

President's Message



By Gary Delagnes,
SFPOA President

A few weeks ago, I spoke to the graduating academy class and came away with some compelling thoughts. I was very impressed with the general level of maturity and education of the group, and sensed a more goal-oriented bunch than was my class in 1978. Most of the recruits have college credits, and many are graduates. I have no doubt that these new officers will write great police reports, take better care of their bodies, and exude a greater air of professionalism than was generally exhibited in the 1970s. That is, after all, the irreversible direction that 21st century law enforcement is headed.

I don't want to sound derisive, but I do feel that most of these young professionals have a different kind of learning curve ahead of them, the so-called school of the street. I have little doubt that most will succeed on this and every other level, and it is reassuring to know that the future of this department is bright — particularly when its newest members readily grasp the modern and technological, all-seeing context into which police work is rapidly transforming.

I have always believed that education, training, maturity, and real-life work or military experience makes for the best well-rounded officer. That

New Days, New Ways

said, when I think about the greatest, most effective cops I have ever known, I can't think of many who had a college degree or who were raised and educated outside of an urban environment. Hard, gritty police work isn't pretty and — in the context of the game-playing pastimes of many young people — it isn't virtual, either. It's as real as it gets, but I am hopeful that this new generation of cops will have the gumption to get down in the mud when the situation calls for it. We all know that is where much of the work is done — at least in the "old-fashioned" sense. That is one of the most striking contrasts between the old and the new police work; the application of high technology and the integration of social media into law enforcement protocols and procedures. I believe that is where the younger folks have a definite leg up on us old-timers.

The reality is that these are no longer the days and ways of four decades past. Today, digital video cameras, GPS positioning, smart phones, instant video uploads and, of course,

the Internet and social media have forever transformed this profession. What used to be called solving a case using old fashioned shoe leather has morphed into tapping away with ambidextrous finger-tipping on virtual key pads.

90% of the cops I have met in my career have been great people trying to make a difference in this crazy place. Some were better cops than others, but just about all had your back and were people you could count on. No crying, no whining, no complaining. They just went about their business and then went home to take care of their families. When I hear cops complaining now about having to work Halloween, or New Years, or a street fair I just shake my head. I don't get it. All of that is police work. That is what we do. I don't know if it's a generational thing or what, but I liked the old attitudes better when it came to work ethic.

Maybe 5 or 10% of the cops I have known should never have been in this line of work. They simply did not

have the emotional and psychological make up to cope with this very complex and stressful occupation. They should have been screened out of the process before they ever entered the SFPD. I have often joked that when I retire I want to write a book and title it, "The 20 troubled POA members who broke Steve Johnson and Kevin Martin" as I have seen a small minority of our members suck the dedication and desire from Steve and Kevin until they just couldn't take it anymore. These two selfless people made themselves available to the members 24/7, and those few flawed human beings collectively drove them into frustration and despair, and out of this job.

There was also another small group of people in our department who were actually great cops early in their careers but eventually imploded because they could not effectively balance their lives. Alcohol, drugs, marital problems, anger management issues, an inability to cope with the very stressful day-in and day-out rigors of our profession. We tried to get them help and sometimes we were successful, but all too often it did not end well. The only way you can be an effective police officer is to have a strong relationship with someone outside of police work, a person who will counter-balance the bad things we see on a daily basis. You can learn to deal with the chaos 10 hours a day but not 24. Find someone to lean on. It matters.

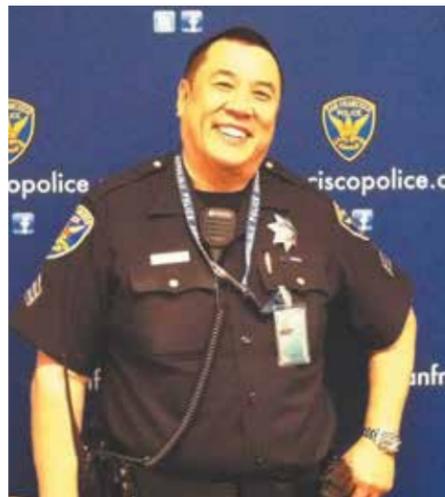
The United Service Organization

By Val Kirwan
Airport Bureau Rep

The USO is a private, non-profit, non-partisan organization whose mission is to support US troops by providing moral, welfare, and recreational services to our men and women in the armed forces. The Bay Area USO is located in Terminal 1, Mezzanine Level, at the San Francisco International Airport.

Last December, Sergeant Randy Young approached the president of USO, Jeff Herndon, and asked him how the SFPD officers at the airport could help out. Jeff told Randy that one of the problems was that SFO showers were too pricey for the troops in transit at \$11 dollars per. Jeff also noted that the troops had to provide their own toiletries, as well.

Sergeant Young approached Linard M. Davis, President and CEO of Airport Travel Agency, the company that manages the shower facility, and successfully negotiated a reduced price of \$5 per shower. The SFPOA also donated \$500 to purchase 100 shower vouchers for distribution to any US service person requesting to use the facility. Sergeant Young then approached Gary Guilliano of United Airlines and secured the airlines contribution of free toiletries to the troops. Members from the SFIA bureau also donated money to purchase shower vouchers and toiletries. Sergeant Young delivered the vouchers and toiletries to the USO.



In June, after 29-years of dedicated and loyal service to the SFPD, Sergeant Randy Young is going to retire. Officer Stuart Mulver #4100, a Gulf War veteran as a Sgt. Flight Medic with a medivac crew, is going to take over the USO coordination from Sgt. Young. The USO is also in need of Individually-packaged snacks: Granola Bars, Energy Bars, Protein Bars, Trail Mix, Pretzels, Breakfast Bars, Cookies, Breakfast Pastries, Chips, Fruit Snacks and Crackers. If you want to sponsor some shower vouchers, or if you want to make a donation to purchase the above listed items, please contact Officer Mulver at dustoff376@aol.com.

Thanks to Sergeant Young for organizing this very worthy cause, and everyone at the Airport wishes him a long and happy retirement. Thanks also to Mr. Davis and United Airlines.

Condolences for Two Santa Cruz Police Officers

It is with great sadness that the men and women of the San Francisco Police Officers Association extend sympathy and condolences to the families, friends, and co-workers of the first officers ever slain in the line of duty in the Santa Cruz Police Department.

It was on February 26, 2013 that Detective Sergeant Loran "Butch" Baker, a 28-year veteran, and Detective Elizabeth Butler, with ten years of service, were killed by gunfire from a suspect in a possible sex crimes investigation.

Sergeant Baker leaves behind a wife, two daughters, and a son who is also a Santa Cruz police officer. Detective Butler leaves a domestic partner and two young sons, ages 5 and 2.

Minutes of the February 20, 2013 SFPOA Board Meeting*

- 1205 hours, Sergeant-at-Arms Valdez called the meeting to order and lead the Pledge of Allegiance.
- Secretary Montoya conducted the roll call of the Board of Directors and Executive Board.
- Rep. Browne (Co A) made a motion to accept the minutes of the January 2013 Board Meeting. Motion was seconded by Rep. Flaherty (Co E) and passed by voice vote without opposition.
- Jeff Woo (DAI) gave a presentation to the Board of Directors with regards to DAI's joining the SFPOA. After the presentation, the Board of Directors had a discussion on this issue.
- Rep. Madsen made a motion to allow the San Francisco DAI's to join the SFPOA as full dues paying members. Motion was seconded by President Delagnes. Secretary Montoya called for a roll call vote which resulted in 3 yes and 27 no. Motion denied.
- Vice President Halloran announced that the POA will be hosting an event at the Paragon Restaurant recognizing and honoring current POA members who have served or are currently serving our country in the armed forces. Specifically members who have served during and subsequent to Desert Shield. The event will be held on April 4, 2013 with limited seating. Further announcements with details are forthcoming. Interested members should contact Vice President Halloran at the POA. Members may also contact Mike Mitchell (Co B).
- Vice President Halloran reminded Board Members of the need to poll their members (Q-35's 0380's and Q-50's) with regards to their seniority in rank. The POA is currently holding meet and confer sessions with the city and police department with regards to seniority

- and P-1 issues. The next meeting is scheduled for the latter part of March. Members with questions should consult with their respective POA representative.
- Vice President Halloran opened a discussion with regards section 1 subsection 1.6 of the LDF Planned Document which discusses course and scope requirements for LDF coverage.
- President Delagnes announced that several members of the POA will be traveling to Washington DC in May with the Olcomendy Family. Inspector Brian Olcomendy (Deceased) will have his name added to the National Memorial Wall for those killed in the line of duty which includes work related injuries that result in death. President

- Delagnes further announced that he is working with Rep. Kirwan (Airport) to have Brian's name added to the Memorial Wall in Sacramento.
- Treasurer Stansbury opened a discussion with regards to POA PR projects. Treasurer Stansbury announced that the POA will be releasing a commercial and posting billboards that will cover the incident where Officer Steve Gritsch and Matt Cloud took immediate and valiant measures that resulted in saving the life of a new born infant that had no signs of life when handed to these officers at a recent call for service. Look for the commercial and billboards being published in March 2013.
- Treasurer Stansbury provided each

- Board Member with a copy of the monthly expense recap report.
- Rep. Silver (Inv.) opened a discussion regarding MOU language that refers to specialized units. Rep. Silver was seeking clarification on which units are titled as specialized and what qualifies a unit as being considered specialized when it comes to staffing issues. Vice President Halloran acknowledged that the language is a bit vague and ambiguous and discussions with the command staff have occurred and will continue to be had with regards to this issue.
- Rep. Gordon (Co I) is writing a new article "KMA 438" which recognizes and acknowledges the fine

continued on next page

Board of Directors Meeting Roll Call							
February 20, 2013							
Vote 1				Vote 1			
President	Gary Delagnes	P	Y	Co. G	Chris Breen	P	N
Vice President	Marty Halloran	P	N		Dean Sorgie	P	N
Secretary	Tony Montoya	P	N	Co. H	Larry Chan	P	N
Treasurer	Brian Stansbury	P	N		Frank Pereira	P	N
Sergeant-At-Arms	Joseph Valdez	P	N	Co. I	Russ Gordon	P	N
Editor	Ray Shine	E			Jody Kato	E	
Co. A	Ed Browne	P	N	Co. J	Kevin Lyons	P	N
	John Van Koll	P	N		Kevin Moylan	P	N
Co. B	Larry Bertrand	P	N	Co. K	Steve Landi	E	
	Danny Miller	P	N		Harold Vance	P	N
Co. C	Duncan Gilles	P	N	Hdqtr.	John Evans	E	
	Chris Schaffer	P	N		Raphael Rockwell	P	N
Co. D	Martin Covarrubias	P	N	Tactical	Mark Madsen	P	Y
	Matt Rodgers	E			Pete Schlegle	P	N
Co. E	Tim Flaherty	P	N	Invest.	Sean Frost	P	N
	Jesus Peña	P	N		Dan Silver	P	Y
Co. F	Paget Mitchell	P	N	Airport	Val Kirwan	P	N
	Kevin Rector	E			Reynaldo Serrano	P	N
				Retired	Ray Allen	P	N

San Francisco Police Officers Association Editorial Policy

The *POA Journal* and the POA web site (www.sfpoa.org) are the official publications of the San Francisco Police Officers Association and are published to express the policies, ideals, and accomplishments of the Association. The following provisions that are specific to the publication of the *POA Journal* shall also be applicable to publication of material on the POA web site to any extent that is practical. Publication of material in the *POA Journal* or on the POA web site does not necessarily include publication on or in both instruments of communication. Nor does the following editorial policy for the *POA Journal* preclude a different or contrary editorial policy for the POA web site.

Member Opinions and Commentary: Unsolicited Written Material

A member or group of members may submit **unsolicited written material** to the *POA Journal* that expresses his/her/their opinion(s) and concerns within the following limitations and guidelines:

- Such material must be addressed as a letter or mail using common salutations such as "Dear POA," "Editor," "SFPOA" "Dear POA Members" etc.
- Such material must be authored and signed by the member(s) making the submission. Anonymous submissions will not be published.
- Such material must be factually correct and presented in a respectful and civil manner.
- Such material can not be slanderous, unnecessarily inflammatory, sexist, racist, or otherwise offensive, nor can it be disparaging of any member or bring upon them unwarranted accusation or rebuke, either express or implied.
- Such material can be forwarded to the editor by electronic mail, US Mail, inter-departmental mail or other written communication, or delivered in person to the editor or to any person in the POA office.
- Upon receipt of such material, the editor shall cause it to be published in the next regular printing of the *POA Journal*, or in a future issue designated by the submitting member provided that the content complies with all the provisions of this policy. Such material will not necessarily appear in more than one issue of the *POA Journal*.
- Such material will be published in a designated section that shall be clearly titled as "Letters to the Editor," "Letters to the *Journal*," "Mail" or other similar title indicating that the material included therein is the express opinion of the author(s) and not necessarily that of the SFPOA or any of its elected or appointed officers.
- Depending upon considerations of timeliness and space, the editor reserves the right to withhold publication of such material for as many as two issues. The editor also reserves the right to decline to publish material beyond a date wherein the context of the material is no longer timely.
- All such material is subject to editing for grammar and punctuation. Portions of a submission may be omitted for considerations of space so long as the general context of the material is not significantly diminished or altered.
- The editor may select portions of a submission to be highlighted in a common editorial manner such as pull quotes, sub-heads, or kickers.

Other Submitted Material

All other written, photographic, or graphic material must be:

- Specifically solicited by the editor;
- Or be unsolicited material that may be published at the discretion of the editor, and in accordance with other applicable sections of this editorial policy and Article XI, Section 8(e) of the by-laws.

The San Francisco Police Officers Association

POA JOURNAL

(USPS #882-320)

MANAGING EDITOR
Ray Shine

SPORTS EDITOR
Nick Shihadeh

WEBMASTER
Cyndee Bates

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ASSOCIATION OFFICE: (415) 861-5060

ADDRESS ALL CORRESPONDENCE TO: Editor, *POA Journal*, 800 Bryant St., 2nd Floor, San Francisco, CA 94103. No responsibility whatever is assumed by the *POA Journal* and/or the San Francisco Police Officers Association for unsolicited material.

The *POA Journal* is the official publication of the San Francisco Police Officers Association. However, opinions expressed in this publication are not necessarily those of the SFPOA or the San Francisco Police Department.

Members or readers submitting letters or articles to the editor are requested to observe these simple rules:

- Address letters to the Editor's Mail Box, 800 Bryant St., 2nd Floor, San Francisco, CA 94103.
- Letters must be accompanied by the writer's true name and address. The name, but not the street address, will be published with the letter.
- Unsigned letters and/or articles will not be used.
- Writers are assured freedom of expression within necessary limits of space and good taste.
- The editor reserves the right to add editor's notes to any article submitted, if necessary.
- Articles should be typed, double-spaced, or submitted via e-mail or on disk in Microsoft Word.

ADVERTISING: Contact Michael Popoff, Advertising Coordinator
(415) 515-1862 • sfpoa_ads@sbcglobal.net

POSTMASTER: Send address changes to *POA Journal*, 800 Bryant St., 2nd Fl., San Francisco 94103. Periodicals Postage Paid at San Francisco, CA.

CORRECTION

In the February 2013 issue of the *POA Journal*, **Matthew Elseth** was incorrectly listed as a non-member. He is in fact a POA Member in Good Standing. We regret the error.

Minutes

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work performed on a daily basis by our members. "KMA 438" is replacing the recently retired "Close Encounters" column. All members are encouraged to forward incident reports and Captain's Comps identifying the fine work of our members to Russ Gordon at Taraval Station.

14. Vice President Halloran moved for adjournment at 1323 hours.

Respectfully Submitted,
Tony Montoya
Secretary

* *These minutes will not be adopted by the Board of Directors until the next General Membership meeting. Corrections and amendments might be made prior to a vote to enter the minutes into the permanent record. All corrections and/or amendments will be published in the succeeding issue of the Journal.*

Respectfully Submitted,
Tony Montoya
POA Secretary

Helping Our Own

The following members of our law enforcement family need our help:

Children of Cullen Cahill

A fund has been established at the San Francisco Police Credit Union for Officer Cullen Cahill's children for their college education. The account number is 1382907-S2. If you are a SFPCU member, you can transfer from your account directly into the account number listed above. This can be done online at www.sfpcu.org or by calling (800) 222-1391.

Checks can be mailed to:
SF Police Credit Union
Main Office
2550 Irving Street
San Francisco, CA 94122

Welsh Family Fund

As all of you know, they have been struck with a great tragedy of losing both parents. We feel compelled to support and to help Phil's three children; William, Phil and Caroline. We are asking for donations towards this offering for the kids. No amount is too small to the San Francisco Police Credit Union college fund.

— *Lisa Corry and Linda Delahunty*

Donations for Phil's Children's college fund can be made at:

San Francisco Police Credit Union
RE: Phillip Welsh children's college fund
P.O. Box 22219
San Francisco, CA 94122-0219

Frankie Shouldice

Frankie is the 12-year old son of Inspector Ronan Shouldice of CSI. Frankie is battling leukemia.

A "Friends of Frankie Shouldice" account has been established at the SFPCU #1373520

— *Marty Halloran*

UPDATE: Ronan Shouldice is in need of donated vacation time to help him attend to Frankie. Contact the Catastrophic Illness Program (415) 837-0875.

Westbrook Children Fund

A fund has been established at the San Francisco Police Credit Union for Officer Thomas Westbrook's children. The account number is 1373377-S1. If you are a SFPCU member, you can transfer from your account directly into the account number listed above. Checks can be mailed to:

SF Police Credit Union
Main Office
2550 Irving Street
San Francisco, CA 94122

SF Police Credit Union
802 Bryant Street
San Francisco, CA 94103

Children of CHP Officer Ken Youngstrom

Slain in the line of duty in September 2012, Officer Youngstrom was a married father of four. Two Bay Area banks have set up accounts to benefit his family:

- At any Wells Fargo Bank branch, tellers will accept donations for the Kenyon Marc Youngstrom Children's Benefit Memorial fund.
- At any Mechanics Bank branch, mention the officer's name to the teller and direct that funds be contributed to the trust account in his name. Checks payable to "For Benefit of Officer Kenyon Youngstrom" can also be mailed to Mechanics Bank, 1350 N. Main St., Walnut Creek, Calif., 94596.

POA Journal Deadlines

April 2013	March 23
May 2013	April 25
June 2013	May 25
July 2013	June 22
Aug. 2013	July 25
Sept. 2013	Aug. 23
Oct. 2013	Sept. 25
Nov. 2013	Oct. 25

Calendar of Events

Mark your calendars for the following meetings and events by the POA and its friends and supporters. All dates and times are subject to last minute changes, so always contact the event coordinator to confirm dates and times. If you have an event you would like posted on our calendar, contact the editor at journal@sfpoa.org.

Regularly Scheduled Meetings or Events

Event	Location	Date & Time	Coordinator
<i>Meeting,</i> Veteran Police Officers Association	Pacific Rod & Gun Club 520 John Muir Drive, SF	Second Tues. of Every Month, 11:00 am	Larry Barsetti (415) 566-5985 larry175@ix.netcom.com
<i>Meeting,</i> Widows & Orphans Aid Association	Hall of Justice, Room 150, (Traffic Co. Assembly Room)	Second Tues. of Every Month, 1:45 pm	Joe Reilly (415) 681-3660 woaasfpolice@gmail.com
<i>Meeting,</i> American Legion SF Police-Fire Post	War Memorial Building 410 Van Ness Ave., SF	Second Tues. of Every Month, 6:00 pm	Greg Corrales (415) 759-1076
POA Board of Directors Meeting	POA Building	Third Wed. of Every Month, Noon	POA Office (415) 861-5060
<i>Meeting,</i> Retired Employees of CCSF	Irish Cultural Center	Second Wed. of Every Month, 11:00 am	Reyna Kuk (415) 681-5949
<i>Retiree Range Re-qualification</i>	SFPD Pistol Range	First Fri. of each Month, 0730 – 1130	Range Staff (415) 587-2274
<i>Meeting.</i> First Responders Peer Support (Not AA)	St. Andrews Church 1600 Santa Lucia Ave., San Bruno	Tuesdays 7 – 8:30 PM	Greg Collaco (650) 455-2840

Specially Scheduled Events

St. Patrick's Parade & Festival	Market Street, San Francisco	Saturday, March 16, 2013 11:30 am	www.saintpatricksdaysf.com
POA Armed Forces Appreciation Night	Paragon Restaurant 701 2nd Street, SF	Thursday, April 4, 2013 6:00 PM	POA Office (415) 861-5060
SFPD Ironman/ Ironwoman Competition	5th Floor Gym, HOJ	Wednesday April 17 Various Times	Tony Landi (415) 759-3100
841 Ellis Reunion Dinner (Old Co. E)	City Forest Lodge 245 Laguna Honda Blvd., SF	Thursday April 25, 2013. 6:00 PM	Pete Siragusa (415) 320-2569
San Francisco Police Soccer Club Hall Of Fame Awards Dinner 2013	Harrington's Pub 245 Front Street, SF	Saturday, April 27, 2013, 6:00 PM	John Sheehan (415) 558-5400 Nick Shihadeh (415) 587-2274
Retirement Celebration Honoring Inspector Jeff Levin	Italian-American Athletic Club 1630 Stockton St., SF	Friday May 10, 2013 5:30 PM	Marty Halloran (415) 861-5060
SF Giants Law Enforcement Appreciation Night	AT&T Park, SF	Tuesday, July 23, 2013 6:00 PM	Details to Follow

WIDOWS' AND ORPHANS' AID ASSOCIATION

PO Box 880034, San Francisco, CA 94188-0034 ♦ Established 1878 ♦ Telephone 415.681.3660

February 5, 2013

The monthly meeting of the Widows and Orphans Aid Association for February was called to order by President Bob Mattox on Tuesday, February 5, 2013 at 1:46 p.m. in Room 150 at the Hall of Justice.

