crop.” While sloshing around in the crop, the nectar mixes with enzymes that transform its chemical composition and pH, making it more suitable for long-term storage.

When a honeybee returns to the hive, it passes the nectar to another bee by regurgitating the liquid into the other bee’s mouth. This regurgitation process is repeated until the partially digested nectar is finally deposited into a honeycomb.

The bees set to work fanning the honeycomb with their wings in an effort to speed up the process of evaporation, and turn the liquid into the thick version we all know.

When most of the water has evaporated from the honeycomb, the bee seals the comb with a secretion of liquid from its abdomen, which eventually hardens into beeswax. Away from air and water, honey can be stored indefinitely, providing bees with the perfect food source for cold winter months.

**OUCH! THIS INFORMATION STINGS**

The antibacterial activity in some honeys is 100 times more potent than in others, while processed refined honey will lack many of these beneficial properties altogether. Your average domestic “Grade A” type honey found in the grocery store is likely highly processed.

The website FoodSafetyNews.com (FSN) did an investigative piece on honey. FSN purchased more than 60 jars, jugs and plastic bears of honey in 10 states and the District of Columbia. All 60 jars of “honey” tested by FSN came back negative for pollen, which is a clear sign of ultra-processing.

In their investigation, FSN discovered the following:

- 76 percent of honey samples bought at grocery stores (such as TOP Food, Safeway, QFC, Kroger, Harris Teeter, etc.) were absent of pollen
- 77 percent of the honey from big box stores (like Costco, Sam’s Club, Walmart, and Target) were absent of pollen
- 100 percent of the honey sampled from drug stores (like Walgreens, Rite-Aid, and CVS Pharmacy) were absent of pollen

The good news is all of the samples from farmers markets, co-ops, and natural stores like Trader Joe’s had the full, proper compliment of pollen, as did organic brands from common grocery stores. When choosing honey, be sure it is raw, unfiltered, and 100% pure, from a trusted source.

**INGESTING A SPOONFUL OF HONEY IS THE MEDICINE**

Food is fuel, healthy food is the healthiest source of fuel. The benefit to honey on an empty stomach is fast absorption.

If the stomach is empty and it receives a glass of water with a spoonful of honey the body uses the honey much more efficiently and effectively and you receive MORE benefits from the honey. The water without food approach helps to hydrate the intestinal system to help with nutrient absorption so that all that’s in the honey is absorbed and used quickly.

**HERE’S WHAT HAPPENS...**

Taking a spoonful of honey with a glass of water about an hour before bedtime will increase your sleep quality effectively. Honey fuels your liver with glycogen which helps your body repair and recover overnight instead of going into depletion. Honey also causes your brain to release melatonin which is an essential sleep hormone. It helps you sleep better in multiple ways.

Honey contains a beneficial nutritional profile that includes prebiotics. Prebiotics are the precursor nutrient to probiotics, known as good bacteria for gut flora health. Prebiotics give your gut the necessary missing part that it needs to produce its own beneficial microbes internally.

Honey has powerful anti-bacterial, antiseptic, anti-viral and even anti-fungal properties. Honey contains an enzyme called glucose oxidase, which breaks down glucose sugars and generates hydrogen peroxide. Used topically for a wound dressing or other purpose, its dilution with body fluids produces hydrogen peroxide which is released slowly and acts as an antibacterial agent.

Honey is also hygroscopic, which means it draws moisture. When applied to a wound, it acts like a dry sponge soaking up water and pus from an infection by osmosis. This, in turn, can help kill bacteria, since bacteria need liquid to proliferate.

**HOW TO MAKE HONEY WATER**

Add one table spoon of organic raw honey in a cup of warm (not hot) water and mix well. So simple it’s almost not worth writing.

food SAFETY NEWs.com; diet of life.com; livescience.com

[Hi Honey]

![Hi Honey](image)
Fitness From the Blue Shield Health Library

Can You Hear Me Now?

Many people may be very reluctant to admit they have a hearing problem, or need a hearing aid. But in today’s noise filled world it’s not just some thing your grandpa uses.