Roll Call of Officers:

President Robert Mattox, Vice-President Al Luenow, Secretary Joe Reilly, Treasurer Dean Taylor, Trustees John Centurioni, Sally Foster, Mark McDonough and Harold Vance were present. Trustee John Keane was excused. President Mattox opened the meeting with the Pledge of Allegiance.

Report of the Trustees: (taken out of order)

Mr. Jerome Paolini and Ms. Janet Walker of Abbott-Downing presented the 2012 year-end review of the Association's investment portfolio. Our investment managers continue to follow a conservative but balanced investment strategy, maintaining a lack of correlation to the Stock Market, in order to limit volatility and the impact of rising rates. The S&P index was up 16% in 2012. The Association's portfolio turned in a very strong 10.43% return as it continues to position itself against market fluctuation. The Trustees thanked our investment managers for their diligence and good work in the past year.

Approval of the minutes of the January 2013 meeting:

A motion made by McDonough, seconded by Luenow, to approve the January minutes passed without objection.

Receiving applications for new members, suspensions and reinstatements:

Secretary Joe Reilly reported to the Trustees that those former members dropped from membership at the January meeting were so notified by mail at their last known address.

Secretary Reilly also requested reinstatement to membership for Jack Killough and Anthony Scafani, after having paid all back dues and fees. (Scafani's account was current) A motion by McDonough, seconded by Vance, pursuant to Article III, Section VI, passed without objection.

The following members of the 232nd Academy Class, who graduated on January 25th, 2013 were approved for Membership in the WOOA. A motion by Centurioni, seconded by Foster to accept these new members passed without objection:

Adams, Kevin; Brady, Kevin; Calvo-Perez, Jose; Campos, Osvaldo; Clark, Joseph; Cortez, Miguel; Cuadro, Kevin; Cunningham, Blake; DeFilippo, Michael; Der, Susie; Donohue, Zachary; Dun, Desmond; Durkin, Valerie; Fong, Kevin; Gonzales, Derrick; Gordon, Michael; Graham, Kendall; Graham Michael, Grennell, Brett; Griffin, Shane; Gutierrez, Richard; Hawes, Shyrle; Hom, Matthew; Huerta, Irvin; Hundley, Timothy; Ivanov, Kostyantyn; Lee, Nathan; Liu, Ryan; Nasar, Jiries; Ng, Lawrence; O'Keefe, Kohl; O'Leary, Matthew; Reynolds, Sondra; Roy, Jeffrey; Santana, George; Stokes, Cameron; Syring, Kenneth; Talkoff, Giselle; To, Nghia; Vannucchi, Dominic; Wang, Calvin; Warren, Anna; Williams, Domingo; Wren, Kyle; Zahn, Bryan; Zerga, Nicholas; Zeigler, Erik.

Communications and Bills:

Dean Taylor presented the Treasurer's report and requested approval for payment of expenses, including approval of four benefit payments. Secretary Reilly reported that the Association received a donation from Mr. and Mrs. Robert Norment (\$25.00).

Report of Visiting Committee:

Mark McDonough attended memorial services for our member, Patrick Simmons.

Report of the Trustees:

The Association received notice of four member deaths this past month:

Robert J. Cardinale, 64 years, San Francisco native, graduate of Sacred Heart High School, 111 Recruit Class, Star No. 831.

Bob was appointed to the Department in April, 1969 after serving as a Police Cadet. His first assignment was to Central Station followed by a transfer to Potrero in 1973. In 1980 Bob was detailed to the Operations Center and assigned to "Operation S", a task force concentrating on violent crime which had been formed in the aftermath of the 1970s infamous Zebra murders. After completing this detail, Bob had been promoted to Assistant Inspector and assigned to Co. K, Hit and Run. He was also promoted to Sergeant in 1980 and Inspector in 1982. In 1991 Bob transferred to the Robbery Detail and was assigned to the Photo Lab briefly before his retirement in 1999.

Frank D. Kovach, 87 years, San Francisco native, graduate of Lick-

Wilmerding High School, 56th Recruit Class, Star No. 1598.

After service in the US Navy during World War II, Frank was working as a truck driver when he received an emergency appointment to the Department in April, 1949. He was briefly assigned to Taraval and Northern before being assigned to the Range in December 1950. Frank spent the remainder of his career as a firearms instructor and later became the longtime SFPD Rangemaster. He was well known and remembered by many generations of young police officers who learned the classic law enforcement skill under his supervision. Frank was promoted to Sergeant in 1976 and retired in 1978.

Harry W. Getchell, 98 years, San Francisco native, 58th Recruit Class, Star No. 1573.

Harry worked as a truck driver before his appointment to the Department in August, 1949. His first assignment was to Taraval Station and he remained there for the duration of his career. He was a long time resident of the outer Sunset on 42nd Avenue. Harry retired in 1978.

Joseph B. Meehan, 82 years, San Francisco native, Graduate of Sacred Heart High School, 78th Recruit Class, Star No. 515.

Joe worked as a gas station attendant before being appointed to the Department in February, 1955. His first assignment was to Potrero Station. He was briefly detailed to the Bureau of Special Services later that year but

returned to Potrero before being assigned to Taraval in 1956. In 1961, Joe was assigned to Headquarters Company, Communications Division, and from there to Central in 1963. The following year he was assigned to Co K., Accident Investigation Bureau, where he served until 1975. He transferred briefly to Richmond Station and was then promoted to temporary Sergeant in 1976. Thereafter he was assigned to Taraval where he remained until his retirement in 1981.

Unfinished Business:

Secretary Reilly reported that the Association will be speaking to the incoming 235th Academy class tomorrow, February 6th.

New Business:

Secretary Joe Reilly informed the Trustees that he was submitting his resignation as WOOA Secretary. Reilly noted the demands of his schedule and the increasing difficulty to have sufficient time for the Secretary's important duties. President Mattox appointed Trustee and past President Mark McDonough to assume the Secretary's duties until the next election. President Mattox also appointed former Secretary Reilly to the vacant Trustee seat until the next election, citing his experience with the WOOA as both a past Treasurer and Secretary.

Adjournment:

President Mattox set the next meeting for Tuesday, March 12, 2013 at 1:45 p.m. in Room 150 at the Hall of Justice. A moment of silence was observed for all our deceased members. The meeting was adjourned at 2:44 p.m.

Fraternally,

Joe Reilly, Secretary

2012 Summary Annual Report for the Widows' and Orphans' Aid Association of the Police Department of San Francisco

This is a summary of the annual report for the death benefit program (the "Plan") for the Widows' and Orphans' Aid Association of the Police Department of San Francisco (the "Association"), EIN: 94-0981411, for its plan year ending December 31, 2012. The annual report has been filed with the Internal Revenue Service as required under the Employee Retirement Income Security Act of 1974 ("ERISA").

The Association has committed itself to pay all claims under the terms of the Plan. The Plan maintains an investment portfolio managed by Abbot-Downing, a division of Wells Fargo Bank, N.A.

The value of plan assets after subtracting liabilities of the Association was \$7,319,121 as of December 31, 2012, (the plan year) compared to \$6,853,837 as of January 1, 2012 (the beginning of the plan year). This increase includes unrealized appreciation and depreciation in the value of the Association's assets, that is, the difference between the value of the Association's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. The change in the market value of the Association's assets during the year was \$767,172. During the year covered by this summary report, after subtracting liabilities, the Association experienced a net increase in its assets of \$465,284.

Your Rights to Additional Information

You have a right to receive a full copy of the annual report, or any part thereof, upon request. The report includes the following components:

- An accountant's report;
- Assets held for investment;
- Fiduciary information, including transactions between the plan and parties in interest;
- (i.e., persons who have specified relationships with the Plan)

- Loans and other obligations which may be in default (if any);
- Leases which may be in default (if any); and
- Transactions in excess of 3% of Plan assets.

To obtain a full copy of the annual report, or any part thereof, call or write the Widows' and Orphans' Aid Association, P.O. Box 880034, San Francisco, CA 94188-0034. The telephone number is 415 681-3660. The charge to copy the full report is \$5.00 or \$.25 per page for portions thereof.

You also have the right to receive from the Plan administrator, upon request and at no cost, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of the income and expenses of the plan and accompanying notes or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes are included as part of that report.

You also have the legally protected right to examine the annual report at the main business location of the Plan, 850 Bryant Street, San Francisco, California, 94103 and at any location where the report is maintained for inspection. You may also examine the annual report at the U.S. Department of Labor in Washington D.C., or obtain a copy from the U.S. Department of Labor, upon payment of copying fees, by writing to the Public Disclosure Room, N1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington D.C., 20210.

During the plan year, the Association had \$382,008 in total income, including \$197,329 in member dues and fees, dividends and interest of \$182,937 and direct contributions of \$1742. Plan expenses were \$391,000 in paid benefits to member beneficiaries, \$24,648 in ac-

counting and legal fees, \$5768 in administrative expenses, \$65,232 in fiduciary fees and related incidental expenses, \$27,777 in net payroll, \$8224 in payroll taxes and \$4495 in miscellaneous expenses, including insurance, office supplies, copying, postage and mailing costs, utilities, Trustee stipends and other incidental operating expenses.

The Association had 23 member deaths reported during 2012:

Alvi R. Blasi, Joseph E. Borg, Harold W. Butler, Cullen P. Cahill, Homer M. Coreris, Stephen C. Erickson, William F. Flynn, George F. Guglielmoni, Morris Hazan, Richard C. Kazarian, William F. Koenig, Thomas A. Magnani, James F. Martinez, Michael D. Nevin, Sr., Chris N. Paras, Carmello J. Pulizzano, Anthony P. Rodriguez, Charles A. Schuler, Patrick K. Simmons, Philip J. Welsh, Thomas F. Westbrook, Daylene A. Wood, Nikolaus E. Wrany

The Officers and Trustees of the Association for 2013 are: President Bob Mattox, Vice President, Al Luenow, Secretary Joe Reilly, Treasurer Dean Taylor, Trustees John Centurioni, John Keane, Sally Foster, Mark McDonough and Harold Vance.

The Association was able to meet all obligations this past year and realize a net investment increase. The member death benefit remains at \$17,000.00. It is very important that your beneficiary designation is current. Please call or write the Association to report a change of address or for a new beneficiary designation. If you currently receive a bill for your annual membership dues, you may contact the SF Police Credit Union to arrange for automatic payment of your yearly dues. The Association can also be reached by e-mail at woaasfpolice@gmail.com.

Fraternally

Joe Reilly, Secretary
Dean Taylor, Treasurer

POA legend retires

“Thanks for the liberty...”

Mister Johnson Leaves our Ship

By Martin Halloran
SFPOA Vice President

I can't speak for all cops, but I am one that does not like things to change much. I realize that each day on the street often brings new challenges and some very unique situations. That's just part of the job. I'm talking about the comfort of a good steady partner, having enough seniority so that I'm guaranteed to get my first choice for a watch sign up, having the same radio car each day that has my radio stations set, and a reliable supervisor that I can go to for advice and guidance.

When I entered the department almost 24 years ago, I served probation at the old Mission Station which was located at 1240 Valencia Street. It was there that I found the comfort of a reliable supervisor to whom I was able to go to for advice and guidance and, for the past quarter century, I have continued to tap into that man's wisdom. That supervisor was Sergeant Steve Johnson.

Back then, Sergeant Johnson was not necessarily the most impressive looking of leaders. He wasn't the biggest, or the strongest, and he didn't run like the wind chasing fleeing suspects. In fact, I don't recall that he did any running at all. He had a cheesy mustache, and he wore eye-glasses suited more for a member of AARP than for a dynamic member of the SFPD.

What Sergeant Johnson did exude,

and what impressed me then and even more so now, was his natural ability to bring calm and control to almost any situation. He possessed a special knack, a keen insight that he employed to defuse any incident, regardless how convoluted it may have been. The more hairy the circumstances, the more alert he was to the rights of the officers. He would assure all involved that things were going to work out, that they should continue ahead as professionally as possible, put bad guys in jail, and go home in confidence and pride at the end of the watch. It was absolute leadership.

This was back in 1990, and it was clear to me then that Steve had been looking out for and representing officers long before I came along. Since that time, both Steve and I have had numerous assignments, but I was always able to go back to him for advice and counsel. That loss of a valuable resource is really hitting home now that Steve retired from the POA at the end of 2012.

Steve entered the SFPD on May 17, 1971 as a member of the 119th recruit class. He worked at Northern, Mission, Park, Narcotics, and the Chief's Office. Steve was promoted to Sergeant, then Lieutenant, and then, after 31 years, he retired from the department as Commander of DPT. Steve was instrumental in establishing the Mission Station Toy Giveaway, Operation Dream, and the Behavioral Science Unit. Steve is the recipient of numerous awards

and commendations from the SFPD, but he has also been recognized by the NAACP, and has received the Exemplary Performance Award in 2006 from the Golden Badge Foundation.

Steve's involvement with the POA stretches across almost his entire career in the SFPD and beyond into retirement. Steve was elected secretary of the POA in 1989 and was never thereafter defeated in an election for that seat. For years, Steve wrote a monthly article for the *Journal* called *Close Encounters*. Those articles highlighted the outstanding work of the men and women of the SFPD because Steve knew that most of our good work often goes unnoticed and unappreciated. Upon his retirement from the department, he was immediately hired by the POA as the legal defense administrator. This is where, in my opinion, Steve became legendary.

Cops are often accused of misconduct (rightfully or wrongfully) usually because a suspect objects to being arrested. Cops also have a myriad of rules, regulations, DGO's, department bulletins, department manuals, etc that we must have a working knowledge of every time we leave the station. We, in the SFPD, perhaps have more oversight from municipal, state, and civilian organizations than any other law enforcement organization in this country. Throughout Steve's tenure at the POA, whenever a member was the focus of an investigation, he always went into a full-court press. He was bulldog with a smirk on his face whether he was dealing with a Command staff member, the Chief of Police, or a Police Commissioner. His goal? To protect that member's rights, ensure that he or she was treated fairly and with respect, and if there was to be discipline imposed, that it fit the offense. Over the years, Steve has represented thousands of members at OCC, MCD, IA, DABOR, Chief's Hearings, and Commission Hearings, and



Vice President Martin Halloran

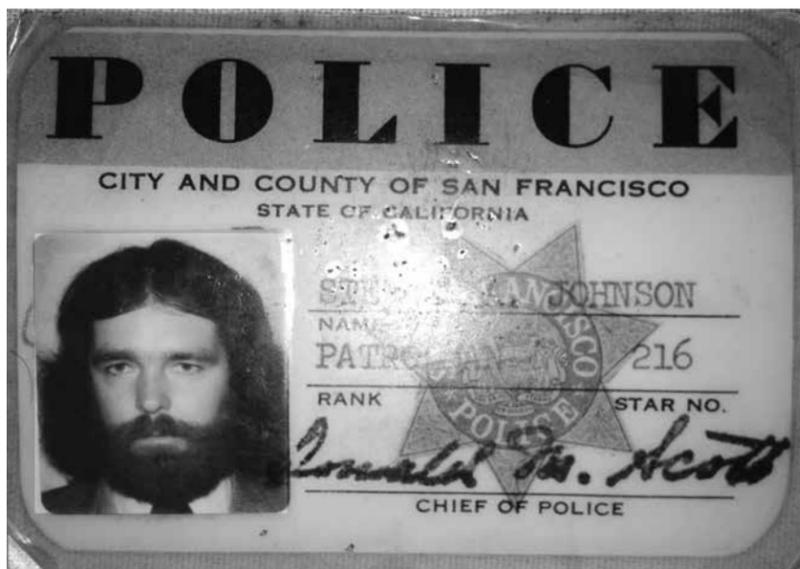
no one has ever done it better.

This is the legacy of Steve Johnson. His dedication and commitment to the members of the SFPOA is beyond reproach. Gary and I often called him the "Mother Theresa" of the POA since he was so selfless. I owe him a lot. I know there are scores of members, active and retired, that are equally indebted to him.

I never grow tired of watching a classic old movie called *Mister Roberts*. It is about a United States Navy cargo ship in the waning days of WW II. The ship is commanded by a bitter, cranky captain and Mr. Roberts is a Lieutenant JG officer who looks out for the men and their well-being at all costs. Mr. Roberts goes out on a limb for the crew and secures liberty for them all. *Mister Roberts* is eventually transferred off the ship and is killed in action. Before Mr. Roberts is transferred the crew was able to get a message to him showing their true feelings. The message was simply "Thanks for the liberty Mr. Roberts. Thanks for everything."

I can't help but to plagiarize this by saying "Thanks for the representation Steve. Thanks for everything."

Slainte!



Rookier Narcotics Officer Steve Johnson

Retirements



The San Francisco Police Officers Association congratulates the following members on his or her recent service retirement from the SFPD. These veterans will be difficult to replace, as each takes with them decades of experience and job knowledge. The most recently retired SFPD members are:

- Officer Michael Becker #1573 from Airport Bureau, Solo M/C
- Lieutenant Kurt Bruneman #1784 from Special Operations Bureau
- Officer William Brunicardi #1759 from Airport Bureau Field Operations
- Inspector Don P. Ciardella #426 from Special Victims Unit
- Inspector James Custer #934 from Traffic Enforcement, Administration
- Sergeant Robert Daniele #93 from Ingleside Station
- Lieutenant Phyllis Ford #748 from Medical Liaison
- Officer Stewart Ng #1055 from Central Station
- Officer Charles Simpson #1515 from Central Station
- Sergeant Neil Swendsen #257 from Traffic Enforcement Solo P1

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SF Dispatcher of the Month



Edwin M. Lee
Mayor

Department of Emergency Management
1011 Turk Street, San Francisco, CA 94102

Division of Emergency Communications
Phone: (415) 558-3800 Fax: (415) 558-3843

Division of Emergency Services
Phone: (415) 487-5000 Fax: (415) 487-5043



Anne Kronenberg
Executive Director

Date: January 31, 2013

To: **Ulysses "Jim" Levy**, Public Safety Dispatcher

From: Florian Taylor, Employee Recognition Coordinator

Re: Communications Dispatcher of the Month — February 2013

The Department of Emergency Management has selected you as **Communications Dispatcher of the Month** for February 2013.

On January 29, 2013 while you were operating a radio channel, an officer called an emergency. He was in pursuit of a vehicle with three robbery suspects aboard. A Code 33 (Clear the Air) was called as a chase began in the area of the Hall of Justice, before entering the 101 Southbound freeway traveling at a high rate of speed through the city, and entering Brisbane. The chase terminated in South San Francisco, with one suspect in custody and two outstanding.



You handled this incident with textbook-like precision and accuracy. You maintained control of the channels at all times. You continuously gave officer status, location, road conditions, and rate of speed, while remaining calm. This incident involved several districts and jurisdictions, and you made certain to broadcast over numerous channels to keep everyone abreast of the fast-moving incident. Once the officers lost radio transmission, you were able to provide updates through information provided via landline from the teamwork of your co-workers.

In summary, this chase lasted nine minutes, while the incident continued for over an hour. All three suspects were eventually taken into custody.

Jim, this is another example of the superb work you perform year after year. For being selected Dispatcher of the Month, we are able to offer the following:

- Parking in the "Employee of the Month" space for the month of February 2013
- One-hour off, with Shift Manager approval
- Employee of the Month" engraved pen and key chain
- See's Candy Gift Card

cc: Cecile Solo — Operations Manager
Lisa Hoffmann — Deputy Director,
Division of Emergency Communications
DEM Everyone —via email
Personnel File

POLICE-FIRE Post 456 NEWS

By Greg Corrales

"The individual activity of one man with backbone will do more than a thousand men with a mere wishbone."

— J.H. Boetcher

The 76th Session of The American Legion California Boy's State will be held on the campus of California State University, Sacramento from June 22-29, 2013. The American Legion Boys State Program is among the most respected and selective educational programs about the operation of government for high school students in the country. It is a participatory program where students become part of the operation of local (municipal), county and state government.

At Boys State, participants learn the rights, privileges and responsibilities of franchised citizens. The training is objective and centers on the structure of the three branches of our government: Legislative, Judicial and Executive. This is carried out at the city, county and state level. The structure of the program is based on the California State Constitution. Every step is taken to make the experience for the delegates as real as possible.

The San Francisco Police-Fire Post of the American Legion sponsors two young men to Boys State every year. If you know of a squared-away young man who is currently a high school junior who would like to spend a week in Sacramento, participating in Boys State, please let me know ASAP. Should you have any questions about Boys State I will be happy to answer them. Contact me at gc1207@comcast.net.

The *Anchorage Daily News* reported that a 22-year-old man who had just finished serving four years in the Marine Corps was able to track down a bank robber and flag down a police radio car. Merrill Lake was walking by a Key Bank Branch on January 16, 2013 when he noticed the bank manager banging on the window. The bank had just been robbed. Lake ran after the robber and caught up with him.

"I told him ...Sir, I'm a U.S. Marine. You need to turn around and go back to the bank," Lake said. Moments later, a police radio car appeared and Lake flagged it down. The crook is now in custody.

A new product developed by the Defense Advanced Research Projects Agency could solve one of the Pentagon's top battlefield medical challenges: how to stop wounded troops from bleeding to death when they've received injuries not easily stanchied by a tourniquet or blood-clotting bandage. Polymer foam that is injected into the patient as a liquid and expands to 30 times its volume — while gently cradling the injury site and vital organs — was shown in tests to reduce blood loss sixfold and increase survival rate at three hours post-injury to 72 percent, compared with an 8 percent survival rate among the control group.

A \$15.5 million contract has been



awarded to Arsenal Medical of Watertown, Mass., to continue testing. According to DARPA, the agency plans to pursue the Wound Stasis program until a prototype receives Food and Drug Administration approval. "If testing bears out, the foam technology could affect up to 50 percent of potentially survivable battlefield wounds," DARPA program manager Brian Holloway said. It is obvious how important this can be for law enforcement!

Second Lt. JaLyssa Walker was just getting out of the Army's Transportation Basic Officer Leader's Course when a friend told her a high school cheerleader had set a world record with 35 consecutive back handsprings. "I could definitely beat that," she remembers saying. Walker, who enrolled in her first gymnastics class when she was 4-years-old, had refined her back handspring as a cheerleader at the University of Texas-El Paso before graduating and joining the Army.

During UTEP's recent football game against Rice, Walker smashed the record, racking up 49 back handsprings in a row. The crowd of more than 20,000 counted along as she tumbled from one end of Sun Bowl Stadium to the other. She felt that she could have done 55 or 60, but she ran out of room. Walker's parents are both retired soldiers.

Delta Airlines issued a public apology following a news report about their apparent mistreatment of a combat-wounded Marine. Lance Corporal Christian Brown, a double-amputee who lost both his legs while serving in Afghanistan in 2011, was wheeled by a Delta employee to a narrow seat despite offers from fellow passengers who volunteered to switch seats to accommodate his wheelchair, according to media reports. Delta is the second major airline to publicly apologize for this type of incident following a similar incident involving a Marine flying United Airlines in November.

Two World War II veterans and long-time members of Police-Fire Post 456 have transferred to Post Everlasting. On January 24, Comrade Harry W. Getchell, 98-years-old, moved on to Post Everlasting. He served in the Army during WW II and retired from SFPD. On January 25, Comrade Frank J. DeRenzi, 93-years-old, moved on to Post Everlasting. Frank was in the 3rd Army, 1254 Combat Engineers during WW II and served in the SFFD for 13 years. Rest in Peace comrades!

San Francisco Police-Fire Post meets on the second Tuesday of every month at 1800 hours. We have two more meetings at the War Memorial Veteran's Building, 401 Van Ness Avenue, Room 212, before the building is closed for retrofitting. I will keep you informed of where the May 2013 meeting will be held. God Bless America!

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Chief's Corner



Although February was a short month, it was not without many accomplishments. Our 49ers came within 15 feet of winning their sixth Super Bowl after being down 22 points in the second half. Many teams would have "nailed it in" from there, but not our Niners...there's no quitting in San Francisco. They mounted the most furious comeback in Super Bowl history coming up just 5 yards short. No worries! We'll be back and the plan we had in place for the post-game celebration and parade will get used next year. We'll call this year a practice game. I appreciate everyone's patience in coming in on Super Bowl Sunday. Had they won the way it looked like they were going to, we would've been thanking our lucky stars to have had the horsepower we had on hand as the party would have been "off the hook".

In addition to the Niners, we graduated one Academy Class and welcomed a new Academy class almost before the other had cleared the driveway. Our Black History Month Celebration was well attended at City Hall, and the Year of the Snake came in with one of the largest Chinese New Year's Parades ever. A lot to get in, in 28 days!

In other events, we took our annual moment to reflect as Dr. Gilmartin spoke on "Emotional Survival for Law Enforcement." I have heard his presentation many times, however, the toll this job can take on a person needs to be talked about and we can't be told often enough that we are in this (vocation of service before self) together. I bring this up because with our staffing numbers down for the next few years, the demands will be even greater. I ask you to reach out to someone when you sense the need; this is the first and best way for us to take care of each other. Remember that we want no "predictable surprises." These are instances where someone says after something happens, "I knew that was going to happen." For God's sake, if you think something (bad) is going to happen, do something/say something to prevent it from happening. We've said goodbye to far too many of our brothers and sisters in blue not to do something, when we sense the need. Side note: "Predictable surprises" are also events that we should act on day-to-day as we go about the task at hand of keeping San Francisco safe. Don't "make the block" if your spider sense tells you something is about to happen. Stick around and make sure it doesn't. We'll all be better off!

In closing, another shout out this year to all the officers who participated in the Annual Polar Plunge, benefiting Special Olympics Northern California, at Aquatic Park. Your involvement by either coaching, running in the 5k Fun Run, plunging in the San Francisco Bay, or merely giving a donation, helped raise over \$350,000 so that almost 16,000 Special Olympians could participate in 11 different events. As Michael Pritchard can often be heard saying, when we help those that might not be quite as fortunate as we are...we all win. God Bless the men and women of the San Francisco Police Department for all you do - you're all winners.

*Take Care and Be Safe Out There
Oro En Paz Fierro En Guerra
Greg Suhr*

Chief of Police, San Francisco Police Department

First Responders Peer Support

12 Step Meeting (Not AA)

Tuesdays

7pm - 8:30 pm

Our First Responders Peer Support Meeting is for individuals who dedicate their lives to the emergency service professions. These professions include current or retired Law Enforcement, Fire Fighters, Military, Dispatchers, and Medical Personnel.

We provide a weekly support group that meets on Tuesdays. This meeting is to help individuals who may be suffering from work-related stress, including substance abuse, and to regain a life filled with hope and serenity.

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Welcome back folks. Let me get right into some recent examples of the amazing police work performed by a few of the outstanding members of the SFPD.

Southern Police District – Swing Watch

It seems that someone is always losing or having their identification stolen in the Market Street corridor. Quite an interesting phenomenon!

Officers Edward Barrientos and Paul Ruetti were enjoying a delightful evening while patrolling Market Street when they saw a gentleman riding a bicycle on the sidewalk. This was, of course, a violation of the law and required their attention.

The officers stopped and detained this gentleman and politely asked for his identification. A Visa debit card was handed to the officers as the gentleman had no other identification. It seems that this poor lad's jacket, with all his identification, had been stolen. Being street savvy, the officers were concerned about the large bulge in our cyclist's jacket. While attempting to complete a lawful search, suddenly the fight was on. Shortly after the first bell, the police won the bout; suspect in custody.

The large bulky object in the gentleman's jacket turned out to be a stun gun. Additionally, illegal narcotics and burglary tools were also found. The gentleman also had a checkbook in his possession, however it was not his. Shockingly, after further investigation, the checkbook turned out to have been reported stolen from an auto burglary.

What might have happened to an innocent citizen if this stun gun was not taken off the street? Me thinks nothing good. One can try to fight, run, or cycle away from ever-vigilant SFPD officers but, more times than not, one *will* get BOOKED!

Mission Police District – Day Watch

Many old timers out there will remember the Army Street housing projects that are, fortunately, now long gone. However, it seems that the some of the old time crime still transpires in an area where women and children now try to make their way to work or school, and law-abiding citizens are just trying to live an ordinary life with family, friends, and neighbors.

Early one morning, a call went out over the police radio of shots fired in the area of Kamille Court and Treat Street. Descriptions of the suspects were broadcast to all responding units. Officer Richard Ruiz, after hearing that other units were close to the scene, decided to search the perimeter. He spotted inside a local restaurant a gentleman matching the description of one of the described suspects. Officer Ruiz calmly went inside and tried to determine why the gentleman was suddenly concealing himself inside of the restaurant. In addition to hiding, this fine young man was sweating profusely and appeared to be quite out of breath. Was he possibly evading payment of a check for some very spicy food? Or was he involved in a felony and hiding from the Police? **Officers Stancombe, Mattei, Chen, Lopez, and Ortega** all responded as back-up. Patient and thorough Police work revealed two crime scenes, two vehicles riddled with bullets, and many scared and concerned citizens. **Sergeant Ed Yu** arrived, is apprised of the suspicious situation and does not buy the spicy food/check evasion theory. Sergeant Yu obtained the video footage from the San Francisco city camera system, reviewed it, and guess what? OH SNAP, right there in the video is our sweating hero from the restaurant. He is shown walking along side of the shooter in what looked like an attempt

to be the "spotter" for his pal with the gun. Gee wiz, he's on felony probation, a certified member of a violent street gang, and is out committing felonious acts again.

Sergeant Yu and the Mission District officers did a great job combining old-fashioned Police work with new-fangled technology. Thank God the intended victim got a pass this time and no stray bullets struck an innocent victim. Smile! You're on camera. Gotcha! One can try to run, but more times than not, he *will* get BOOKED.

I bet he didn't even tip the waiter.

Central Police District – Swing Watch

Officer Charles (Chuck) Simpson was patrolling the bustling Broadway corridor his motorcycle one recent Saturday evening. Not surprisingly, a bawdy reputation often leads some visitors to our fine city to surmise that Saturday night in North beach equates to a Wild West show. Officer Simpson spotted an individual drinking vodka straight out of the bottle as he leaned against a car chatting with his friends. Not only is that against the law but clearly uncouth. The lads in the back seat of the said vehicle were acting fidgety and nervous, possibly due to the strong odor of marijuana emanating from the car.

A request for assistance went over the radio, and the troops quickly arrived. **Lt. Valerie Matthews, Sergeant Joe Fisher, Sergeant Pat Zappone, and Officer Mark Alvarez** arrived on scene. After a thorough investigation, copious amounts of narcotics and a **LOADED 9MM pistol** were found inside of the car. Long story short, all three party-goers in the vehicle were booked on various offenses. The new charges were in addition to previous gun and illegal narcotics cases these gents already had on their records. Swilling booze out of the bottle, that has to be a charge? No, they got a pass on that one. It was, as I mentioned, Broadway/North Beach on a Saturday eve. Nonetheless, all were BOOKED for the more sobering crimes.

Southern Police District – Swing Watch

Officer Luis DeJesus was enjoying a delightful evening in the garden spot that is 6th and Folsom Streets when a vehicle raced by him at Daytona speed. The car was going so fast the rear wheels skidded out on a turn and hit the curb. Accordingly, the investigation began. Our driver, with two reserve drivers inside of the vehicle, had pulled over and was examining the damage he might have caused to the car. Well, as soon as our heroes realized that the police were right there, they ran. Two of these gentlemen hid

behind a dumpster and hit the proverbial *I'm invisible button*. But, darn, the fantasy button didn't work as **Officers Jason Robinson and Patrick Woods** saw the miscreants immediately. Silly rabbits, they began fussing around with some sort of metallic object, which could clearly be heard by our officers. Fearing there was a weapon involved, the officers drew their guns and made a cautious approach. One sprinter was handcuffed, the other ran off again, this time not to be found. **Officer Joaquin Borrerneo** walked over to the said dumpster area and wammo, whadayaknow, inside was a **.44 CALIBER REVOLVER** wrapped in a paper bag.

What may have happened if these gents were allowed to careen about our streets like maniacs with a loaded gun in the car, we will never know. Well, one guy did run, but two were caught and BOOKED.

Southern Police District & Airport Bureau – Midnight Watch

Officer Matt Lopez and John Cunnie were cruising in the area of 7th and Howard Streets when they spotted a vehicle with out of state plates commit a Vehicle Code violation. Once they pulled over, the three occupants of the van just couldn't seem to wrap their minds around the truth when asked the simplest of questions. Lie after lie, half-truth after half-truth, would not deter our officers. Even with luggage from SFO inside the vehicle (travel tags still affixed), and with no reasonable explanation why they happened to be in possession of the said luggage, our three lads were still coming up with cockeyed excuses for being in possession of property that is not theirs.

After an exhaustive investigation, involving the Airport Bureau and getting **Inspector Sydney Laws** involved, the truth is told. Two travelers missed a connecting flight; their luggage arrived first, only to be stolen from the airport. Another traveler thought her luggage was just misplaced. These people had no idea they were even victims at the time of the traffic stop and detention. In the end, more than \$12,500 worth of jewelry and clothing is recovered. Illegal narcotics were also found inside of the vehicle and (amazing, I know) our chaps in the vehicle had warrants for theft from multiple states. What a great job by these officers, who saved untold grief for three unsuspecting travelers. You can try to run, or in this case maybe jet away, but – BOOKED.

That's all for this month. Be safe.

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Irish Charities American Fund Opens Registration For Run-A-Muck Challenge in Ireland

Irish Charities American Fund (ICAF) announced today the opening of registration for its inaugural fundraising event, the Run-A-Muck Challenge obstacle race in Ireland, with proceeds from the race program benefiting Irish charity, Children in Hospital Ireland.

The Irish Charities American Fund is a new nonprofit 501(c)(3) corporation headquartered in San Francisco. The ICAF's purpose is to fundraise in the United States for registered charities located in Ireland, kicking off this year with proceeds benefiting Children in Hospital Ireland.

The Irish Charities American Fund was founded by Paul Downey to harness the power of the 36 million Americans who claim Irish heritage and the over 200,000 Irish-born people living in the U.S. ICAF was created to support charities in Ireland affected by the recent economic downturn and reduction of services. ICAF hopes to raise and deliver over \$300,000 in its inaugural efforts.

"Irish charities are facing increased demands on their services during a difficult economic time," said Paul Downey, Founder and CEO of Irish Charities American Fund. "Our hope is that the vast Irish diaspora in the United States will represent goodwill and generosity toward their homeland of Ireland by supporting our mission to fundraise for Children in Hospital Ireland."

Children in Hospital Ireland is an Irish charity supporting the welfare of children in Irish hospitals and their families. For over 40 years, the organization has worked with sick children to provide play, fun and support for young patients facing a difficult hospital stay in 20 hospital wards across Ireland.

The Run-A-Muck challenge is an outdoor cross-country obstacle event that challenges participants to jump, run, roll and climb through and over mud, water, barriers and trenches along a 10K course. This year's event

is on Saturday, October 19, 2013, approximately 30 miles outside of Dublin, Ireland.

Participants in the challenge will commit to raise \$5900, or more, for ICAF prior to October 2013, in exchange for race registration, travel to and from the US to Ireland and accommodations for three nights in Ireland during the event, as well as necessary transfers during travel. Runners and walkers of all abilities can register to fundraise at the newly designed website: <http://irishcharitiesaf.com/>

ICAF has also partnered with The Gathering Ireland, a tourism initiative to bring those connected back to the country in 2013. ICAF will be the only gathering over a year-long tourism celebration to raise funds for an Irish charity.

"Our mission for this event is multi-pronged and beneficial for all involved," said Downey. "The Run-A-Muck challenge allows our participants not only to have fun and compete in Ireland — a country near and dear to their hearts — but they're also fundraising for Ireland with a trip back home as their 'prize' and while there, they'll contribute to and support the economy and tourism of Ireland, it's a win-win-win."

For more information on Irish Charities American Fund, please visit: <http://irishcharitiesaf.com/>

For more information on Children In Hospital Ireland, please visit: <http://www.childreninhospital.ie/>

For more information on the Run-A-Muck Challenge, please visit: <http://runamuckchallenge.com/home.php>

For more information on The Gathering Ireland, please visit: <http://www.thegatheringireland.com/About.aspx#.UOsT3uRX0II>

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Use of Force Report Writing Guide

Forwarded to the Journal by Ed Cota

The Constitutional Standard for Use of Force

The U.S. Supreme Court case of *Graham v. Connor*, 490 U.S. 386 (1989), established "Objective Reasonableness" as the standard for all applications of force in United States. This guide is designed to assist officers in articulating the facts of a Use of Force incident in accordance with the guidance provided in *Graham*. Remember, all Use of Force applications are judged based upon:

- The totality of circumstances
- From the perspective of a reasonable officer
- On the scene
- At the moment force was used.
- Without 20/20 hindsight
- In circumstances that are tense, uncertain and rapidly evolving

The court specified four specific factors, sometimes referred to as the *Graham* factors, which assist in determining reasonableness. Although not required, nor all inclusive, articulating these factors provides a good framework for justifying a particular Use of Force. The factors are:

- The severity of the crime
- Whether the subject was an immediate threat to the officers or others
- How the subject was actively resisting arrest (seizure)
- How the subject was attempting to evade arrest by flight

Other Articuable Facts

The following list represents facts, which if present, may assist in justifying a particular Use of Force. It is not intended to be all inclusive.

- The number of suspects vs. the officers involved (availability of back-up)
- Pre-assault indicators (be specific...describe the subject's actions and statements)
- Size, age, and physical condition of the officer and suspect
- Known or perceived physical abilities of the suspect (i.e. known Mixed Martial Artist)
- Previous violent or mental history, known to the officer at the time
- Perception of the use of alcohol or drugs by the subject
- Perception of the suspect's mental or psychiatric history based on specific actions
- The availability and proximity to weapons
- Environmental factors (night, day, snow, ice, heights, heat, terrain, etc.)
- Injury to the officer or prolonged duration of the incident
- Officer on the ground or other unfavorable position
- Characteristics of being armed (i.e. bulges, adjustment of clothing, "security touches")

Facts vs. Conclusions

Many police reports contain "conclusions" disguised as "facts". "Conclusions" are phrases or words that describe a subject's actions, but lack clear articulation of the subject's behaviors. When articulating force, particular attention should be paid to the specific actions and behaviors of the subject (facts). The following table provides a few examples of when "conclusions" should be replaced by "facts" in a written report.

Conclusions	Facts
Assaultive	"I'm going to kick your ass", specific verbal threats or statements, turned body 90°, boxer's fighting stance, suddenly closed the distance, shoved the officer, weight shifting, clenched fists, raised hands, profuse sweating, clenched mouth, rapidly closed distance, lunged, grabbed, scanning the area, sudden attack, personal grooming...
Non-compliant	"I'm not going to jail", ignored commands, acted contrary to commands, walked away, repetitive phrases, illogical responses...
Resistant	Pulled away, folded arms, 1000 yard stare, became rigid, attempted to hide, unresponsive to physical force...
Matched description	Height, weight, clothing, gender, race, hair color, vehicle description, direction of travel...
Officer Safety	Weapons, physical size, known criminal history, would not keep hands out of pockets, known violent history, type of crime, NCIC / BOLO info, time of day, characteristics of being armed, proximity to weapons...
High crime area	Number of arrests, types of arrests, personal observations, statistics, citizen's complaints...observations, statistics, citizen's complaints...
Suspicious activity	Unusual appearance for area (heavy coat in summer), unprovoked flight, looking in vehicles, stealthy movements...

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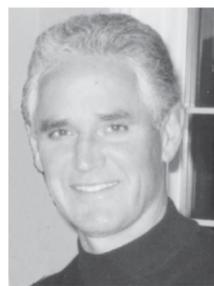
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FSI's Latest Study Pinpoints Vehicle Stop Vulnerabilities

Forwarded to the Journal
by Michael Nevin

Important officer safety findings from a groundbreaking study of vehicle stop performance have been reported by the Force Science Institute.

An analysis of various positions officers typically assume when talking to a driver of a stopped car and their immediate reaction to a sudden crisis reveals that:

- No position proximate to the suspect's vehicle can fully protect an officer from shots fired by a determined driver;
- Positioning on the passenger side seems to offer the fastest access to a "mitigation zone" where the danger of incoming rounds is lessened;
- In a surprise attack, officers trained to perform gun grabs or other disarming techniques tend to ignore that training in their desperation to escape the kill zone;
- Trying to draw and return fire during a dash to safety slows down an officer's flight;
- Many officers, particularly those who back-pedal away from the threat, move at an angle that prevents them from ever reaching a zone of reduced danger.

"Some positions and movements are better than others," says Dr. Bill Lewinski, FSI's executive director who led the study team. "But you can't depend solely on positioning to save your life on a traffic stop.

"If you decide to approach a vehicle you've pulled over, probably the most important elements for your safety will be your ability to control the suspect's hands as soon as possible after beginning your approach and to verbally and psychologically dominate the interaction through effective communication and tactical maneuvers."

First Study Of Its Kind

Field work for the study, the first to systematically evaluate police officer responses to a sudden lethal threat during what appeared to be a "routine" traffic stop, was conducted last April in Hillsboro, OR, with the help of the training staff of Hillsboro PD. The goal, in part, was to determine if certain positioning during contact with a violator would work best to an officer's advantage and to analyze officers' immediate reactions to an unexpected, life-threatening crisis.

Details of what the testing involved were described in Force Science News Transmission #202. You can read it by clicking [here](http://www.force-science.org/fsnews/202.html) or visiting www.force-science.org/fsnews/202.html.

Ninety-three LEO volunteers of various ranks, ages, and years of service from police and sheriff's agencies in the Pacific Northwest participated one at a time in the same scenario. Each was asked to exit a patrol car and approach the driver of a 2004 Ford Taurus that had been stopped for speeding 10 mph over the posted limit. The white male driver, alone in the vehicle, turned out to be an argumentative "sovereign citizen," who barraged the officer with hostile disputes over his or her authority, lacked any legal license or registration, and presented confusing documents attesting to his "right" to travel without police interference.

Each officer, with sidearm holstered, approached the subject three times. The first two times, the driver

was verbally abusive only for a period of 45 seconds. But during the third contact, he unexpectedly produced a pistol from a hidden location near his right leg and began firing blank rounds at the officer. The officers' reactions were video-recorded by multiple time-coded cameras.

At the moment of attack, the tested officers were standing by the Ford's center doorpost (the so-called B-pillar) at either the driver's side or passenger's side at different angles to the suspect's vehicle, reflecting positions typically taken by officers in real-world situations that Lewinski has studied across more than 40 years.

On the driver's side, officers stood: parallel to the car behind the doorpost, with left leg aligned with the post...parallel in front of the doorpost, with right leg near the post...perpendicular at a 90-degree angle to the post...or angled forward from the doorpost at a 45-degree angle. On the passenger side, they were angled forward from the post at a 45-degree angle. Roughly equal numbers of the test pool occupied each position.

For purposes of the study, the researchers calculated a "mitigation zone" encompassing the back half and rear of the vehicle. This is the area officers are often taught about in training where it's harder for an offender to effectively target them from inside a vehicle and thus there's less chance an officer will be hit. This zone of relative safety for the study fanned out at a 10-degree angle from just behind the B-pillar on the driver's side and at a 45-degree angle on the passenger side.

No Magic Angle

"The first thing we confirmed from carefully studying the videos frame by frame was that no position an officer took relative to the suspect vehicle guaranteed his or her safety," Lewinski told Force Science News. "Some positions were easier for the suspect to point at and shoot at — when an officer was parallel to the driver's window, for instance — but he was able to comfortably and very quickly discharge rounds in officers' direction however they were angled to the car.

"We also were able to confirm our findings from previous studies regarding how long it takes for a committed suspect inside a vehicle to present a weapon and fire the first round. That happened in this study in about one-quarter to one-third of a second, putting the officer far behind the reactionary curve. The attacks were so fast that no officer could have fired first, even if his gun was already on target, his finger was on the trigger, and he was primed to react.