According to The National Institutes of Health, approximately 15% of Americans between the ages of 20 and 69—or 26 million Americans—have hearing loss that may have been caused by exposure to noise at work or in leisure activities.

WHAT SHOULD I DO IF I THINK I NEED HEARING AIDS?

If you think you have a hearing problem and are thinking about getting hearing aids, see your doctor or an audiologist. An audiologist can help determine what type of hearing aid will work best for you. The audiologist will pick a hearing aid based on the type and how much hearing loss you have and other factors.

You also need to consider cost. Hearing aids can be expensive, and they are not always covered by insurance. (CCPOA members with Piggyback do have a hearing-aid benefit). Be sure to ask about a return policy, in case you are not satisfied with the hearing aids, and any warranties.

WHAT ARE HEARING AIDS?

Hearing aids make sounds louder. There are many different styles of hearing aids. And you can add special features to your hearing aids. But almost all hearing aids have these parts:

- A microphone, to pick up sound.
- An amplifier, to make the sound louder.
- A speaker, to deliver the sound into the ear.

Most hearing aids use digital technology. They are programmed for your needs using a computer. Very few hearing aids use analog technology.

The size of a hearing aid is not a good indicator of its sound quality.

You can wear hearing aids behind your ear, in your outer ear, in your ear canal, or completely implanted in the ear. The kind of hearing aid you choose depends on many things, including your degree of hearing loss.

WHAT ARE THE DIFFERENT TYPES AND STYLES OF HEARING AIDS?

Behind-the-ear (BTE) hearing aids:

Most parts of BTE hearing aids are in a case that fits behind the ear. The case is connected to a plastic ear mold by a clear tube that wraps around the top of your ear. BTE hearing aids are used for all degrees of hearing loss, especially very severe hearing loss. BTE hearing aids can be made with special features, such as a telecoil that helps with hearing during phone calls and a directional microphone system that can help you hear voices in a noisy room. They may be better for children because of safety and growth reasons.

“Mini” BTE (or on-the-ear) hearing aids: The mini BTE is a smaller version of BTE hearing aids. The parts are in a case behind the ear, but the case is smaller. And the tube connecting the case to the earpiece is almost invisible.

In-the-ear (ITE) hearing aids:

The parts of the ITE hearing aid are in a case that fits in the outer part of the ear. It can be used by people who have mild to severe hearing loss. Children do not usually use them because the case must be replaced as the child grows.

In-the-canal (ITC) and completely-in-the-canal (CIC) hearing aids:

- The parts of the ITC and CIC hearing aids are in a case that fits partly or completely into the ear canal. ITC and CIC hearing aids are used by people with mild to moderate hearing loss. They are made to fit the shape and the size of your ear canal. Both ITC and CIC hearing aids can be damaged by earwax and fluid draining from the ear, and their small size may be difficult for some people to handle. They are not recommended for children.

Implantable hearing aids:

For people with moderate to severe hearing loss who cannot wear an external hearing aid, an implantable hearing aid is an option. Different types of these devices are implanted surgically; others are implanted non-surgically. Because nothing is molded into the ear to block sound, some people say they hear better with implantable devices. Also, implantable devices do not create “feedback” noise. And the batteries tend to last a very long time.

KICK IT UP A NOTCH

Bluetooth: Allows you to connect your hearing aids to other electronic devices, such as cell phones, computers, and GPS devices.

Directional microphone: This feature can help you hear better in a noisy place.

T-coil: A t-coil lets you switch between normal hearing aid settings and a telephone setting.

Direct audio input: This feature lets you connect your hearing aid to a TV, radio, or CD player. You plug it directly into your hearing aid.

Feedback suppression: This feature will control the high-pitched sound some people get with hearing aids (feedback).
Heads You Win

A bank is trying to change your mind about change, by placing 100 fake pennies across the country worth $1,000 apiece.

“Lucky Penny” is a promotion by Ally Bank to encourage Americans to look for opportunities to save. The lucky pennies carry a copper color like real pennies, but feature the Detroit-based bank’s logo instead of Abraham Lincoln’s head. The flip side of the coin lists its value at 100,000 cents.