"An officer who thinks that positioning alone will protect him can be tragically mistaken. There simply is no inherent safety in any position, and in this study there was no significant differences among positions as to how long it took the suspect to present his pistol and fire."

Training Ignored

Officers are commonly trained to "neutralize a suspect's weapon" with disarming or deflecting techniques when sudden attacks occur at close quarters, Lewinski points out. "This is considered a faster response than trying to draw and shoot."

However, in this study only 12 officers attempted neutralization — and

only three succeeded. Two deflected the offender's gun long enough to draw and fire their own; the third lunged into the car through the open window and choked the driver, keeping him from firing.

The other nine made a feeble attempt at neutralization — primarily trying to sweep the weapon aside with their off hand — but "didn't follow through to finish the effort, resulting in the need to retreat and further expose themselves to the driver's gunfire," Lewinski says.

One of the most common gestures made in an immediate, startled response to the sudden threat was the officers "raising their hands or arms as if to shield themselves from the gun" before moving away from the vehicle. "This gesture, of course, has nothing to do with an effective reaction," Lewinski notes.

From what the researchers observed in Hillsboro, it's clear that if neutralization techniques are to be effective, "it is necessary to enforce more practice, training, and visualization strategies," Lewinski says.

Speed Of Engagement

About 10% of the officers made no attempt either to neutralize the subject with a close-quarters response or to draw and shoot at him from some distance. "They simply retreated from the threat, disengaged without firing," Lewinski says.

Of the vast majority who did shoot, when they did so proved significant. "The time-coding revealed that those who tried to draw and shoot while moving took an average of 0.39 of a second longer to reach the mitigation zone where their chances of being hit were reduced," Lewinski explains.

"That amount of time translates into at least one extra shot by the assailant while the officer is still within an area of maximum vulnerability. It was faster to get to the safer zone first, then draw and fire rather than attempting the more complex motor action of drawing and shooting on the move."

(Because blanks were used in the guns of officers and the offender alike, accuracy could not be confirmed for any shots.)

Missing The Zone

Officers predominately side-stepped in some fashion or back-pedaled in distancing themselves from the threat. About 17% of those who back-pedaled and 11% of those who side-stepped never made it to the mitigation zone. Overall, nearly one in five officers in the study failed to reach the zone.

"They moved back at angles that actually carried them away from the safer area, remaining in the offender's easier line of fire and, on the driver's side at least, exposing themselves to potential dangers from traffic," Lewinski observes.

For those who did make it to the zone, the time required for back-pedaling and for side-stepping to get there were "very similar." But Lewinski points out that "a considerably higher percentage of those who back-pedaled were unsuccessful in reaching the mitigation zone. Also, those who back-pedaled exposed their center mass and head to the suspect for a greater amount of time."

Passenger-Side Edge

Officers standing at a 45-degree angle to the doorpost on the passenger side were able to reach the mitigation zone in the least amount of time on average — about 1.5 seconds from the start of the assault.

On the driver's side, officers standing parallel to the vehicle behind the doorpost were able to move fastest — but took 2.04 seconds to reach the mitigation zone on average. That may not seem statistically significant, but "that difference in time could mean the difference between life and death for some officers," Lewinski says. "A rapid-firing suspect could get off two to three more shots before an officer could reach a safer position on the driver's side. The other driver-side positions were significantly slower.

"Positioning yourself on the passenger side appears to offer a significant advantage," Lewinski says. "A potential assailant tends to be hindered not only by not expecting you to approach there but also by obstructions inside the vehicle, such as headrests which interfere with their ability to target and track you. And if there is trouble, you will likely be able to retreat more quickly to a less vulnerable position, according to our findings."

Officers committed to making driver-side approaches, despite the disadvantages, "should have adequate training in close-contact weapon neutralization and train to disengage before drawing," Lewinski advises.

Ahead

A fuller report on these initial discoveries, including statistical specifics, has been accepted for publication by the peer-reviewed journal Law Enforcement Executive Forum. That report is authored by Lewinski and his research colleagues, Jennifer Dysterheft, Dawn Seefeldt, and Dr. Robert Pettitt. Publication date has not yet been announced.

Currently underway is additional analysis of the data gathered in Hillsboro to explore elements such as officer-subject communication, alternative physical reactions, psychological and memory considerations, and other critical control and response factors. Results from these aspects of the study will be released in Force Science News as soon as they are available.

Specific recommendations for training modifications will not be made until all data is thoroughly analyzed, Lewinski says. "These findings seem to offer some suggestions about directions we should go, but there is still a lot we don't know about precisely what to do in training."

Meanwhile, the Patrol and Tactical Operations Committee of the International Assn. of Chiefs of Police, of which Lewinski is a member, has asked for a report on the findings of the study. Officer safety during vehicle stops is a concern that the IACP is currently studying in an effort to devise new training and performance guidelines.

Visit www.forcescience.org for more information

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Retirement Planning Seminar Class #61

Three Days At Sigmund Stern Grove

By Mike Hebel

POA Welfare Officer, Attorney, CFP

The Trocadero Clubhouse at Sigmund Stern Grove hosted the latest SFPD-POA pre-retirement seminar (February 6th, 7th & 8th) — class #61. The Stern Grove with its club house and concert pavilion is a beloved community treasure and part of San Francisco's romantic history. The Clubhouse, built in 1892 as the Trocadero Hotel and beer garden, is a beautiful Victorian, stick-style resort with its multi-gabled roof and delicate ornamentation. Shortly after the 1906 earthquake and fire, Police Chief William Biggley arrested Mayor Eugene Schmidt's bagman — the notorious Abe Ruef — on corruption charges at this very site. Just after this infamous arrest, the Chief disappeared while on late-night boat trip from Tiburon to SF. The Grove property was purchased in 1931 by Mrs. Sigmund Stern and donated to the City. It is a festive and fitting venue for the seminar.

This seminar has been expanded to include discussion of social security and medicare benefits, health service system plans, long-term care, post-retirement employment/activities, retired employee organizations, health and nutrition, fitness for life, taxation, essentials of estate planning, and critical psychological issues presented by and in retirement. The seminar presents a range of answers to the big questions: Are you ready to retire? Are you ready to stop being a police officer? What's ahead for your next 30+ years?

Seminar in its 29th Year

This seminar, titled "The Gino Marionetti and Michael Sugrue Memorial Seminar," honors its two founders. May they rest in peace. This seminar is now in its 29th year having started in March 1985. Since its inception, more than 2,580 participants have completed this seminar.

Special thanks to **Captain Teri Barrett** for providing the necessary funding to expand the seminar subjects. A very big thank you to **Chief Gregory Suhr** for reinstating the long-standing tradition of allowing members a three-day training detail as a thank you for years of dedicated service — to make their succession plans for a successful and prosperous retirement.

44 Participants

Forty-four participants attended this lively and informative seminar which was coordinated by **Cyndee Bates**, POA staff administrator.

The seat of honor, which is reserved for the most senior member in attendance, was given to **Joe Allegro**, a member of the 108th Academy class of December 1, 1967. A special moment of appreciation was offered to senior department members **Joe Allegro** (45 years department service joining on 12-1-1967) and **Captain Greg Corrales** (43 years service joining on 9-16-1969). A most special moment of appreciation was offered to inspector **Marty Bastiani** (55 years department service joining on 9-1-56) who recently retired on January 1, 2012. Marty was honored at Caesar's Restaurant for his distinguished contributions to the San Francisco Police Department.

All of the attendees, excepting Joe Allegro, were in the Tier II (hired on or after November 2, 1976) retirement plan. *Tier I members are nearly an extinct*

species amongst active members. Class attendees were from the 108th to the 181st recruit classes. The 233rd recruit class has just completed their FTO program; the Academy now has concurrent classes and this will continue for the next 36 months. Some members attended with their spouses/partners (which is much encouraged).

The long standing tradition where-in members attending from Taraval Station either provide sunshine or presto-logs for the fire-place was not followed since the fireplace was under repair. However, mostly sunshine and biting cold did prevail for the entire 3 days.

Hot Topics

As expected, much discussion focused on the 3% at 55, 90% cap charter amendment which was approved by the voters at the November 2002 election. It passed with an unprecedented 65% majority.

POA president **Gary Delagnes** warned that leaner times were ahead. The average wage increase in 2010 for police officers across the country was a minus 6%, with 2011 & 2012 even worse; the SFPD continued to see pay increases through July 2012. Oakland and San Jose are now 12% behind the SFPD in compensation — both had recent police officer layoffs. Gary noted that about 25% of police officers in the SFPD promote and that a recent San Francisco poll showed a 74% approval rating for the SFPD.

The Gary Delagnes Legacy

POA president **Gary Delagnes** stated that a large exodus of police officers was expected over the next 2 years with as many as 500 police officers reaching a full/maximum pension status (a full one-third of the Department, not including the Airport Division). Between 2008 and 2012, over 800 police officers joined the KMA club. These officers entered the department between 1979 and 1982 when an unprecedented 22 Academy classes were graduated; then from 1984 through 1988 there were no Academy classes due to CCSF fiscal problems followed by only one class in both 1989 and 1990. The Department is now understaffed by over 200 officers; Gary noted that police officer recruitment is an urgent problem for all large city police departments. Mayor Lee announced in July 2012, that 18 Academy classes will commence over the next 6 years with 50 members per class.

Gary stated that the first raise under the new MOU did occur on July 1, 2007 at 4%; over the following 5 years (through July 1, 2012) the wage increase equaled 27.5% compounded. A third tier retirement was created at the June 2010 election for new city employees hired on and after July 1, 2010. A fourth retirement tier (new police employees hired on or after January 7, 2012 whose normal retirement age was raised from 55 to 58) was added with the November 2011 ballot (Proposition C) which will increase current employee contributions and place restrictions on the supplemental COLA (only to be paid when the Retirement System is both 100% market-value funded and has earned excess reserves). Gary was commended for his primary role in advancing, in twenty years, the total compensation of SF police officers from #92 in the state of California to #1 in the nation

(cities with populations of 250,000 and over). Gary accomplished his and the POA's goal of financial freedom for the rank and file: a thirty-year veteran Q4, step 5 police officer, on July 1, 2012, receiving an annual wage of \$118,898 and thereafter retiring with an annual pension of over \$110,000 Gary set forth the pay raises that have been received over the last decade: 1992 – 5%; 1993 – 5%; 1994 – 5%; 1995 – 0%; 1996 – 3.5%; 1997 – 3.5%; 1998 – 3.5%; 1999 – 5.5%; 2000 – 5.5%; 2001 – 8%; 2002 – 8%; 2003 – 0%; 2004 – 9% (with uniform allowance); 2005 – 6.5%; 2006 – 4.9%; 2007 – 6%; 2008 – 7%; 2009 – 6%, and 2010 – 4%. (Note: subsequently the contract was revised to provide for a 2% raise in July 2009, 1.4% raise in July 2010, 3.77 % on 6-30-2011, 2% on 3-31-2012, and 1 ½% on June 30, 2012; there will be no further pay raises under the current MOU which will end on 6-30-15). With these last two pay raises, San Francisco police officers will retire with an annual pension exceeding \$110,000 — the first police department in the country to do so. What a glorious record of accomplishment! This will be known as the **Gary Delagnes legacy**.

Gary outlined the 30 year police career path: years 1-10, job oriented; years 11-20, promotion oriented; and years 21-30, retirement oriented. He reminded the attendees that SP payoff is now 75% of 1040 hours and OU caps out at 300 hours; this payoff will remain for the remainder of the MOU — a benefit now enjoyed only by police and fire. Gary warned that after June 30, 2015 that there may be a long, barren time for wages and benefit increases since the SFPD is so far ahead of law enforcement agencies in both California and the U.S. At the next negotiation, which will commence in mid-2014, the City likely will want to phase out the Wellness Program (SP payout) and terminate the 4% longevity pay at 30 years service. He expected that there will be a Charter amendment coming soon dealing with the unfunded (\$4 billion) liability for retiree health care; a City task force with Supervisor Mark Farrell is already working on this. He also expected that there would be much litigation in California over the vested pension rights doctrine and, perhaps, many agencies would follow San Diego in providing, for new hires, only a defined contribution pension plan.

After a 35 year police career and a 20 year POA career, Gary will be retiring on May 22, 2013 at which time he will be stepping down as POA president. **We thank Gary for his dedicated and committed service to the POA and its members and wish he and his wife Sue a long and prosperous retirement.**

Mike Hebel urged all to consider participation in the 30 – 30 program: 30 years of service and then at least 30+ years' collecting a retirement benefit with no death before age 80. This is the Hebel corollary to the Delagnes police career path description.

Class Comments

Comments from past and present attendees during the informal course evaluation included: "very helpful and useful information. What an eye opener. A wonderful seminar — the Department did something good for us all. I am glad I came; everyone close

to retirement should come to these. Much needed information; should be open to officers with 20 or more years of service. Super and marvelous; I enjoyed this seminar immensely. I am now more confident in the City's retirement system. I would hate to think what would happen if we retired without the knowledge that we now have. Great class, everyone should attend, keep them up. Very good, can I come again. Most practical course I have ever attended. Great facility, coordinators, and presenters."

From a class member comes the following admonition: Cops must think out of the box when it comes to retirement. We are so used to 30 years of taking directions and receiving a check every 2 weeks. At retirement, the gate opens up. You have to think about what to do every day. You can no longer look at a calendar for your days off - for every day is a day off. Your retirement requires at least 3 years' advance planning. Take your pension and go do what you really want to do. Now it is solely your choice. Another member stated that when neighbors ask about his retirement, he says: "I am on a fixed income." But I do not say what it's fixed at. Many others marveled at how truly wonderful their retirement and health plan benefits are.

And just recently this comment was received: "This class is worth at least \$20,000. Consider all the experts you have direct contact with, who stay and answer your questions, and give such helpful advice. Any SFPD member who doesn't attend this 3 day seminar has truly failed to take advantage of a marvelous pre-retirement resource."

"To be a successful retiree — it's not about the money. Focus on family, friends, and fun plus have a purpose — something to do," is wisdom from many participants.

And of course, the comment by a member for achieving a successful financial plan and life: "Save at least 15% of gross income, be great at the work you love, stay social with good friends and family, develop a spiritual life or get those big questions answered for your self, choose a true companion, exercise often, sleep and eat well."

Instructor Comments

Candice Fan and **Maria Newport** set forth all the basics of the CCSF Retirement plans. They most adequately described the benefits of and qualifications for service and industrial disability pensions. Also explained were death benefits, beneficiary designation, and cost of living adjustments. Candice and Maria answered all questions insuring that the basics of the CCSF Retirement System were understood by the attendees. To increase your pension: work longer, get older, and hope for many more pay raises. Also, buy-back miscellaneous time (accrued during police academy) to obtain a separate monthly pension check, albeit small; such buy-back must be completed before retirement. With regard to service pension calculations, the age factor goes up every 3 months while the service factor increases each day. To schedule a retirement interview call 415-487-7070 up to 6 months before your expected date of retirement. They urged members to bring their spouse/domestic partner to this interview. Also, said **Candice**, keep your beneficiary designation current. They both noted that the date of retire-



ment chosen will effect cost of living adjustments as well as the SP/OU/VA payout. Basic COLAs are effective on July 1 of each year; to get the COLA for any given year you must retire on or before July 1 of that year; but remember that payouts (SP/OU/VA) are based on your rate of compensation for the month in which you retire (higher payout if you retire after July 1). There were options for retiring members to reduce their monthly pension so that a spouse/partner/beneficiary could get a larger monthly pension as a survivor. **Candice** explained that the pension benefit calculation for new plan members (Tier II). It is based on the highest average monthly compensation paid to a member. The Retirement System compares each member's earnings for the 12 months immediately preceding their retirement date with the member's highest fiscal year earnings. Whichever is higher is used for the pension calculation. **Maria** explained the cost of living adjustment changes resulting from the successful passage of Proposition B (June 2008 ballot) wherein the basic COLA (up to 2%) is now compounded and the supplemental COLA, when excess earnings from the Retirement System Trust Fund are present and when the Trust is 100% market-value funded, was increased from 0.5% to up to 1.5%. In the best of years' the compound COLA is 3.5%.

It was noted that the average retirement age for San Francisco police officers in 1931 was 71.5 years; in 2012, the average age was 55.9. Quite a difference in two generations.

Joe Collins, Great-West Retirement Services deferred compensation account executive, urged participants to select an appropriate asset allocation plan for themselves identifying their risk tolerance, time horizon, and retirement savings target. The SFDCP has 18 options and, if desired, a self-directed brokerage account through TD Ameritrade. Joe said that the police department's average deferred compensation balances are the highest amongst all city departments. He said that the new target date portfolios (2015 to 2055), with their automatic rebalancing, were particularly attractive offerings for broad diversification. Each strategy suits a specific investor profile – based on the number of years you have until your planned start of distribution. Joe explained all the dis-

tribution options: defer distribution (up to April 1 of the year following the year in which you reach 70 ½), lump-sum payment (full or partial), periodic payments (amount certain, period certain), annuity payment (fixed, fixed with period certain, joint and survivor) or a combination of these options. He also explained the distribution options for your designated beneficiary who will receive any remaining funds in your account upon your death. Joe urged continued contributions into equity funds appropriate for each participant's risk tolerance and distribution date.

When to start **social security** payments? The class agreed, the sooner the better. If you began to collect at age 62 (the earliest age allowable) rather than at age 66 – 67 (normal retirement age for baby boomers), it would take 14 years for the older recipients to catch up. Monthly social security payments for police officers, subject to the windfall elimination provision, average between \$100 to \$450 after deduction for Medicare part B.

Wow! Said many: a CCSF retirement pension (at 90%), deferred compensation distributions, and social security.

George Eimil, retired deputy chief and dedicated instructor in these seminars, said that he began **estate planning** as an attorney when he realized, after his 1986 retirement, that he needed something more than golf to keep him occupied. George does an excellent job in explaining the basics of estate planning (wills, trusts, gifting, probate and its avoidance, estate taxes, powers of attorney, property titles, and medical directives). George covers a lot of territory in 50 minutes interspersed with great jokes. He again warned attendees not to put their real property in joint tenancy with anyone other than your spouse or domestic partner. With respect to titling property, he continues to urge the use of "community property with right of survivorship" for best tax/probate avoidance advantages. He urged the use of a revocable living trust to avoid probate and to protect estate tax exclusions. George emphasized the need for a Will, Revocable Living Trust, Durable Power of Attorney and Advance Health Care Directive.

Dennis Meixner (SFPD 1970-2003), licensed tax preparer, covered the issues of **federal and state taxation in**

retirement, Social Security off-sets, and retirement plan (traditional and Roth IRAs) distributions. With his short tax quiz, he clearly demonstrated the tax savings for those awarded an industrial disability retirement. Service retirements are fully taxable while IDR retirements are tax advantaged (paying state/federal income tax on less than half of the gross amount). *This was Dennis' fourth class. Thank you Dennis for taking over this important subject matter.*

Dominic Gamboa (retired SFPD) presented an interactive, informative and entertaining class on **Fitness for Life**. Dominic urged class attendees to adopt life-styles that would ensure a longer, healthier life. His suggestions included an annual physical check-up, avoiding fatty, processed foods, weight management, and adequate exercise for life-time fitness. *Thanks to Dominic for presenting this most valuable subject matter.*

Tier I vs. Tier II

The participants reviewed the retirement/survivor benefits contained in the two police retirement plans. Tier I (old plan, pre-November 1976) remains superior for 3 main reasons: 1. spousal/domestic partner continuances are 25% larger; 2. cost of living adjustments are about 1.5 times better (although this may not continue with the expected dearth of pay increases for active members over the next several years); and 3. the marriage/domestic partner rights are superior (a Tier I member can marry or form a domestic partnership after retirement, live one year, and then the spouse/domestic partner is entitled to a continuation; for Tier II, the marriage/domestic partnership must have occurred at least one year before retirement for there to be a spousal/partner continuation entitlement).

The class was reminded that police wages were set by Charter amendment prior to 1953; by annual salary survey from 1954 onward; and now by collective bargaining since 1992. Thanks to **Larry Barsetti** and **Maureen D'Amico** for discussing the **Veteran POA and the Retired City Employees organization**. They said that the most valuable assets a police retiree has are his/her CCSF health plan and retirement plan. The retiree's most valuable personal asset is his/her training as a decision maker which is much valued

in post-retirement employment. They urged the class participants to qualify for social security benefits (40 units) and to consider finding some type of post-retirement employment or volunteer opportunity; just "doing nothing" will lead to a disastrous retirement. **Larry** explained the retirees' (POB & VPOA) position regarding the law suit challenging the new requirement (100% market funding) for issuance of supplemental COLAs.

Darlene Hong (VP – Organizational Development) provided many convincing reasons why members should continue their financial contacts with the **SF Police Credit Union** and make it their primary financial institution. Thanks Darlene for the morning beverages and treats. Darlene has completed more than 28 years service with the Credit Union – congratulations. Darlene introduced **Chris Breault** who provides financial planning services for credit union members. Thanks also to **Art Howard**, **Jim Kelly** and **Mary Dunnigan** for candidly discussing emotional problems that can arise in retirement and how to avoid destructive responses. They explained the resources that are available through the **Department's Behavioral Science Unit**.

Other Observations

Chief Suhr continues the tradition of gifting every retiree with his/her police officer star as the Department's recognition for a job well done; this has also reduced to zero the number of missing/lost police star reports made by those members approaching retirement age.

Attendees were stunned by the costs of **health coverage upon retirement**. Few had realized just how good the POA Memorandum of Understanding is in keeping these costs down for members and their families. After retirement, there is no subsidized dental plan, but thanks to Proposition E (Nov. 2001 ballot) there now is a medical care monetary subsidy for the retiree's principal dependent. The member's health care cost on retirement, depending upon the plan selected and the number of dependents included, is zero or highly subsidized. **Susan Rodriguez-Corns**, HSS benefits analyst, urged participants to take care of their dental needs before retiring.

continued on page 17

The Hebel Economic Forecast For 2013

By Mike Hebel, Financial Correspondent
Certified Financial Planner

Classic signs of economic recovery are in place!

Stock indices are approaching all time highs!

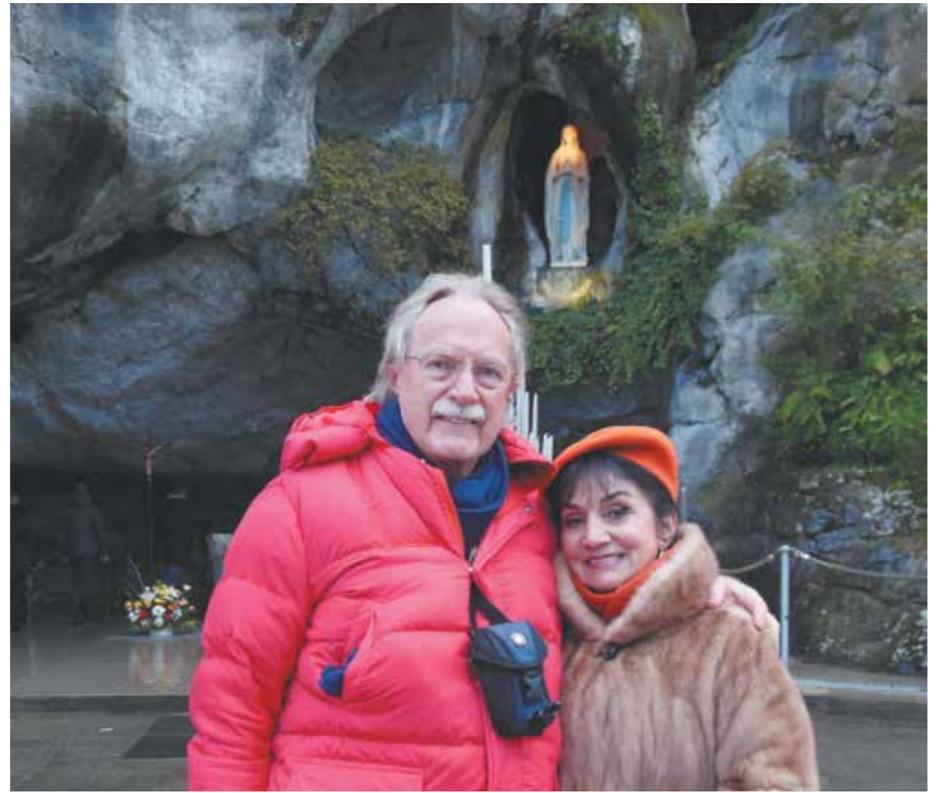
Housing is on the rebound!

- Dow Jones Industrial Average 2013 range: 13,900 to 14,700 with upward momentum
- Inflation (CPI): about 2.3%
- Real growth of domestic production (GDP): growing to 2.2%
- Price of barrel of crude oil: \$105 (average price)
- Average yield on money market funds: continuing below 0.15%
- Unemployment: edging downward to 7.6% at year end; although all-inclusive U6 jobless rate is over 14% (measure of unemployment/

underemployment);

- 30 year fixed rate mortgage: 3.5 % to 3.75% (on conforming loans)
- 10 year treasury notes yield: 2.25 %, near 50 year low
- Interest rate trend: minimal, gradual upward adjustments
- Increase in S&P 500 corporate earnings: 9%
- Expected average real, total return on equities: 6.5 % to 8.0% over next 5 years

The classic signs of an economic recovery have already started. Auto sales have nicely recovered, and housing is clearly on its way back, and this is very important because housing was one of the key causes of the "Great Recession" of 2007–2009. Housing should contribute to economic growth over the next two to three years. Over the long term, in my judgment, the outlook gets even more bullish because the U.S. is going to benefit from a global raw-material advantage. The shale revolution is reducing U.S. energy prices, and that's helping to revive U.S. manufacturing and is leading to a renaissance of high-paying jobs. Already the U.S. is becoming the low-cost manufacturer



Mike and Gity Hebel at the well-known pilgrimage site in Lourdes, France, standing in front of the grotto where it is believed that the Virgin Mary appeared to St. Bernadette on numerous occasions in 1858. Catholic pilgrims, by the millions, have been visiting here to drink the water and leave written prayer petitions. Mike and Gity petitioned, amongst other things, for world-wide economic prosperity in 2013.

Long Term Investing Pays Off: Great-West's Net Investing Performance "Stay The Course"

Average Annualized Total Return as of December 31, 2012

	2012	5yr	10yr/ Inception	Total Expenses
Target Date				
Retirement Fund	N/A	N/A	5.24	.45%
Target Date 2015 Fund	N/A	N/A	5.42	.46%
Target Date 2020 Fund	N/A	N/A	5.60	.48%
Target Date 2025 Fund	N/A	N/A	5.74	.52%
Target Date 2030 Fund	N/A	N/A	5.72	.52%
Target Date 2035 Fund	N/A	N/A	5.74	.53%
Target Date 2040 Fund	N/A	N/A	5.74	.53%
Target Date 2045 Fund	N/A	N/A	5.74	.53%
Target Date 2050 Fund	N/A	N/A	5.74	.53%
Target Date 2055 Fund	N/A	N/A	5.73	.53%
Bond				
Core Bond Portfolio	10.36%	8.33%	6.81%	.47%
International				
International Equity Portfolio	19.57%	-1.17%	10.15%	.55%
Specialty				
Real Estate Portfolio	16.26%	5.06%	12.66%	1.03%
Small Cap				
Small Cap Core Equity Portfolio	10.35%	2.90%	5.41%	.98%
Small Cap Growth Equity Portfolio	6.16%	.45%	7.29%	1.22%
Small Cap Value Equity Portfolio	14.14%	5.24%	11.86%	.76%
Mid Cap				
Mid Cap Core Equity Portfolio	18.50%	4.36%	12.70%	.83%
Mid Cap Growth Equity Portfolio	17.93%	4.00%	11.62%	.76%
Mid Cap Value Equity Portfolio	16.69%	.68%	11.13%	.81%
Large Cap				
Large Cap Core Equity-Active	16.24%	.12%	8.65%	.92%
Large Cap Growth Equity	17.49%	1.59%	6.23%	.55%
Large Cap Core Social Equity	17.84%	.94%	5.47%	.16%
Large Cap Core Equity-S&P 500	15.98%	1.69%	7.11%	.04%
Large Cap Value Equity	16.97%	-.26%	-.99%	.50%
Stable Value				
Stable Value Portfolio	2.55% annualized crediting rate through 3-31-13			

"Miranda" Investment Admonishment: Current performance may be lower or higher than performance data shown. Performance data quoted represents past performance and is not a guarantee or prediction of future results. The investment return and principal value of an investment will fluctuate so that, when redeemed, shares/units may be worth more or less than their original cost. Consider the investment objectives, risk, fees and expenses carefully before investing."

of various chemicals, and that edge is expanding into other areas.

Stock markets are up. On March 9, 2009 the Dow Jones Industrial reached its nadir closing at 6,547.05. In mid-February 2013 the DJI topped 14,036, just 1% below its all time high of 14,164.53 reached on October 7, 2007. Witness the S&P 500: it has now doubled from its generational-low reading of 666 on March 9, 2009 closing at 1,366 on February 24, 2012; this is the quickest doubling since 1936. In mid-February 2013 it crossed the 1531 mark just slightly below its all time high of 1565.15 reached on October 9, 2007. The equity markets are looking past the immediate economic outlook, as they often do, and are counting on continued growth rather than a relapse into recession. The markets are also counting on interest rates and inflation to stay very low and corporate profits to outstrip the rate of economic growth.

While I am upbeat, I also recognize that, given the depths of the Great Recession, the economy will not top its trend line of 3% annually for about two more years (2015). And an unemployment rate of 6% will not be seen again before 2016.

I look back on the "good old days" of stock investing – namely 1982 through 1999 when the S&P 500 index had a return of 17.9% annualized. And from 1995 through 1999 the returns were even better – at 28.6% annualized. That era is gone! I am now delighted with a 7% - 9% annual return in equities. While I can certainly provide no guarantees regarding future returns, I do firmly believe that for those looking back five-to-ten years from now, even from the current levels in the market, this will have proven to be an excellent time to be actively investing.

The Hebel maxim: *There is no safe, quick and easy way to build wealth. A firm commitment to a well conceived long term investment strategy using a well diversified portfolio is required to accumulate wealth over time. This endeavor is best viewed as a marathon rather than a 100 yard sprint. Within the context of alternating bull and bear markets, the main long term forces of the market have historically favored the bull.*

The Hebel Recommended Reading List

Become Your Own Personal Financial Manager

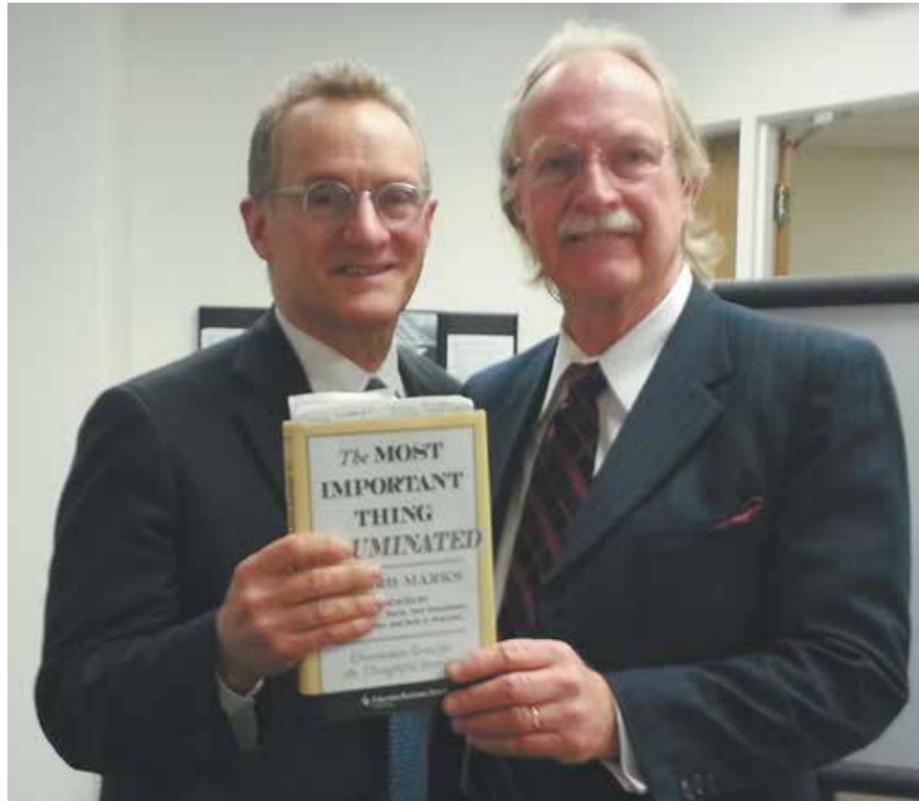
I have put together a recommended reading list, call it a financial canon, to help deferred compensation participants become more knowledgeable about their investments choices. I urge you to begin reading some of these books. Take your time. The months you spend perusing this list will be well spent. Since the list is rather long, I have placed the recommendations into three categories.

Very, Very Important

- *Common Sense on Mutual Funds: New Imperatives for the Intelligent Investor* by John Bogle.
- *Asset Allocation: Balancing Financial Risk* (3rd edition) by Roger Gibson.
- *Stocks for the Long Run: The Definitive Guide to Financial Market Returns and Long-Term Investment Strategies* (4th edition, 2008) by Jeremy Siegel
- *Winning The Losers Game: Timeless Strategies for Successful Investing* (2009 5th edition) by Charles Ellis
- *The Millionaire Next Door* by Thomas Stanley and William Danko
- *One up on Wall Street: How to Use What you Already Know to Make Money in the Market* by Peter Lynch
- *The Four Pillars of Investing* by William Bernstein
- *The Warren Buffet Way* (Second Edition) by Robert Hagstrom
- *The Only Investment Guide You Will Ever Need* (2010 updated edition) by Andrew Tobias
- *The Intelligent Investor: The Definitive Book on Value Investing* with commentary by Jason Zweig (2003 revised edition) by Benjamin Graham

Very Important

- *The Future For Investors – Why The Tried And The True Triumph Over The Bold And The New* by Jeremy Siegel
- *Global Investing* by Roger Ibbotson and Gary Brinson
- *The Intelligent Asset Allocator: How to Build Your Portfolio to Maximize Returns and Minimize Risk* by William Bernstein
- *Earn More (Sleep Better): The Index Fund Solution* by Richard Evans
- *The Most Important Thing Illuminated* by Howard Marks



Mike Hebel with Howard Marks. Mr. Marks is a partner at Oaktree Capital Management and author of *The Most Important Thing Illuminated* – a book on the recommended reading list. Mr. Marks was in San Francisco presenting his annual market forecast to the SF Retirement Board which uses Mr. Marks' firm as a fixed income manager. Mr. Marks' key points were: (1) the world is more uncertain than at any time in the last 45 years; (2) the U.S. economy has not recovered its vigor and will not go back to the economic growth experienced in the 1980/1990's because of its \$17 trillion budget deficit and \$50/\$100 trillion unfunded entitlements liability; (3) the Retirement Board's assumed investment return of 7.5% is on the optimistic side of possible with 6% easily doable; (4) investors have fallen out of love with stocks and have reduced their equity allocation over the last several years, but investors should be buying quality stocks right now where a 9% return could be made; (5) real estate, except the best buildings in the best cities, is also presently very attractive; (6) and have a meaningful position in emerging markets, debt and equity, for, in his opinion, the 21st Century will be the Asian Century.

- *The Dividend Rich Investor* (1999 edition) by Joseph Tigue and Joseph Lisanti
- *Ordinary People, Extraordinary Wealth* by Ric Edelman
- *Winning the Investment Marathon* by Bradlee Perry
- *John Bogle on Investing: The First 50 Years* by John Bogle
- *The Big Secret for the Small Investor* by Joel Greenblatt
- *A Random Walk Down Wall Street* (2007, 9th Edition) by Burton Malkiel.

Important

- *Triumph of the Optimists: 101 Years of Global Investment Returns* by Elroy Dimson, Paul Marsh, and Mike Staunton
- *Against the Gods: The Remarkable Story of Risk* by Peter Bernstein
- *The Little Book of Common Sense Investing* by John Bogle
- *Capital: The Story of Long-Term Investment Excellence* by Charles Ellis
- *Devil Take the Hindmost: A History of Financial Speculation* by Edward Chancellor
- *Discovering the Laws of Life* by John Templeton
- *The Only Guide to a Winning Investment Strategy You'll Ever Need* (2005 edition) by Larry Swedroe
- *The Little Book of Economics* by Greg Ip

These 30 books, in my opinion, are amongst the best that have ever been written on investing and investment related subjects. If I have missed your favorite, please let me know. In future articles, I will do book reviews on these important titles.



Mike Hebel thanks Carol Cypert for her 10+ years of exemplary service as CCSF deferred compensation manager. Carol retired on December 15, 2012. During her tenure, Carol won over 14 awards for communications, plan design and innovation, including the prestigious 2012 Innovator, Marcom and Eddy award. Active and retired participations in the SFDC plan thank Carol for her dedication to the plan and for the numerous ways that she improved it. We all wish Carol a long and prosperous retirement.

Number of Funds	Number of Participants	Percent Allocated
1	10,763	44%
2	3,667	15%
3	2,788	12%
4	2,268	9%
5	1,552	6%
6	1,112	5%
7	812	3%
8	472	2%
9	267	1%
10+	449	2%
Target Date Funds	9,218	45%

Total Participant Count

24,197

Great-West Retirement Services

Phone number: 877-457-9321

Andee Nusaath, District Manager
1 Front Street, suite 810, San Francisco, CA 94111

www.sfdcp.org

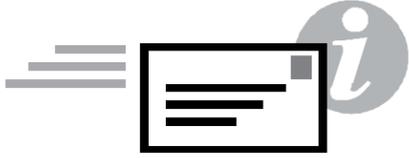
Joe Collins, SFPD Account Rep

Annual contribution limit for 2012: \$17,500

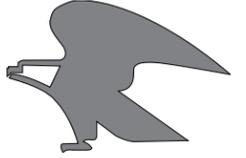
Age 50 and over in 2013: additional \$5,500

Accumulated lump sum payments in last year of service

Special 3-year catch up provision for 2013: \$35,000



POA MAIL



Dear POA —

To the men and women of the San Francisco Police Department, words alone cannot express my gratitude and appreciation for the love, kindness, and support that you have shown me and our children during this difficult time. The unexpected loss of my husband, my children's father, has been an experience that no family should endure.

I want to thank everyone that came to the hospital that night. Chief Suhr, Deputy Chief Biel, Deputy Chief Tomioka, Captain Garrity, retired POA Vice President Kevin Martin, and the members of Tenderloin Station (past and present). Thank you all for your presence and your comforting words. I had occasion to speak with Bill Westbrook (Thomas' father) who was absolutely touched when you all lined the corridor of the hospital giving Thomas an honorable escort.

Thank you to everyone who assisted in the planning and execution of the services and reception: Captain Garrity and the members of Tenderloin Station, Lt. Armanino, Lt. Calonic, retired Lt. Cota, Sgt. Lalor and so many more of you that were instrumental in the day's events. Also, a special thank you to Deacon Tom Martin and Sgt. D'Arcy for your participation during the service.

Thank you Kevin Lyons and the POA for your tireless work in mak-

ing sure my children and I are taken care of. We are so appreciative of the donations that have been collected.

Lastly, to Captain Garrity and the members of Tenderloin Station I am forever grateful for everything that you have done and continue to do on our behalf. So many of you have worked side by side with Thomas over the years and he will always be a part of your "rat" family.

Sincerely,
Jennifer Westbrook
(wife of Thomas Westbrook)

Dear POA —

On behalf of all of us here at Kid Stock, and all of the children that we serve, we would like to give you a heartfelt thank you!

Sincerely,
Gustavo Torres
Development Associate
Kid Stock

Dear SFPOA —

On behalf of the San Francisco Police Department's Operation Dream, we would like to express our deepest gratitude for your generous donation of \$5,000 to the SFPD Operation Dream Holiday Toy Patrol. Your generosity enabled us to provide over 20,000 toys to families in need throughout San Francisco. It is through your efforts that we are able to bridge the communication gap with the youth of our community in

the battle against crime and drugs.

Michael B. Slade
Executive Director
SFPD Operation Dream

Dear Gary —

On behalf of Cheryl Jennings and all of the staff at ABC7, thank you for taking the time to come to our studio and tape the "Beyond the Headlines" program. We appreciate your participation and insight on our "Gun Violence" episode.

The show aired on February 3rd, and is available to view on our website at www.abc7news.com. Scroll down and click on the Community page. Select "Beyond the Headlines" and use the "Share" video function to embed the video to your own website. The show will also be posted on our Facebook page at www.facebook.com/ABC7CommunityAffairs.

Sincerely,
Laura Kutch
Community Relations Manager

Dear SFPOA —

The Kovach family would like to thank you for the beautiful floral arrangement that you sent to the services for my husband and our dad, Frank Kovach. It held a place of prominence at the services. It was a very touching reminder of how much he loved the San Francisco Police Department and a kind gesture from all of you. Our dad worked at Northern Station for a short time and then Taraval where he walked the beat on swing shift. He told us about walking all the way out to the beach and back as part of his daily routine on duty. Dad started at the Police Pistol Range in 1950 and remained there until he retired in 1978. Dad had many things in his life to be proud of but becoming Range Master was probably at the top of his list. He followed in the footsteps of such important role models. He just felt he was trying to guide as admirably as those who had guided him in his 30-year career.

Dad loved guns, the parts of guns, and fixing them so they were safe for others to use. Thank you for honoring our dad with the floral arrangement sent to his services.

With sincere appreciation,
Barbara Kovach,
Pat Zetak, Debbie Smith

Dear SFPOA —

On behalf of the Correctional Peace Officers (CPO) Foundation 2013 Golf Committee, thank you very much for the San Francisco Police Officers Association's support of our 26th Annual Survivors' Golf Tournament. In 2012 we assisted nearly 2,000 Correctional Officers and families in times of need. Sponsors like the SFPOA help make this possible, and we appreciate you!

Thanks again to all at the SFPOA.
Sincerely,
Patricia R. Bjorklund
Executive Assistant
California Correctional Peace Officers

Dear SFPOA —

On behalf of the Department of Athletics at San Francisco State University, thank you for your generous gift to the Athletic Fundraising Fund. Your gift will support the efforts of our student-athletes and coaches as we take on competition during the upcoming 2012 and 2013 season.

The core of SF State Department of Athletics' fundraising efforts is our community of alumni, parents and friends. Your donation will allow us to maintain our highly competitive program and continue our focus on assisting our student-athletes reach their educational goals despite rising tuition and the possibility of future budget cuts.

We are grateful for your commitment and support for the Department of Athletics at SF State.

Sincerely,
Cathy McDermott
Assistant Athletic Director

Attn: Ray Shine, Managing Editor—

Just a note to catch you up on a SFPD retired officer: Sgt./Insp. Morgan Peterson, who retired in 1994. During his police career, he also received his doctorate from USF in Counseling Psychology. He is currently a professor at Palomar College in So. California (25,000-30,000) students teaching in the Public Safety/Administration of Justice programs, has been voted teacher of the year by his students, serves on various college boards and committees and gives community outreach lectures on public safety.

He has had published 2 books now used in classrooms:

Ethics For Public Safety – Ethical and Moral Decision Making (co-authored with a teacher in the fire-science department)

Enforcement Psychology – Coping with the Rigors of Policing (just published, and being used in classes as well as being marketed for police academies and in-service police training programs).

He has organized several student field trips to the SFPD, and his SFPD background (and great stories) make for interesting and popular classes.

We look forward to the Journal. Keeps us up on the SFPD news.

Thanks,
JoAnn Peterson

Dear SFPOA —

I am honored to be a recipient of the POA Scholarship. Thank you for your endowment.