The pennies have been placed in New York, Los Angeles, Chicago, Washington, D.C., Miami, Denver, Detroit, San Diego, Charlotte, North Carolina, and Austin, Texas.

The coins can be redeemed online until the end of the year. freep.com

A person who drives 10 miles to buy their lottery ticket is actually 3 times more likely to be killed in a car accident while driving to buy the ticket than they are to win the jackpot.

Makes Cents

- U.S. paper money is not paper. It’s cloth. In Ben Franklin’s day, people repaired torn bills with a needle and thread.
- Pennies buried in a garden will repel slugs, which get electric shocks from touching copper and zinc.
- A $1 bill has a life expectancy of approximately 5.9 years, where a $100 bill can expect to survive in circulation for up to 15 years. It takes around 4,000 folds before a bill will tear from use.
- Did you know which U.S bill has a picture of a car on it? And it’s a totally imaginary model. Go ahead, take out your wallet and look on the back of a $10 bill.
- U.S. dollar is the official paper currency of Latin American nations– Panama and Ecuador
- Increase the bloom time of cut flowers by adding a copper penny to the water in your vase. mentalfloss.com; supermoney.com; factmonster.com; triviacafe.com

Luck be a Lady

This is the strange but true story of Frane Selak, the luckiest ‘unlucky’ person in the world. Born in 1929, the Croatian music teacher has lived a most amazing life, to say the least.

Selak’s brushes with death started in January 1962 when he was riding a train through a cold, rainy canyon and the train flipped off the tracks and crashed in a river.

Suffering from hypothermia, shock, bruises and a broken arm, he barely made it to the river-bank. Seventeen other people were not so lucky and drowned.

The next year, during his first and only plane ride, he was blown out of a malfunctioning plane door and landed in a haystack; the plane crashed, killing 19 people.

Then in 1966, a bus he was on skidded into a river, drowning four. He swam to safety with just cuts and bruises.

In 1970 his car caught fire as he was driving, but he managed to escape before the fuel tank blew up. Three years later, in another driving incident, the engine of his car was doused with hot oil from a malfunctioning fuel pump, and flame shot through the air vents. Selak’s hair was completely burned off, but he was otherwise unharmed.

The following year, he was driving in the mountains when he turned a corner to see a UN truck coming straight for him. To avoid collision, he swerved into a guardrail, which gave way under the force of his car and shot over a 300 foot cliff. He leapt clear at the last minute and sat in a tree as he watched his car hit the bottom and explode.

In 2003 he bought his first ever lottery ticket. He won $1,110,000.

Now, at 81 Selak decided that “money cannot buy happiness” and has decided to live a frugal life.

He has sold his luxury home on a private island, given away his fortune to family and friends and moved back to his modest home. He kept the last bit of his winnings for a hip replacement operation so he could enjoy life with his wife.

He also plans to build a shrine to the Virgin Mary to give thanks for his luck. telegraph.co.uk; wikipedia.org

Big Faker

Canadian Frank Bourassa’s counterfeit money operation was the biggest orchestrated by one Man. He convinced a Swiss paper company to sell him authentic rag paper, complete with security thread and a watermark, and bought printing presses and embossers to make his fake cash. He spent $300,000, made $250 million in fake U.S. money and, in the end, got off with just six weeks in jail.

How did he get so little jail time?

Bourassa cut a deal with Canadian authorities: He handed over $200 million in fake bills, in exchange for a fine of $1,350 and jail time. Canada also agreed not to extradite him, so he was safe from U.S. authorities.

What he didn’t disclose to the authorities was that there was $50 million more of his fake cash, which to this day is unaccounted for. “The deal was already done when they figured out that the $50 million was missing, so there was nothing they could do,” he said. “So they’re pissed.” They’re as pissed as pissed could be.” mentalfloss.com
It’s News to Me

Stephan Crane should never be a professional burglar.

The 19-year-old Hamilton, Montana man was arrested following an early morning break-in to the local newspaper - the Ravalli Republic.

Crane broke into the newsroom through a window and then watched some pornography on the computers he found inside. Using his own name he also logged onto his MySpace and Facebook pages.