Sincerely,
John "Jack" Gardner

Dear SFPOA —

Thank you for your expression of sympathy. Thank you for the beautiful orchid. Your thoughtfulness is appreciated.

Josephine Sora

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Retirement Planning Seminar

continued from page 13

She emphasized that the HSS plans, excepting the City's plan, were geographically limited. She said that the HSS walk-in hours are 8 am to 4:45pm; phone calls are taken for four hours every day. On an average day, there are up to 200 walk-ins and over 1,000 phone calls. The plans available, as of July 2013, are: City Plan, Kaiser, and Blue Shield. City retirees are indeed very fortunate to have life-time medical care; most employers terminate health care coverage at age 65. **Claire Zvanski**, longest serving employee elected commissioner on the **City Health Service Board**, spoke on the funding of retiree health plans, the importance of Medicare reimbursements, and the pre-funding of retiree health care that new City employees (hired after January 10, 2009) will be required to make (up to 2% of salary) so as to pre-fund their benefits to the year 2038. Claire said that 75% of health premiums are for drug/pharmacy benefits. At age 65 city retirees must purchase Medicare part B; for those not eligible for Medicare, their health care costs are significantly higher. Kaiser is now available throughout both northern and southern California for retirees.

Dr. Forrest Fulton, Ph.D. (formerly of the behavioral science unit, retired July 2003, and thereafter became a **certified gerontologist**) reminded the attendees that men are the suicide gender with men's rates now increasing and women's decreasing. Reason: women are better at expressing their feelings. He urged the use of stress reducers including restriction of caffeine and alcohol and the elimination of tobacco. Relying on the work of George Valliant entitled *Aging Well*, Dr. Fulton said that longitudinal research has shown what life styles led to a successful life. He mentioned: good attitude, positive self identity, intimacy in relationships, love-work-play in balance, career transitions, generous & giving back, keepers of meaning, mentoring other people, integrity and a personal value system, need for a retirement plan with fun and creativity, wisdom in old age, and a spiritual dimension to help give meaning to life.

Mike Gannon (SFPD 1972-1998) spoke, robustly and vigorously, on the issue of **long term care insurance**. Mike is a licensed insurance salesperson (since 1984). He said that long term care is not covered by the CCSF health plans or by Medicare. As he told the attendees: "You deserve a long walk in the sunshine. You deserve the glory and honor that you earned as a public safety hero." With the average stay in a nursing home now 2.5 years and its annual cost of \$74,208 for a private room, he urged all to consider long term care insurance. Since almost 25% of original applicants for long term care are denied (medical issues), he urged picking this up in your early 50's. He thought that excellent long

term plans were available from Genworth (GE), Met Life, NY Life & John Hancock; he also urged comparison with the plan offered by CALPERS. Mike quoted his favorite financial advisor, Suze Orman: "1 in 1200 homeowners will use their fire insurance, 1 in 240 automobile owners will use their auto insurance, but 1 in 2 long term care insured's will call upon their policy for financial assistance."

The **Widows and Orphans Aid Association of the SFPD** was founded on January 13, 1878 for the express purpose of providing financial assistance to police officers' families at the time of a member's death. Retirement/Death benefits were first provided by the City and County of San Francisco in 1889 through the Retirement System. The Aid Association's original benefit was \$100 for a modest funeral and \$1,000 to help maintain the financial stability of the surviving family. The current annual dues are \$72; the current death benefit is \$17,000. Upon retirement from the SFPD, payroll deduction is no longer available. Members thereafter receive an annual statement or may do automatic transfer from the SF Police Credit Union or some other financial institution. To be eligible for benefits, a member must join while still an active member and must be under age 46. Contact info: woaasfpd@gmail.com or 415-681-3660.

Retirement Board commissioner Herb Meiberger helped bring this seminar to a most successful conclusion. Herb proudly told the attendees that San Francisco's retirement fund is among the best funded in the United States and may be the best funded in California. It is safe, sound, and well capitalized. Herb said that the Trust Fund, for purposes of paying a supplemental COLA, would probably be fully funded (market value) between 2018 and 2022 depending, of course, on rates of return achieved by the Trust Fund. (Note: Mike Hebel is more optimistic; he believes the supplemental COLA will again be paid between 2017 & 2019.) Herb urged the attendees to stay active in the retiree organizations to protect their retirement and health service benefits.

Next Seminar

The next retirement planning seminar is scheduled for **October 8, 9, & 10, 2013**. The seminar will be available to the first 40 persons, members and their spouses/partners, who contact the POA after the announcement is sent to all members with or near retirement eligibility. Preference is given to those members who are near retirement or who have already contacted the Retirement System for their retirement dates. The seminar fills up quickly so don't delay. Contact **Cyndee** at the POA (861-5060) if you desire advance notification for these seminars or wish to sign up.

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Deaths

The POA Journal was notified* of the recent deaths of the following SFPD members, non-sworn employees (n/s), or affiliated persons:

Name of Deceased	Date of Death	Age	Status	Notification by
John Julian Ruggerio	February 15, 2013	95	Retired SFPD	R. LaPrevotte

*Notifications are made by a POA member, family member, or other reliable source.

The POA Journal believes the information to be true and correct, however the staff or employees of the SFPOA make no official confirmation.

Submitting Obituaries and Memorial Tributes

Any member may submit a separate memorial tribute to a deceased member. Any such piece will not appear in the matrix, but will be placed in the Mail section, or, with prior approval of the editor, as a sidebar piece. The Journal will also accept and publish in the Mail section short letters about a deceased member written by a person in the immediate family. However, the Journal will not reprint obituaries or photos that were published in any other print media, web site, or Internet blog.

Book Reviews

— by Dennis Bianchi

The Barbary Plague: The Black Death In Victorian San Francisco

By Marilyn Chase
Reviewed by Dennis Bianchi

Marilyn Chase was a reporter, columnist and Senior Special Writer for *The Wall Street Journal* for more than thirty years. She wrote news stories and features on biotechnology, global health, personal health and diseases like AIDS, TB, malaria and cancer. She wrote the Health Journal column from 1994–1999 and as a Senior Special Writer, she covered drug research, development and pricing through mid-2008. She is currently a Lecturer at the University of California, Berkeley Graduate School of Journalism, and continues to pursue an independent writer's life, contributing to *Kaiser Health News* and *Harvard Magazine*. Her resume instills confidence that her book, *The Barbary Plague: The Black Death in Victorian San Francisco*, is a trustworthy accounting of an incident that has been lost sight of, but should be examined. This book was released in 2003 and is available on the Internet.

The year 1900 in San Francisco was filled with excitement but not all of it was of a happy variety. The City was growing fast and furiously following the Gold Rush days of fifty years earlier. So-called skyscrapers were going up, street cars on rails were moving quickly, 15-miles per hour, on many

streets. The port was busy and among the many ships that arrived there in 1900 was "The Australia." This ship was soon to be identified as the ship that brought rats, and then the plague, from Asia via Hawaii to San Francisco. That determination was made later in the year by United State Public Health officer Dr. Joseph Kinyoun. Dr. Kinyoun was a very bright and dedicated scientist but lacked tact and diplomacy. His zealous style, along with the lack of tact, created a strong backlash not just from the residents of Chinatown, where the bulk of the first victims appeared, but also from the business and political leaders of The City and, eventually, of the State of California.

The book has great value as a warning to us all. When greed and power are placed before public health we all lose. Two very greedy unethical power-mongers were ensconced in San Francisco's City Hall shortly after the discovery of bubonic plague in 1900: in 1902 Eugene Schmitz, convicted for corruption, and his notorious behind-the-scenes-manipulator, Abe Ruef, who was convicted of bribery and sentenced to 14-years. Although the charges against these two men revolved primarily around the actions during and after the 1906 Earthquake and Fire, the spread of the plague was likely aided by the recalcitrant atti-

tudes and actions of Schmitz, Ruef and many other politicians and business-first thinking individuals.

Ms. Chase makes clear how there was a conspiracy at work which included the local newspapers, including the *San Francisco Chronicle*, to keep the public either uninformed or misinformed, to the seriousness of what was happening in San Francisco. "With so many rich veins of patronage to be mined, City Hall saw scant profit in public health. During the weeks surrounding the election, the rat fleas attacked and sickened seven new people in Chinatown. Before, Christmas, a barber, a cobbler, a cigar maker, and a hardware salesman would land in the morgue." The corrupt effects of collusion of politics and newspapers is made clear by Ms. Chase. There was a great fear that the City and, perhaps even the State, would get quarantined by the Federal Government. Such an action would have obviously damaged the growth and economic success of the City and State. At the same time, people were dying and if the cause could not be dealt with there could easily have been good reason for a quarantine.

Many non-Asian San Franciscans already had a strong bias toward the Chinese community but the lies and misinformation promulgated by the press and politicians increased the bias to open hostility. Claiming that Chinatown was the center of the pestilence, City health employees would attempt to quarantine the area with barbed wire and chemicals, clearly exempting businesses owned by non-Chinese.

Dr. Kinyoun's successor, Dr. Rupert Blue, had much more success, due mostly to his ability to cajole and be reasonable. But even his attempts at keeping the plague under control were met with the same political problems. Ms. Chase points out that during wet, cold periods rats would recede further into the ground and give the appearance that the plague was receding, but Dr. Blue knew better. Nonetheless, he began to be confident by late 1904 as the number of deaths began to decline. And then, the 1906 Earthquake and Fire erupted, bringing rats to the sur-



Dennis Bianchi

face and righteous fear of the plague. It took hard work and several more years to bring to end this blight. Ms. Chase's description of San Francisco, post Earthquake and Fire, is outstanding: detailed, clear, frightening. It was no wonder the plague returned with a fury and this time attacking all races and neighborhoods. One neighborhood that wasn't as toxic with pestilence was Chinatown, due primarily to the extensive work that Dr. Blue had insisted upon a few years earlier. And yet, racism continued. "Still, old myths died hard, said a local historian, Frank Morton Todd. 'It was curious how hard these ideas were to dispel, even in the face of the evidence furnished by white mens' funerals.'" A note of interest, if not levity, was noted. "Along with all the standard disaster rations, the city's sanitary chief received this refreshing telegram from army headquarters in Washington: 'Henry E. Netter, Philadelphia, has offered donation carload of eighty barrels rye whiskey for hospital purposes. Do you want it?'" The medicinal spirits were shipped express."

The book is a good read on several levels: detective story, San Francisco history, biographical details of public figures but mostly a scientific look at public health. It took some time for the doctors to realize that the cause of the spread of the plague was fleas attached to the rats. Ms. Chase's background in writing about science and health issues for so many years obviously served her well in explaining this process. She also is clearly fond of San Francisco and the Bay Area. Her descriptions of The City are clearly written with fondness, and the book as a whole accomplishes what more books should do: entertain while teaching several needed lessons.



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Book Reviews

Canada

By Richard Ford
Reviewed by Dennis Bianchi

The author, Richard Ford, has won many awards for his writing including The Pulitzer and the Pen/Faulkner award. The unique quality lies in winning both awards for a single novel, *Independence Day*, which was but one novel of a trilogy. Academics and critics equally revere his work. With *Canada*, he continues to receive rave reviews. The book was published last year but has picked up attention again with the paperback version being released early in 2013. All that said, Mr. Ford is a fine writer but also one who demands a bit more from the reader than your usual stories of crime or dysfunctional families.

The opening two paragraphs set so much in motion that the reader may question Mr. Ford's ability at maintaining momentum in the following 400-plus pages.

First, I'll tell about the robbery our parents committed. Then about the murders, which happened later. The robbery is the more important part, since it served to set my and my sister's lives on the courses they eventually followed....

Our parents were the least likely two people in the world to rob a bank. They weren't strange people, not obviously criminals. No one would've thought they were destined to end up the way they did. They were just regular - although, of course, that kind of thinking became null and void the moment they did rob a bank.

The reader immediately knows quite a bit about what is to come, and yet, Mr. Ford sets a pace of suspense. He knows how to make the reader wait. The narrator of the story, a young son and brother to a female twin, chats away for 77 pages before we learn that his name is Dell. And for the most part all this waiting works well. We really want to know more about the bank robbery, and what plot twists lead to murder. Was it during the robbery? Was it something else? Mr. Ford keeps us waiting.

Canada is obviously a crime novel, filled with dangerous felons and more than a few surprises. But it is also a novel about family, about survival and growing up. It explores big and great ideas such as betrayal, greed and hubris. It describes to some degree how Canadians view their neighbors to the South, and to a greater degree the geography of Canada. It gives the mature reader an opportunity to recall what life in the United States was like in the early 1960s.

The Parsons family consists of a father named Bev, a big Southerner who has taken an early retirement from the United States Air Force, his younger wife Neeva, the daughter of Jewish immigrants who is clearly more intellectual than her husband, the above-named Dell and his fifteen-year old twin sister Berner.

The twins do not resemble one another in any way or fashion. Berner is much more rebellious and clearly headed for trouble while Dell is interested in school, chess and keeping bees: not exactly a television situation comedy family from the 1960s. There is not much of a hint of how much trouble lies ahead. Bev represents the core of the problem for the family: the self-mythologizing nature of one who relies on "his easy scheming nature, his optimism about the future, his

charm." Armed with the personality flaws typical of the self-appointed important person he eventually becomes desperate, foolishly believing he can talk and boast his way out of almost anything. Unfortunately his actions destroy not just his own future but that of his wife and children.

Once the bank has been robbed and the parents arrested at home, the scene of the book moves from Great Falls, Montana to Canada. Neeva had planned in advance for her children to be taken by a friend to Canada should she and Bev be arrested. The friend had a brother who resided in Fort Royal, a small town in Saskatchewan. Neeva had no knowledge of this man, Arthur Remlinger. Had she known more she would have likely found another place of refuge for Berner and Dell. Berner has no interest in being under anyone's authority and takes off on her own, leaving Dell to face his future alone.

Arthur Remlinger runs a hotel/brothel and seems to have authority over a large number of people in the area. Dell is stuck in living-quarters that lack heat, electricity or a functioning toilet. He is put under the tutelage of an employee of Remlinger, Charley Quarters, a half-French, half Indian trapper/hunter and flunky who wears raggedy clothes, rubber boots and keeps his long, greasy hair pulled back with a woman's rhinestone barrette. In spite of Charley's strangeness many of the better lines in the book come from him. When Charley tries to warn Dell about Remlinger's violent past and convoluted personality changes, Dell rejects the advice, hoping to come under the protection of Remlinger as a surrogate son. Charley explains that it would be in Dell's best interest to go back to Montana and turn himself over to the juvenile court. Failing to get Dell's attention Charley states, "Most losers are self-made men.... Don't forget that."

There are stretches of the book that move too slowly for my tastes, as Mr. Ford very carefully places exact descriptions of actions and people, but as Dell comments later, "Remlinger had told the truth when he said I would learn something valuable. I learned that things made only of words and thoughts can become physical acts." At the end of the book, when seemingly all loose ends are tied together, we learn that Dell has stayed in Canada and become a school teacher.

He assigns works of fiction such as Conrad's *Heart of Darkness*, and Hemingway's *The Nick Adams Stories*, explaining that, "...my conceit is always 'crossing a border'; adaptation, development from a way of living that doesn't work toward one that does. It can also be about crossing a line and never being able to come back." The book concludes with the now 60-something-year old Dell musing, "What I know is, you have a better chance in life — of surviving it — if you tolerate loss well; manage not to be a cynic through it all; to subordinate, as Ruskin implied, to keep proportion, to connect the unequal things into a whole that preserves the good, even if admittedly good is often not simple to fine."

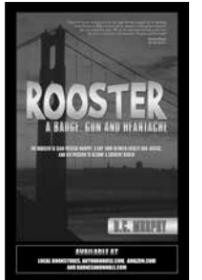
Obviously, Richard Ford writes books for serious reasons and they should be read with care. The effort is worth it.

Read Some of SFPD's Published Authors

By Ray Shine, Editor

At least three SFPD retirees have written and published one or more books. While many of their colleagues were on the golf links several times each week, these three authors were spending their time on the keypad. There may well be more than these three, but I do know that the following retirees have written between them a total of two novels and two college textbooks.

Dan Murphy began working on his novel *Rooster* while still working active duty in the Southern District. Following retirement, he devoted the time needed to finish the book and get it published. The subtitle is *A Badge, A Gun and Heartache* and is a crime drama that takes place in San Francisco and Marin County. The book is available on-line at Amazon, Barnes and Noble, or buy it as a hard-copy at many local book stores.



Retired Sergeant **Jim Pera** wrote and published his novel after he retired from Park Station. Jim has fictionalized an actual but notorious event of the early 70s — the bombing of Park Station by a band of urban terrorists prevalent in those volatile times. The book is titled *The Rampage of Ryan O'Hara* and is available on-line at Amazon.com



Retired SFPD Inspector **Morgan Peterson** has a second career as a much respected professor teaching Public Safety and Administration of Justice at a college in Southern California. To enhance his teaching, now Dr. Morgan Peterson, Phd, has written and published two textbooks currently used in classrooms, each with compelling titles.



Ethics For Public Safety – Ethical and Moral Decision Making (co-authored with a teacher in the fire-science department).

Enforcement Psychology – Coping with the Rigors of Policing
Both of these texts are available through Amazon.com.

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Long-Term Investing

Basic Financial Literacy: Teaching Your Children the Value of Money

By Edwin K. Stephens,
The Stephens Group

Take care of the pence, and the pounds will take care of themselves.

— William Lowndes

Train up a child in the way he should go; and when he is old he will not depart from it.

— Proverbs XXII 6

Is it important for a parent to teach his child how to be financially responsible?

Answer: Absolutely. Parents must teach their children financial literacy by setting a positive example.

Financial Education Begins at Home

Long before most children can add or subtract, they become aware of the concept of money. Any 4-year-old knows where their parents get money—the ATM, of course. Understanding that parents must work for their money requires a more mature mind, and even then, the learning process has its wrinkles. The Financial Planning Association offers a few suggestions for parents that want to help their children with basic financial literacy.

Buy a piggy bank. Young children need this tried-and-true symbol of saving. They need to know there's a place to put pocket change they don't spend, and they are free to tap it only

to accomplish a goal that the both of you discuss. This isn't about buying stuff. It's about setting goals.

Don't miss an opportunity for a lesson. Watch your child's behavior — see what they want to buy. Ask them how they plan to pay for things. This is your window on whether your money messages are getting through. "I want" and "I need" are always opportunities for you to teach. Some pretty serious money issues can come out of the mouths of babes. Listen for them.

Also, teach your kids to make spending "wish lists" throughout the year — these are not only lessons in delayed gratification but prioritizing needs and wants.

Have them open a savings account. If small balance passbook accounts still exist at your bank, do the old-fashioned thing and go with your child to open one. Make sure they keep their bankbook or monthly statements in a safe place, and make sure they deposit funds at least once a month to get in the habit. You might also consider mutual funds geared toward children — the best ones have great educational value.

Handle money mistakes carefully. A child will make mistakes with money—they'll lose it, spend it on the wrong things or possibly give it away to others at the wrong times. It is generally a good idea to ask the child whether that was a right use for the funds and what they might do the

next time.

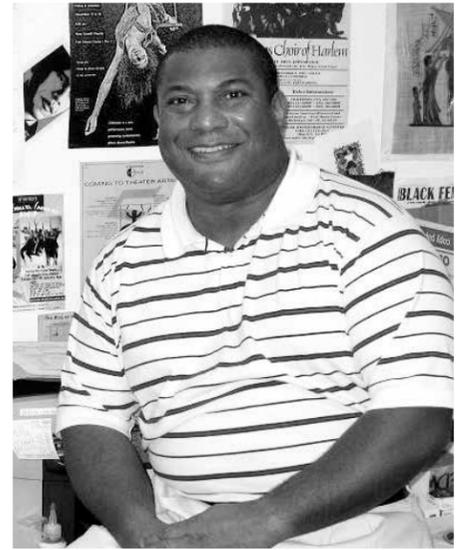
Be open about your investments. Kids are sponges. They know if their parents have investments just by watching what is in the mail. Start talking about why you buy stocks, bonds or mutual funds to help pay for their education. If your child asks you to buy a book or subscribe to a magazine or newspaper so they can learn more, don't think twice — just do it.

Talk about college early. Even if you plan to pay your children's entire tuition, you need to talk about the financial investment college represents long before they go. You can also talk about whether your child will have to pay any expenses on their own and how they will earn the money. The massive investment college represents a great opportunity to discuss what the most important things in life really cost.

America's 116 Million Young People

In 2011, the United States had a total resident population of 312,833,000, making it the third most populous country in the world. People under 20 years of age make up over a quarter of the United States' population (27.3%) and people age 65 and over make up one-eighth (12.8%) in 2009. The national median age was 36.8 years.

On 2/15/13, Ms. Cecilia Shiner, senior analyst at LIMRA Retirement Research stated that "improving gen-



eral financial literacy could lay the groundwork for retirement knowledge. Too few consumers understand basic financial concepts and this lack of knowledge can hinder their savings efforts." LIMRA is the industry trade group for the Life Insurance Marketing and Research Association.

Ms. Cecilia Shiner noted that "There's a lot of attention on the baby boomers

(78 million) but there are nearly 116 million Americans aged 20 to 47, and as an industry we need to help these Americans plan and save for retirement." Given that millennials represent 116 million Americans, it is imperative that basic financial literacy for children begins at home.

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KTVU Reporter Rita Williams Retires

Opened first KTVU SF Bureau in Hall of Justice

When the *Journal* learned of the February retirement of veteran KTVU reporter Rita Williams, we went to our archive and found the interview she did for the *POA Notebook* (now the *POA Journal*) back in August of 1997. That interview, conducted by Officer Cynthia O'Neill of Park Station, is reprinted below.

Rita has always been considered one of the most trusted reporters by many SFPD street cops and investigators. She has always been fair and even-handed

with her reporting and her interviews. (She has received death threats for her interview of former BART PD officer Johannes Mehserle. She is the only reporter to have interviewed the beleaguered officer to obtain his side of the shooting story.)

The San Francisco Police Officers Association congratulates Rita on her retirement from broadcast journalism after more than three decades in San Francisco, and more than four decades in the profession. — *Ed.*

From the Archives

Police/Media Forum

Exploring the Relationship Between the SFPD and the Local Media

This month we are publishing the first in a series of interviews with members of the local media. This forum is intended to examine the state of relations between the media and the San Francisco Police Department, how those relations can be improved and, most importantly, why we need to coexist professionally with the local scribes and camera crews.

The POA asked Cynthia O'Neill of Park Station to lead the series, off with an interview of Rita Williams, a television news reporter for KTVU, Channel 2. This is Cynthia's report. — Editor

Interview With Rita Williams

By Cynthia O'Neill,
Park Station

This article is the first in a series in which local media personalities will be interviewed to get their perspectives on different aspects of our job and our department. I'd like to think that with a little more understanding of our respective jobs and goals, perhaps we can benefit and ultimately bring ourselves some good press; something that we all know is in short supply these days. I spoke with Rita Williams at the KTVU headquarters in Oakland on July 10, 1997. She was very accommodating and accessible after being asked to speak with a member of the POA for an upcoming article. Ms. Williams was born in Shreveport, Louisiana. She grew up in Lubbock, Texas, the daughter of a civilian employee of the Air Force. She got her bachelor's degree from Texas Technical University and went on to get her master's degree from George Washington University in Washington, D.C.

Q: Have you been with Channel 2 since the beginning?

A: I started with KQED in 1978. I was with them until 1980 and in January of 1980 I started to work with Channel 2. Our news director is great. I got a desk in the Press Room at the Hall of Justice. I was the first TV person to do that. And so when you first start out as a woman — a TV person — someone that the male newspaper folks resent, you are going to get that same resentment from a lot of the males and especially some of the hierarchy in the department.... I think now that it is different but I like to credit some of that to the professionalism that I think I've shown in my work and I think that you are accepted and trusted. It's been a long haul and it has been 18 years of being there every single day.

Q: Do you have any historical perspective on the relationship between the San

Francisco Police Department and the local media?

A: Well I guess as many years as I have covered the police department, I'm history so I guess that every bit of my perspective is historical. I started reporting in the city in 1978 so, it was Charlie Gains' era and I have gone through quite a few police chiefs since then and I can tell you there have been good times with the media and bad times.

A lot of it has been self-imposed by the department. I think that you have to be pro-active and I don't think that the San Francisco Police Department, say perhaps one or two regimes or people — PR people who were in that office like Mike Pera and John Hennessey — aside from those — has not been proactive. It is reactive and the difference now that I am covering a lot more police departments. You go to San Jose and they call news media in the morning with a big arrest from the night before, big case. They lay it all out for you. They have all the drugs, the guns, the paraphernalia. They've a mug shot for you. They give you the locations and it's like all given to you. In San Francisco, it's like you earn this stuff in spite of.

Q: What is the most frustrating thing about properly covering the police department?

A: I guess the most frustrating is still, kind of like you have to prove yourself on every single story with those people who know you and have a history with you. It's not like that but you are assumed to be...

Q: The enemy?

A: The enemy, yeah. And I think it is unfortunate but I can understand the mentality.

Q: I think that police officers in the SFPD sometimes feel that media would rather cover something negative about us. Do you think that this is the case and does Channel 2 have any unwritten policies along those lines?

A: No, it definitely is not a policy at Channel 2. I can state that emphatically. We do not say we will only do negative police stories, but I think when you are not putting out the positive ones and we only know about the police department — that which we can find out about — and if we don't know the good things and we certainly know the bad things because they are going to wind up on the scanner or we are going to wind up there, then that is what gets covered. As you know more people in the police department and more people will tell you things then you balance those out and I would like to say that Channel 2 is balancing those. I give some of the credit to the fact that I have been there for a long time and people will tell you other things... all we get are

the complaints that we don't cover the good stories. We've got to know about them.

Q: What kinds of things have you seen officers do that you think are particularly good or strike you as something positive?

A: Well I still think that the most positive thing any officer at the scene of say a crime or disaster, whatever, could do is to be open. If you say, oh, I can't tell you about this then obviously a reporter's instincts are that there is something bad going on and that you need to dig a little deeper to find out. If people answer your questions — you don't have to elaborate a lot — but if you answer the question cordially without a chip on your shoulder, I think that is the best public relations that anybody could do. You are doing your job. How can you be faulted for doing your job? You don't have to give an opinion but you can give the facts.

Q: Would you delay the reporting of a story if you thought that you would jeopardize the investigation?

A: That is too broad but I can give you some examples. My biggest complaint with investigators is that they think everything would jeopardize their investigation and when you sit down with them, you find that there is a very common ground there... I have sat on lots of information. I am sitting on one — this page I got today...I don't want to jeopardize the police officer who has helped me on knowing about this story. He or she obviously has a reason why they wanted it. I always investigate in my mind the motivations...sometimes, I don't go with a story because of that... I can't blanketly say that I would withhold all information and it still galls me when somebody says, you can't print that. I know that there are some investigative nuggets that you want to keep for that person that truly knows something and I am certainly not going to give every detail of the case. That's not my job but, at the same time I think investigators need to see that the burden is not on the reporter to withhold the information and they should look at their own sometimes to find out why the information is out there to begin with.

Q: Have you every felt unfairly locked out of a story or an investigation by the police department?

A: Early on there were a couple of deputy chiefs back in the beginning who absolutely, positively refused to ever do a TV interview...to me it is much better to go on television where people can see the inflection in your voice they can see the expression.

Q: And you are a human being that way?

A: And you can't change that. People think we butt-up quotes and the time and that we cut people in

the middle of their interview, we don't do that. If you watch them on the air you have a better feel of why they are saying what they are...than if you read a quote in the newspaper which can have half of it left out.

Q: We do such a good job on so many things that I think the average street cop would love it if that information was put out there.

A: You have got to tell people that because they won't hear...You need to let somebody know while it is going on. We have like four or five different scanners in the car and it is getting much more complicated and people don't listen like they used to. You can not physically listen to all of those scanners...So you are captives of just how much you can listen to and that is the only way — that and tips — that we hear about what you do on the street. So, somebody has to let you know and it is better to let you know while it is going on...when they were doing the stepped-up enforcement in the Mission...they picked two — I mean really young, industrious officers that I went out with. I've got to tell you. I was impressed. These guys — nothing went past them...We were in the back and they tried for an hour to get us back to the station so that we could get this on at 10 and every time they tried, something else popped in front of them. I mean decent things... There were probably 15 or 20 things that they went to in those couple of hours and they were very professional about they way they went about their jobs. That is very refreshing to see.

Q: When something major happens in San Francisco...it's the same crew that goes from event to police event and paints everyone with the same, broad brush strokes...

A: I think everybody in the San Francisco Police Department has to realize that they work for a big city department. They like the excitement and challenges of the case...it's going to get a lot more attention that a suburban police department. People tell me that all the time, well if we had done that down there it, it would be on the front pages. It is true...Is it fair? Maybe not. Does it happen? Yes...There are a lot of politics in the San Francisco Police department. I think it is getting better...you can only hope that it will continue to get that way and that if good people are put in supervisory positions, then —and I think the department reflects the community better now as well — and I think that women and minorities have brought in a different perspective as they have in reporting.... I think that the police department and the reporters have a lot more to gain from each other than they have to lose.

Sports



NICK'S NOTES

By Nick Shihadeh,
Journal Sports Editor

Giants' Fantasy Camp

CHECK IT OUT: Check out the photos in and around my column showing five of our members taking part in the 2013 SF Giants Fantasy Camp in Scottsdale, Az. The camp took place from Jan. 27th to Feb. 2nd and the participants included: **Glenn Ortega, Edgar Gonzalez, Joe Fischer, John Greenwood, Mark Obrochta and Mike Hara, Ortega and Gonzalez** have attended this event in the past, but it was the first time for the rest.

The camp takes place at Scottsdale Stadium which is where the Giants play their "spring training" schedule; also, the camp is run by former Giants players and coaches which makes it enjoyable for any long time Giants fans. Each participant gets a uniform and a locker and gets top notch instruction on the fundamentals of the game whether it be infield practice, outfield practice, hitting or running the bases. The participants are also drafted onto teams where a tournament is played out to see which team can "win it all." An MVP Award is given out at the end of the tournament as well as a Gold Glove Award.

As far as positions of these guys, **Obrochta** was a catcher and outfielder, **Ortega** played shortstop, **Greenwood** was at shortstop as well, **Fischer** played 1st base and pitched, **Gonzalez** played outfield and pitched, and **Hara** also played outfield and pitched. They all excelled at whatever position they played with **Fischer** pitching a complete 7-inning game during the tourney, and **Hara** even pitching a complete game victory in the championship game. As far as hitting, it was **Obrochta** and **Gonzalez** who "crushed" the ball the hardest.

Overall, the guys represented the SFPD well especially when **Ortega** won the Gold Glove award. From what I also heard, it was **Hara** who was the one that most impressed the former Giants and coaches. The camp is not cheap but for this group and from what I gather for most who attend it's well worth it. **Congrats to Ortega, Gonzalez, Fischer, Greenwood, Obrochta and Hara** for a successful Giants Fantasy Camp!

Department Softball

The league is scheduled to begin play the third week of March on Wed the 20th and Thur. the 21st. Check out my column in last month's *Journal* for all the details. Not much to say otherwise except that for the first time in I don't know how many years, the once mighty Park Islanders are not fielding a team for the league. This is embarrassing for me to hear as I used to run that club some years back. I tell you, those guys need to step it up and rally and put a team together to save face.

News coming out from the Central Diners last month was about **Scott**



2012-2013 Department Basketball

By Steve Coleman,
Bayview Station

Biggs and Johnny Ferrando bragging about their team's superiority without one inning being played. Well, they may run away with the league this season because of **Matt Sullivan** and his work out effort preparing for live play soon. He's been in the gym every day working out hard and was quoted as saying, "I'm anticipating hitting over .800 this year." I guess it will be a waste of time to even play games with such confidence coming from the Diners. What the heck? Just give them the championship trophy and on to the banquet!

That's all for now...Stay well and safe and so see ya next month....



Department members at the recent SF Giants Fantasy Camp in Scottsdale, Az. Front row kneeling left to right: Mark Obrochta, Mike Hara, and Joe Fischer. Back row left to right: Edgar Gonzalez, John Greenwood, and Glenn Ortega

The 2012-2013 SFPD basketball season is winding down. The playoff bracket is set and we're ready for the madness of "March Madness" to take effect. The Northern Bulldogs, defending two time champions, look to "three-peat". With a championship this season, we may be looking at a modern day dynasty or a "Team of the Decade". The Bulldogs definitely have a "bulls eye" on their chest, and every team will be giving their best to prevent this from happening. I don't know how much more we can take toasting the Bulldogs at the dinner banquet after every season.

In a first round matchup, #2 seed Northern plays the Central Diners. Point guard Mike Tursi and swingman Mike Horan have led the Bulldogs to a 7-1 record this season. The Diners, who had a down year, hope to catch Northern sleeping. Central boasts a strong cast of veterans such as Tim O'Conner, Brendan O'Conner, Ryan Jones, Ken Weems, and Mikey Costello. Along with youthful Derek Christiansen, the Diners will try to piece it all together and take out the mighty Bulldogs.

In another first round contest, #3 seed Task Force look to continue its three game winning streak when they play #6 seed VRT. Task Force has been impressive during their streak, winning two of their games by more than twenty points. Marvin Cabuntala, Mike Palma, and team captain Wil Elief will try and make a run deep into the playoffs in the team's inaugural season.

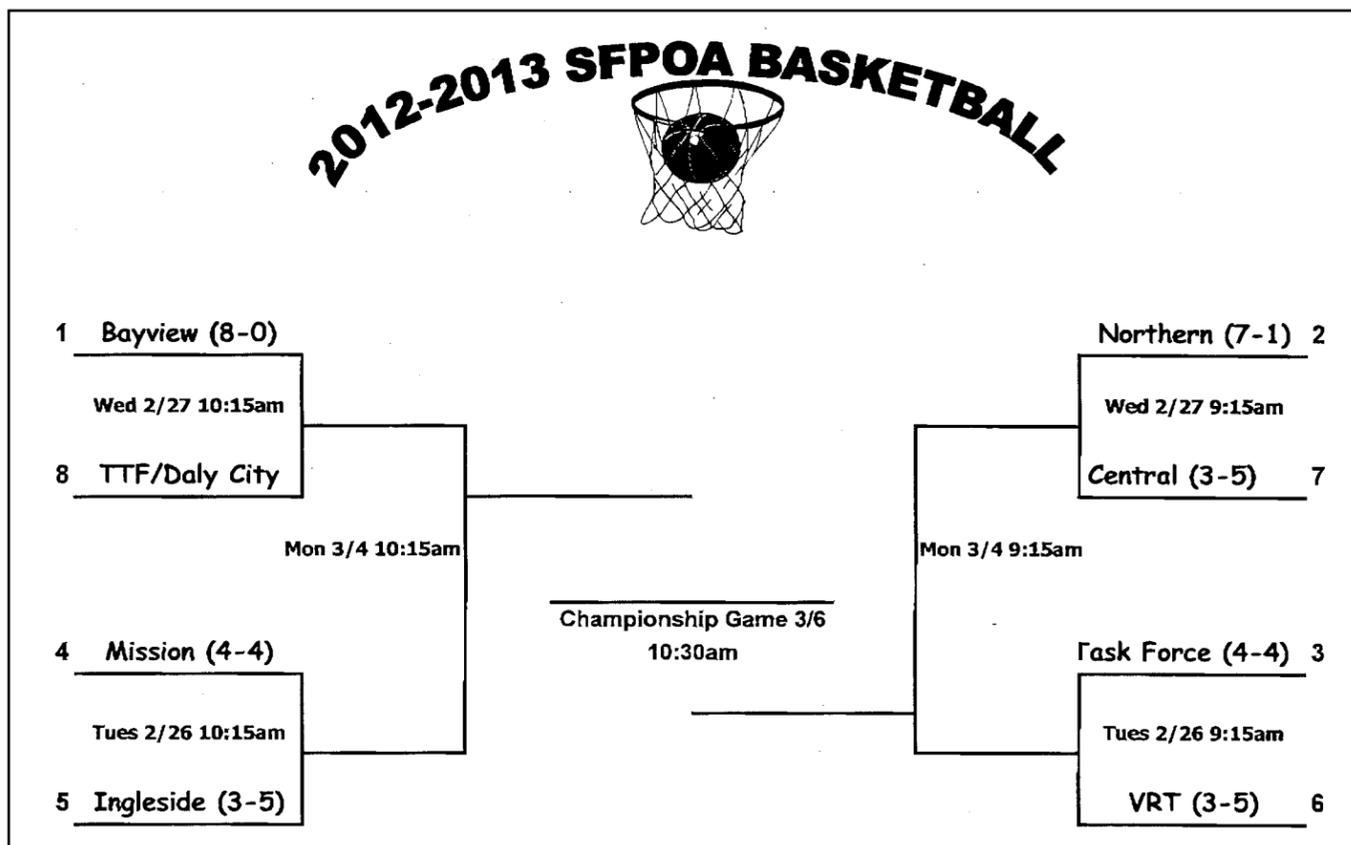
On the other side of the bracket, two teams that can be dangerous square off

SFPD Basketball Final League Standings 2012/2013

Team	Record	PCT	GB
Bayview Pitbulls	8-0	1.000	
Northern Bulldogs	7-1	.875	1
Task Force	4-4	.500	4
Mission Diablos	4-4	.500	4
Ingleside Station	3-5	.375	5
VRT	3-5	.375	5
Central Diners	3-5	.375	5
Tenderloin Rats	2-6	.250	6
Daly City PD	2-6	.250	6

against one another. #4 seed Mission will play #5 seed Ingleside in a much anticipated grudge match. During the regular season, their game against one another came down to the wire. Both teams have struggled getting their teams to full strength. At full strength, either team could make a run. Craig Tiffe and Jake Fegan will try to jump start the Diablos by containing one of the best players in the league, Nate Chew of Ingleside Station.

#1 Seed Bayview will take on the winner of the "Play in Game" between TTF and Daly City. The Pitbulls finished undefeated in the regular season, dominating many games. Jason Johnson and Azarius Castro are a couple of Pitbulls that have been key contributors to this seasons success. The Pitbulls seem hungry this year and have had a bad taste in their mouths after losing to Northern in last season's championship game. During last seasons softball season, the #1 seeded Bayview Pitbulls also lost to Northern in the softball championship game last year. Good luck to all of the teams during their quest for this seasons championship.



Giants Fantasy Camp



Mark Obrochta and Joe Fischer.



Joe Fischer pitching a complete 7 inning game.



Mark Obrochta with former Giant pitcher Russ Ortiz in the dugout.



Mark Obrochta at the plate getting one of his many base hits during the tourney.



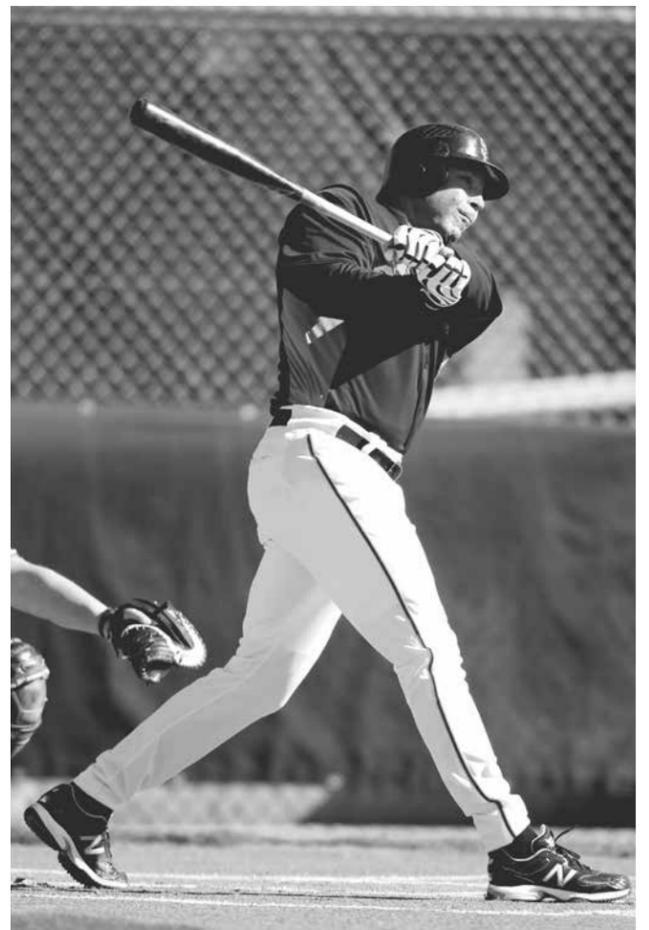
Joe Fischer in the locker room with former Giant and A's pitcher Vida Blue.



Mark Obrochta in his catcher's gear.



The Fantasy Camp's Gold Glove Award was given to Glenn Ortega for his play in the infield. Pictured along with it, is the championship trophy for Ortega's team winning the tournament.



Shortstop John Greenwood at the plate before smashing one.



Mike Hara pitching.



Edgar Gonzalez at the plate.



Mike Hara at the plate.



Glenn Ortega getting a base hit.



Glenn Ortega turning a double play.



Ortega celebrating his team winning the tournament.

The Loons Nest Report

By Ed Garcia, SFPD Retired

Coggan/McMillan Win Season Opener

On February 7th, Northern California saw the opening of two major golf events. The Loons Nest Golf Club opened its 26th season at the Roddy Ranch Golf Club in Antioch, while the P.G.A. opened the A.T. & T. Championship at Pebble Beach. It seems the sports media chose to give substantially more coverage to the A.T. & T. event, as it was covered by major networks and the Golf Channel. The Loons event was covered by two local junior high school students working on their project for their audio/visual class. It will be screened at Sister Pamela's classroom on Open House in May if you wish to see the coverage.

The Two Man, Best Ball event was played under cloudy skies with swift winds moving cold air. There was approximately 20 minutes of blowing mist, followed by a large rainbow and we escaped any additional moisture on the day. Roddy Ranch is a tough track, as the Loons played from the regular tees which still gives the course a rating of 70.4 and a slope of 131. The course can play to 7,024 yards from the back tees with a rating of 74.5.

The course and the greens were in good shape for the month of February as the Loons set out and the team of Roy Sullivan & Rick Parry set the pace on the front nine. Sullivan & Parry posted a team net score of thirty strokes on the front nine. As the players finished the front nine, there were ten teams within two strokes of the lead. The teams of Marty Barbero & Matt Buhagiar, Jim Taylor & Jim Taylor, Jr., Scott Biggs & Mark Milligin and Joaquin Borrromeo & Eric Tapang each had net team scores of thirty-one.

Sitting two back at thirty-two were the teams of Dave Kranci & Dean Sorgie, Ed Garcia & Tom Hanacek, Ken Lum & Tim Lee, Dean Taylor & Rob Zeigler and Bill Coggan & Bob McMillan. The Sullivan & Parry team faltered as they moved to the final holes, posting team bogies on the sixteenth and seventeenth holes, as those Loons were cooked.

The back nine holes played tougher than the front, as early contenders fell away team by team. The team of Coggan & McMillan refused to yield to the demands of the tough course and adverse weather, as they proved to be a team of destiny. The Coggan & McMillan team posted six team birdies on the back side and finished with a team score of sixty-three. The team of



Taylor & Taylor looked like winners, but a team bogie on hole twelve hurt them (they also finished with a team score of sixty-three). Biggs & Milligin were just off the pace going into the eighteenth hole and they picked up a team eagle on the par five hole and posted a team score of sixty-three.

This left three teams with a score of sixty-three. The U.S.G.A. tiebreaker was applied and the Coggan & McMillan team was awarded first place. Biggs & Milligin took second place and the team of Taylor & Taylor grabbed third. The teams of Borrromeo & Tapang and Barbero & Buhagiar both finished with a score of sixty-four. The tiebreaker went to the Borrromeo & Tapang team, as Barbero & Buhagiar got the fifth place award.