He then doused the room with a fire extinguisher.

Following a short investigation, Hamilton Police officers followed a trail of stolen trail mix and M&Ms to his sister’s apartment just across the hallway from the paper’s newsroom. The M&Ms were found lying on top of the Tuesday edition of the Ravalli Republic. ravallirepublic.com

Thanks Dad

24-year-old Chelsea Wilson of Fort Lauderdale, Florida asked her dad for a ride to the bank. Before going inside she put on her red wig, hat, and sunglasses.

Once inside, she handed the teller a note that read, “You have exactly one minute to give me all your $50 & $100 bills from both drawers or I will shoot you! No dye packs, no alarms follow these instructions and no one will get hurt, act normal.” Wilson made off with $300.

She was recognized in a news report, and FBI agents found the getaway car, which was registered in her father’s name, at her house Thursday.

According to authorities, her father told them he thought he was taking his daughter to a job interview. Where red hair is a requirement. He said he assumed the money was “an advance payment at her new job.” Because that’s how jobs work. sun-sentinel.com

P-s-s-s-t Buddy...

Two men were talking in hushed tones, as to not alert the nearby deputy. Maybe the drug dealer, Christopher Durkin of Glenshaw, PA had nerves of steel, because when the deputy made contact Durkin politely and quietly walked away. Or maybe he was just really stupid.

They men had needed to talk in hushed tones because both were in court. As soon as Durkin left, the unnamed man in the seating area who was only present for a traffic charge, went straight to the deputy.

Durkin was charged with possession and intent to sell—and also for driving on a suspended license crimefeed.com

Drive Me Crazy

Matt Burke of Sydney, Australia man has been slapped with a hefty fine and labelled a “serious offender.” His Crime? Parking across his own driveway.

Burke lives opposite the Ashbury Public School. He said parking can be problematic during the school drop-off and pick-up. Because he has to pick up his own son from preschool, he parked across his own driveway to prevent other cars from blocking him in.

Despite contacting authorities on the phone and in writing, he was told leniency is inappropriate for such a serious offence. He was fined $180.

According to local law, a driver must not stop across a driveway for more than two minutes. Whether the driveway is your own is irrelevant. dailytelegraph.com.au

Thanks for Calling

A former Houston 911 operator is facing criminal charges for hanging up on callers because “she did not want to talk to anyone,” according to Houston Police investigators.

Crenshanda Williams may have done this quite a bit. She was involved in thousands of emergency calls lasting less than 20 seconds.

In one case, Williams allegedly hung up on a man who called to report a robbery in progress.

In a separate incident, Williams allegedly hung up on a security guard calling to report reckless driving and can be heard saying, “Ain’t nobody got time for this. For real.” nbcnews.com

HI, 911? IT’S ME AGAIN.”

What’s the best way to get back at your ex? 29-year-old Marie Weatherspoon of Carneys Point, New Jersey knew what to do – she falsely reported him for abuse.

According to police, Weatherspoon would pretend to be a neighbor calling to report a man next door—her ex—for assaulting his current girlfriend. The problem is, every time she called she used the exact same story. This led police to suspect the caller was up to no good.

Ya think?

Weatherspoon has been indicted on 26 counts — 10 counts of creating a false public alarm, 15 counts of false incrimination and one count of stalking. This would have been a much different story if Crenshanda Williams had been the 9-1-1- operator. nj.com

Hi Hubby

Recently, a woman in Fresno, California, was stopped at a DUI checkpoint for being soused. Ever helpful, she offered up this info: “My husband’s right behind me, and he’s even drunker than I am.” rd.com
Changes to Walkadoo

FitLinxx, the maker of the Pebble device, has determined that they will no longer support the Pebble after December 31st, 2016. As a result, all data services related to Pebbles will be discontinued and Pebbles won’t track members’ steps after December 31, 2016.

In response to this, Walkadoo is partnering with Fitbit to provide Walkadoo members with a Fitbit Zip™ in place of the Pebble. MeYouHealth, the people behind Walkadoo believe this will make members’ experience even better!