Jim Taylor Jr., the son of retired member Jim Taylor took the long drive contest with a drive of 281 yards through cold air and a strong crosswind. In Close to the Hole action, there were some fine shots, but nothing to match last season's Ace scored by Steve Morimoto at Roddy Ranch. The four first place winners were Tony Morales, Pat Armitage, Bob McMillan & Mike Mahoney. The second place finishers were John Wyman on holes #3 and #17, along with Jim Taylor, Jr. and Roy Sullivan.

The Loons were happy to see former Club Champion Ed Anzore back in tournament play. Ed had suffered a shoulder injury while training for the Tour De Tahoe bike race last summer. This was Ed's first event since recovering from surgery and he fired a score of seventy-nine on his own ball. Ed was one of only three of fifty-four players to break eighty strokes on the day.

Our next event will be the Spring Championship at Monterey. This will occur in the first week of April. At this point we have contracted with the exclusive Quail Lodge for April 4th and a second course will be selected soon, so watch your computer for announcements.



McMillan and Coggan, Team of Destiny

Loons Nest Scoreboard Two Man, Best Ball Championship Roddy Ranch Golf Club

Players	Score
Coggan/McMillan	63
Milligan/Biggs	63
Taylor, J./Taylor, Jr.	63
Tapang/Borrromeo	64
Barbero/Bruhagler	64
Taylor, D./Ziegler	65
Sullivan/Parry	66
Lee/Lum	66
Garcia/Hanacek	67
Kranci/Sorgie	67
Anzore/Armitage	68
Hanley/Siebert	68
Bosma/Lim	68
Morales/Wismer	68
Fontana/Wyman	69
Chang/Wong, A.	69
Dito/Lorin	69
Burkes/Vernengo	70
Wong, W./Wong, E.	70
Mar/Morimoto	71
Crenshaw/Johnson, H.	72
Johnson, M./Newlin	73

Long Drive Winner Jim Taylor, Jr. 281 yards

Close to Hole Winners

	Hole #3	
1st	Morales	7'9
2nd	Wyman	9'4
	Hole #7	
1st	Armitage	6'10
2nd	Taylor, Jr.	19'7
	Hole #13	
1st	McMillan	21'6
2nd	Sullivan	21'10
	Hole #17	
1st	Mahoney	11'6
2nd	Wyman	14'10

2012 Season in Review

**Two Man, Best Ball
Championship
Roddy Ranch Golf Club**
Ching-Kranci 61

**Spring Championship
at Monterey
Laguna Seca Golf Ranch
& Del Monte Golf Club**
Dave Kranci 78-82 = 160

**Palm Desert Adventure II
Indian Wells G.C.
& Desert Willow G.C.**
Ed Anzore Medallist

**Summer Golf Classic
Peacock Gap Golf Club**
Bruce Lorin 70

**Club Championship
Paradise Valley Golf Club**
Bruce Lorin 72

**Holiday Classic
Rooster Run Golf Club**
Bruce Lorin 74

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Functional Training

By Rich Thurman III

Functional training has become a catchy buzz phrase thrown around by personal trainers and fitness coaches around the world. If we break down the phrase it should become obvious what it means. Functional by definition means "having or serving a utilitarian purpose". In other words, this type of training is a method of training the body that directly corresponds to a purpose or has a use in the person's everyday life both professional and personal.



Walk into any gym or fitness center these days and you'll see a myriad of things going on. You'll see people standing on Bosu Balls doing squats and curls or people laying on Swiss Balls doing crunches, chest press and other various activities. You'll see people balancing on one leg, while carrying a dumbbell and trying to touch their nose with said dumbbell in an act that looks more like practice for a field sobriety test than an exercise. I guess that would be functional for someone.



The current understanding of Functional training by many people would exclude movements like Bench Press, Curls (both biceps and hamstrings), Leg extensions, Tricep push downs and many more exercises. However, as a Health & Performance Coach and Personal Trainer, I disagree with the exclusion of these exercises from

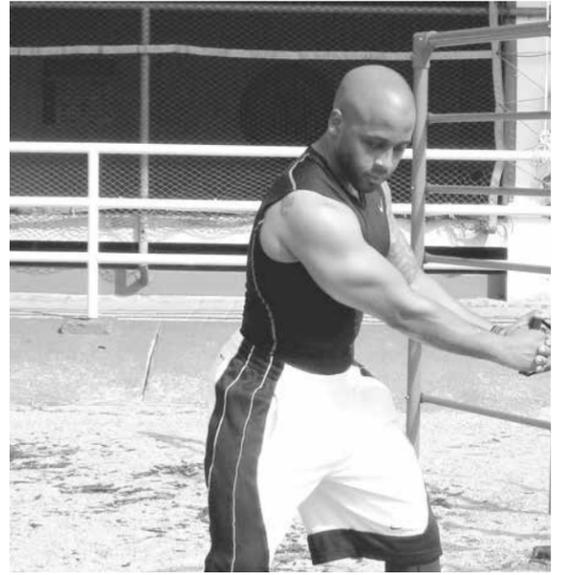
a workout routine altogether. My personal, professional belief is that proper exercise prescription should strike a balance between the so called "functional" and "non functional" movements.

Within the fitness industry there was a big swing away from "traditional lifts" and a movement towards what I call "rehab style" training. This training includes use of stability balls, resistance bands and various body weight or lightly weighted exercises that focus on challenging the body's stability. The positives of using these "rehab style" exercises are that they are great supplemental activities, especially for people who have a history of injury or areas of particular weakness. These exercises however have very little benefit to someone trying to lose weight or develop explosive power and strength for the demands and rigor of extremely physical activities.

As a former athlete myself, I see the great benefits in all movement and with my background working within Physical Therapy clinics and the CCSF Training room, it gives me an appreciation for "rehab style" training, which I incorporate in some way or form with all of my clients, depending on the need. However, I am particularly fond of full body movements that challenge the nervous system maximizing physiological adaptations for strength, power and aerobic conditioning, which contributes heavily to fat loss and overall performance enhancement. Exercises like Squats, Lunges, Bench Press, Rows, Pull ups and Olympic Lifts are full body or multi-joint exercises that challenge the brain to utilize muscle in unison. These exercises, which are typically described as "traditional lifts" encourage muscular balance between larger and smaller muscles that have to be equally accountable for the load.

But aren't "traditional" exercises functional if not more functional than exercises done on Bosu Balls and Swiss Balls? The answer to this is that it depends on the reason why you are training and the fitness goals you are

Rich Thurman III has a Bachelors of Science in Physiological Science from UCLA and a Masters of Arts in Sports Management from USF. He is a Certified Strength & Conditioning Coach and Personal Trainer with over 15 years of experience in sports, health and fitness. Rich began his career volunteering hundreds of hours with City College of San Francisco Athletic Training, working in Physical Therapy clinics and The Olympic Club of San Francisco.



Rich spent 6 years living abroad in Asia as an Educator and as the Founder/Head Strength Coach of Active Lifestyle where he trained high school, professional and Thai National Team athletes. He has also worked closely with numerous expat executives and US State Department personnel, helping them reach their fitness and health performance goals. Rich recently relocated home to San Francisco, where he runs fitness Bootcamps, Small Group and Semi Private Training, as well as Personal Training in SF and Oakland.

Rich is the primary author and administrator of the The Fitness Library. For more great articles check out www.thefitnesslibrary.com or for fitness motivation, tips and more follow at www.facebook.com/xodusfitnesssf. To contact Rich for any professional services, inquire at info@xodusfitnessSF.com

trying to achieve.

If you're looking to maximize calorie expenditure for fat/weight loss then there are a few considerations for each type of exercise modality. If it's for physical job performance or to enhance sports performance then majority of the activities that we are doing are done on solid ground and not an unstable surface. The activities we do, whether it's chasing down a criminal,



running up a flight of stairs with a heavy bag, lifting a heavy hose, running a triathlon in our spare time or being a weekend warrior, all require us to transfer power from the ground to produce force, which enhances speed, vertical height as well as stability on a solid surface under load.

So what does all of this mean for you, "the lay man/woman" and your fitness training?

In part II of this three part article we'll discuss "functional" vs. "traditional/functional" training and the impact on your fat loss/weight loss. I will also give you ideas on how to integrate both styles of training into your overall fitness program and how to maximize each form of training to achieve your overall fitness goals, safely and strategically. Stay tuned next month for part II of Functional Training to Increase Physical Performance.

SFPD IRONMAN/IRONWOMAN 2013

This year's Ironman/Ironwoman competition will be held on

April 17, 2013

The event will begin at 0800 hours at the 5th floor gym of the HOJ. We will break from the HOJ at approximately 1030 hours and continue the events (run/shoot) at 1100 hours at the Lake Merced range. Itinerary as follows:

0800-0830	Sign In
0830-1030	Bench Press / Pull-up / Sit-up
1100-1200	Lake Merced Run / Shoot Off
1200-1300	Catered Lunch / Raffle

Participants in the Shoot Off who are not participating in or observing any other event, please show up a little earlier at Lake Merced Range to help the range staff set up.

Please have a representative from each team create a roster and e-mail it to:

Antonio.Landi@sfgov.org

Or leave a message at Taraval Station

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vs.

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so purchase tickets early.*

More information to follow next month.



Proceeds from the ticket sales
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San Francisco Police Soccer Club Hall Of Fame Awards Dinner 2013

Inductees:

**Steve Caniglia
Liam Frost
Matt Gardner
Pat Mullins**

April 27, 2013

**Friendly soccer match at Treasure
Island GAA Field 1 pm**

Induction dinner 7 pm

**Harrington's Pub
245 Front Street**

Cocktails at 6 pm

Tickets are \$60.00

with checks made out to: SFPSC

Contact

John Sheehan (415) 558-5400

Nick Shihadeh (415) 587-2274

Joe Boyle (415) 218-4129

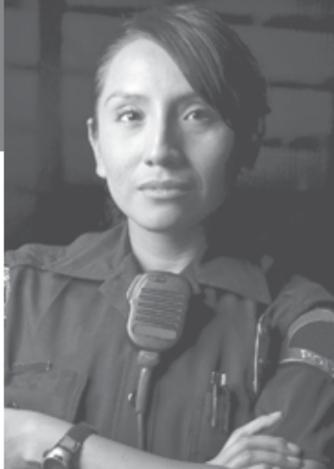
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2008 BMW 128i automatic, black with light interior, less than 24,000 miles, excellent condition, great luxury commuter with 28 MPG highway. Full warranty through 2012, maintenance coverage (oil changes, wipers and brakes) through 2014, BMW assist through 2012. \$24,500 OBO. Contact Rob Kobold at (408) 310-0618

FOR SALE

4 GOODYEAR TIRES AND RIMS from a 2012 FX-4 Ford Truck. Less than 500 miles on the tires. M&S SR-A P275/65r18. \$800 for both OBO. Please contact Ariana for pictures or interested 415-725-4544. **BALDWIN HAMILTON UPRIGHT STUDIO PIANO** for sale: yr.1967; 46" tall, Ser.# 234808. \$1800, OBO. Contact: (415) 298-9686.

House for Rent

SOUTH HILL DISTRICT IN SAN FRANCISCO (Lapham Way/Robinson) This beautiful house has hardwood floors and abundant natural light. It is located in a very quiet neighborhood conveniently located close to public transportation (MUNI bus lines (43, 8x) and BART) and highway 101 and 280. Shopping and restaurants are nearby. Contact Kwok at kwokchan28@yahoo.com or (415) 999-2204

2 BEDROOM, 1½ bath, living room, dining room, garage, small yard. Owner will be updating with new flooring and fresh paint inside and out. \$2875, plus utilities. No pets. Perfect for 1 or 2 officers. Location: Louisburg/Geneva Ave (Ingleside District). Owned by SFPD Retired Sgt. Contact: rlavezzo@yahoo.com. House available April 2013.

Hunting Trips

COLORADO DEER/ELK HUNTS. Private ranches, Tresspass Fee Only. Contact Bob Brodnik, (415) 320-0628.

Motorcycle For Sale

2012 DUCATI 1199 PANIGALE. NEED TO SELL!! BRAND NEW LESS THAN 800 MILES, W/EXTENDED WARRANTY: 1198cc, 195hp, 6-Speed, Beautiful Red, after market parts, Sold for \$21K. Priced at \$17,000. For more info contact

2006 HARLEY – Iron Horse Outlaw – Must Sell! 124 Inch Motor; 6-speed right side drive; 250 rear tire; hydraulic clutch; LED lighting; digital dash; custom black/red paint; lots of chrome; less than 2K miles; reg fees current; negotiable price; sold for \$25K new; asking \$16,750 or b/o. Contact Mitch @ (415) 987-6738

Speaker For Sale (auto)

ONE-12" SUPER WOOFER SPEAKER (Auto) Case size-13"x14"x18 \$200 OBO (415) 566-6734

Vacation Rental

4TH OF JULY WEEK Lake Tahoe (North Shore) 3 bedroom 2 bath condo (sleeps 8) property is on the lake, has pool, spa, pier and beach available. Unit has a full kitchen. You can watch the Fireworks from Kings Beach without leaving the property. Price: \$1475.00 (total). Call or email for more information: Dates: June 29th till July 6th Mike 530-265-9199 or mike2200@hotmail.com

LAKE TAHOE (NORTH SHORE) 2 bedroom 2 bath condos property is right on the lake, have pool, spa, pier and beach available. Unit has a full kitchen. For rent two units side by side starting on July 5th for seven nights Price: \$1275.00 (total). each or both for \$2425 Call or email for more information: Mike 530-265-9199 or mike2200@hotmail.com

SOUTH LAKE TAHOE CABIN for rent located near the Y. Sleeps 12 comfortably. Hot Tub and large deck. Walking distance to several Bars/Restaurants. Contact John Andrews Park Station for details and photos, 415 254 7860

Vacation Rental

MAUI CONDO-SUMMER RENTAL- Tennis and pools! Spacious 2 bedroom, 2 bath fully equipped (sleeps 6) in Kihei, Maui, across from beaches (lifeguard on duty). Swim, snorkel, surf. Enjoy sunsets. Walk to shops, restaurants, grocery. Public transit. Nearby golf. Photos/info at www.flipkey.com/kihei-condo-rentals/p317667or www.VRBO.com/221566. SFPD discount. Contact Alan (925) 672-0578.

SOUTH LAKE TAHOE CABIN. Sleeping for up to 10, a large living room with 50' TV and dining area. Located just 4 miles to the casinos and less to the beaches and Heavenly Ski Resort. This home features 3 bedroom, 2 baths with 1600 square feet of room Weekends: \$200 a nt, Weekdays: \$100 a nt (except Holidays) website: www.casadelaketahoe.bravehost.com Maricela (415) 260-3484

MAUI — KAPALUA GOLF VILLA RENTAL. 1700 sq.ft. 2 bedroom, 2 bathroom Villa is located on the 10th Fairway of the famed Kapalua Bay Golf Course! This exclusive resort community has 4 swimming pools, 2 golf courses, golf academy, zip lining, 10 lit tennis courts, and many more amenities, which is associated with the Ritz-Carlton Hotel. Pictures and additional information is available at www.VRBO.COM listing #276140. SFPD members receive discount on posted rates. Contact Alan Honniball at (415) 298-7205.

VACATION RENTAL HOME Ocean view Hot-tub on your deck in the redwoods. 2+ bedrooms /2 bath, large great room for entertaining eight – minute walk to Anchor Bay Beach, five- minute walk to Mariachi Restaurant, bakery and grocery store. Excellent for diving and fishing, hiking and relaxing; five-minute drive to town of Gualala and its great river for kayaking and canoeing adventures. Enjoy the Northern California Coastal Banana Belt's warm weather. E-mail me for more info at John.webb1@hotmail.com

Vacation Rental

RELAX IN CARSON VALLEY! Carson Valley Golfers Retreat Vacation Home Rental. Gorgeous Views of the Sierra Mountains, 4 Bed, 2.5 Baths, 2300 s.f. SFPD/SFFD Member Rates: \$150 night or \$900 Week Call Vince at (415) 302-2500

TUCSON ONLY \$125 PER NIGHT. 1,100 sq.ft. 2 bedroom, 2 bath condo newly renovated and refurbished at 5500 N. Kolb. Ideal for that family getaway. 2 pools and workout facility on property. 2 full golf courses nearby. Unobstructed view of the Catalina mountains from the patio. Bookings on first come, first served basis. Call Chris (707) 337-5514

ENJOY THIS 2 BEDROOM, 2 BATH CONDO in sunny old town Scottsdale AZ. Just steps away from the Giants Spring training stadium. This gated community offers 2 swimming pools, 2 spas, large fitness room and is next to the community golf course with bike/walking paths. ENJOY, NBA, PGA, NASCAR, NFL SUPER BOWL, NHL. Washer/dryer in unit, with plenty of storage. Pictures available on Scottsdalesprings.com. Contact Patti and Gary (650) 355-7770. SFPD OWNED

Wanted

I AM INTERESTED IN PURCHASING POA Notebook issues August of 1990, January, February, May, and June of 1989, November of 1988 and any issues prior to January of 1988. Please contact Greg Corrales at (415) 759-1076 or at gc1207@comcast.net.

HOTWHEELS die-cast cars from 60's-70's w/redline tires. Collector (any size collection). Contact Rene (415) 913-9161. reneg301@sbcglobal.net

S&W CENTENNIAL SERIES, Model 40, blue steel; Model 60, Stainless. Contact retired #1771 (415) 648-4332

Free Classified Advertising Available for POA Members

The POA Journal has free classified advertising, a no-fee service available to our active and retired members. Buy, sell, or trade in the Journal and reach 5500 readers each month. The following rules apply to Classified Ads:

- To place a free classified ad, you must be an active or retired POA member.
- A member may run only one classified ad per issue. However, a member may repeat the same ad in three consecutive issues. An ad may run for three additional issues upon request of advertiser.

Ads must be typewritten and submitted to the POA, attn: Journal Advertising in any of the following ways: US Mail, to the POA office; Interdepartmental mail, to the POA office, Email to journal@sfpoa.org

Word Search

Created by Officer Michelangelo Apodaca, Airport Bureau

Enjoy this relaxing and fun-to-solve puzzle! If you've never solved a puzzle like these before, it's a good idea to read this before you begin.

Each puzzle has a grid of letters that conceals words reading in different directions — forward, backward, up, down, or diagonally — but always in a straight line. The words, abbreviations, or phrases one must find and circle are listed below the grid in capital letters. That's all you need to know before you sharpen your pencil and begin your search!

This month's word find contains five letter words. See if you can find them all.

X	B	U	J	U	N	F	T	W	E	E	J	U	J	Z
J	W	W	M	E	X	X	I	U	K	H	K	X	I	Z
G	V	P	L	R	E	Y	S	G	R	F	L	T	L	R
F	I	P	A	S	F	O	X	A	G	Z	B	O	Z	F
H	G	Y	V	F	G	N	X	G	D	H	V	W	T	G
E	X	Q	I	I	A	X	S	S	N	R	Q	I	L	L
X	E	J	R	S	Y	N	X	W	T	U	X	N	C	T
R	R	D	D	B	S	S	O	R	E	Z	O	D	L	A
W	O	R	A	B	M	U	G	U	N	I	T	Y	E	L
I	X	T	R	C	L	T	E	W	E	O	V	O	A	M
F	U	E	T	W	I	P	E	A	K	S	T	D	R	K
Z	H	N	S	O	F	D	K	I	Z	T	L	E	N	K
F	I	T	H	H	M	S	S	P	E	E	B	P	S	F
Q	N	S	A	Y	W	C	T	R	N	Y	T	L	A	S
Y	Q	C	P	I	T	D	T	R	C	O	F	D	S	A

- ACIDS
- NOTES
- BEEPS
- OTTER
- CYBER
- PEAKS
- DARTS
- QUEUE
- EARN\$
- RIVAL
- FILMS
- SALTY
- GEEKS
- TENTS
- HERBS
- UNITY
- ISSUE
- VIEWS
- JIFFY
- WINDY
- KNELT
- XEROX
- LADLE
- YOUNG
- MOTTO
- ZEROS

St. Patrick's Day Parade



All S.F.P.D. members are invited and encouraged to participate in the St. Paddy's Day Parade. This is the 162nd Anniversary of the St. Patrick's Day Parade in San Francisco. Let's continue this fine tradition with a good showing of members.



When: Saturday 03-16-13 ♣ 1100 hours

Where: Market St/2nd St

Class A uniform for all non-commissioned officers and Class AA uniform for all commissioned officers. Gore-Tex jackets if rain is imminent.

www.sfbalees.wildapricot.org

Armed Forces Appreciation Night

sponsored by the

Thursday, April 4, 2013

Hosted Bar 6:00 pm
followed by buffet dinner
and recognition of active and veteran
military members who have served since
Operation Desert Shield/Storm up to
present day.

Paragon Restaurant
701 2nd Street

All POA members and their immediate
family are welcome to attend.
\$25.00 per person

POA will host active military members
and their immediate family.

RSVP to marty@sfpoa.org
if you wish to attend. No tickets will be
sold at the door. Space is limited.



Meet SFPD Officer Richard Kim #1209 and his K9 partner Brenda #40. They are partners at the San Francisco International Airport. Officer Kim and Brenda graduated from the TSA National Explosive Detection Canine Training Program at Lackland Air Force Base in Texas. Among the many duties they perform are explosive searches, VIP protection, and public relations.

Brenda was born on January 1, 2002. Brenda is a Brindle colored Dutch Shepard — a rare breed — and she weighs 52 lbs. Brenda loves to play fetch and take long walks. Brenda lives with Officer Kim and his family.

— Officer Val Kirwan, Airport Bureau

Neighborhood Crime Watch Alert



An off-duty SFPD snapped a shot of two would-be burglars casing homes in his San Mateo neighborhood one morning last month. It is not known if a hit was ever made, or if there was a large score of loot. Any San Mateo County residents who have an anonymous tip or additional information, please contact the SMPD for follow up.