In order to ensure a smooth member transition the Pebble will be phased out in waves with priority given to new participants. Current members will continue to use their Pebble until November/December of this year.

Beginning August 15, 2016, new members of Walkadoo will receive a Fitbit Zip instead of the Pebble. Walkadoo members who are actively using a Pebble will get an email on November 15, 2016 that explains their Pebble will become inactive at the end of the year. The email will include a link to order a replacement Fitbit Zip at no cost.

The email will urge Walkadoo members to do this as soon as possible, and to offload their steps from their Pebble before making the switch. Current active Walkadoo members that are using a device other than a Pebble will not receive any communication.

All Walkadoo members including those who are not using their Pebble but have an incentive program beginning January 1, 2017 will also receive the same email as active users on November 15, 2016.

Inactive Walkadoo members without an incentive program that begins on January 1, 2017, will receive an email to swap their Pebble for a Fitbit Zip on January 1, 2017.

I’ll Just Stay Here, Thanks

Last issue, we talked about the longest solitary confinement. Here’s a totally opposite kind of story... Could you say “No” to the President of the United States? What if he were passing out “Get Out of Jail Free” cards? Arnold Ray Jones did just that. Clemency? No thank you.

WAIT, WHAT?

Jones, 50, has been serving time in a Beaumont, Texas federal prison since 2002 for dealing cocaine. He’s set for release in April 2019, but under President Obama’s clemency program for drug offenders, Jones could have gotten out in 8 months sooner.

SO WHY THE REJECTION?

One of the conditions for his early release would require him to enroll in a residential drug treatment program. But inmate records show that Jones used crack cocaine every week in the year before he was arrested and previous drug treatment programs he’s tried just didn’t work.

President Obama has granted clemency to 774 individuals, the vast majority of whom were serving time for nonviolent drug crimes. Jones is the only prisoner to turn it down.

Jones did not state his reasons for declining the clemency. cnn.com

Gold Shield paid out over $5M in claims to fellow CCPOA officers last year.

DISABILITIES ARE REAL.

Are you covered?

We’ve Got You Covered.

Call the Trust, or go online for more information. 1-800-In-Unit-6
Butter, Margarine and Why it’s Yellow

Since milk is white, why is butter yellow? What is margarine anyway? The legal battle over the delicious yellow spread is much older than you may think, in fact at one time butter itself was priced out of reach of most Europeans. By the mid-1800s, it was clear that a cheaper butter alternative was needed to feed the army and the working classes. During the Paris Exposition of 1866, Napoleon III announced a competition to decide who would do the research. A French chemist, Hippolyte Mège-Mouries, won the competition, and he invented a butter substitute based on beef fat he called “oleo-margarine” (partially because it contained what was then called margaric acid), and it was the unappetizing color of lard.

Butter is yellow because of the pigment beta carotene, found naturally in the grass and plants cows graze on. The pigment gets carried over into the fat in their milk. The fat globules suspended in milk or cream are surrounded by a thin membrane that, in essence, ends up hiding the beta carotene pigment. This structure reflects light in such a way that the milk looks white.

When milk is churned the membrane breaks apart, and the fat globules cluster together, exposing the beta carotene. Remove the buttermilk after churning, what remains is yellow butterfat.

Margarine production started in America in 1875. The dairy industry rightly saw margarine as a threat and they lobbied politicians both to outright ban margarine or to ban dying it to look like butter. For a time, Vermont, West Virginia and New Hampshire had laws requiring margarine to be dyed pink. Many dairy states made dying margarine illegal and by 1902-32 states and 80% of the U.S. population lived under margarine color bans. As recent as 2003 it remained illegal to serve colored margarine in Wisconsin restaurants unless a customer specifically requested it.

In some states, margarine manufacturers would sell margarine in plastic bags with a small bead of dye that the buyer had to knead into the spread (“Color-Kwik bags”). This practice continued through World War II. In 1950 President Truman put an end to the oppression of margarine and by 1957 sales of margarine exceeded those of butter. In a bizarre twist, many butter manufacturers began dying butter yellow.

Today, in a huge reversal, Unilever the worlds largest margarine manufacturer (think Country Crock and Imperial) is talking of dropping the product altogether. A big part of the problem for margarine is the revival of butter after decades of being held up as the culprit for bad health. Consumers have come to see it as more wholesome and natural than margarine.

Case in point: McDonald’s switched to butter from margarine on its Egg McMuffins in the U.S. and sales of the breakfast sandwich went up by a double-digit percentage.

We Get Letters

By Steven Hall, Communications Designer

From time to time we get feedback to something we’ve published. Last issue was no exception, where we had members weighing in both pro and con. I wanted to take a moment and talk about your feedback.

First off, I read anything that a member sends our way. I have the personal opinion that if you took the time to send it to you: (1) - Feel passionately about it. (2) - If you’re thinking about it then at least 10 other people probably feel the same way.

We have a policy of not publishing letters directly. Let’s face it, COs are a pretty small community, and the last thing we want to do is give somebody unwanted attention because of their views. So while the actual letter is confidential, I may reflect the content in another way—like an article on the subject.

I took a little heat on the article Crazy Things the Government Spends Money On. The majority of the items were taken from a book by Sen. Jeff Flake titled “Wastebook 2015.” It was pointed out to me that some of those “wasteful” items did serve a good purpose—particularly the anti-ISIS Twitter account. And I have to say that I agree. Supporting our country against terrorism is nothing to make light of. While Senator Flake may have had a political point to make, I did not. Psychological warfare against ISIS is legit, not in the same silly category as a thousand dollar hammer, or students dressed like fruit.

We also had some nice feedback from a retired member who is a member of a Community Response Team. He informed us of a similar product to the Axiostat bandage, that he found to be more readily available, and perhaps more versatile named Celox (celoxmedical.com). While not an endorsement, anybody interested in first aid may find this product worth checking out.

So what is the goal of SearchLight? It’s two-fold really. First off - every issue needs include information that will help our members to understand and use their benefits better. So many times insurance coverage is a “set-it-and-forget-it” kind of thing, when really, knowing just a little more may help you get a lot more out of it. On of the most common things our customer service hears is “I didn’t know I had that!” right before “No one told me that was what I was supposed to do!”

Second thing - just be fun. Scanning the internet for amusing facts and stories is a tough job, but I’m happy to do it. I take it as a compliment that SearchLight is a go-to bathroom reader in many institutions. Insert your own sarcasm and snarky comment here.

The bottom line is that this is your newsletter, and your input can help us make it better for CCPOA members everywhere.

Please let me know if there is something you would like to see included on these pages, or if you have any comments on the material you receive in the mail, or even the Trust website.

You can reach me at: member.services@ccpoabtf.org
Having your bike stolen just stinks. Now your bike has a chance to fight back. Literally. The Skunklock can spray thieves with noxious chemical that makes them vomit and ruins their clothes.

Daniel Idzkowski of San Francisco, is seeking funding on IndieGoGo for the SkunkLock, which he said was inspired by the recent theft of his friend’s bike from outside a Whole Foods, despite being secured by two separate locks.

The hardened medium-carbon steel U-lock, which he calls “the only lock that fights back,” is designed with a pressurized chamber running through it, and will emit its noxious odor when someone tries to cut through it with a saw, angle grinder, or other tool.

Idzkowski said, “A lot of similar symptoms to pepper spray.”

Idzkowski and his partner Yves Perrenoud developed a proprietary compound called “Formula D-1” that is detectable through some of the strongest gas masks. “It’s pretty much immediately vomit inducing, causes difficulty breathing,” Idzkowski said.

He said he and his team tested out the chemicals at various distances on themselves. “At two feet it was pretty bad. It was absolutely vomit inducing in 99 percent of people. At five feet it’s very noticeable and the initial reaction is to move away. At 10 feet it’s definitely detectable and very unpleasant,” he said.

Idzkowski said, “That Stolen Bike Smell” having your bike stolen just stinks. Now your bike has a chance to fight back. Literally. The Skunklock can spray thieves with noxious chemicals that makes them vomit and ruins their clothes.