Ladies and Gentlemen,

Gary Delagnes has Left the Building

By Martin Halloran, President
San Francisco Police Officers Association

As a young schoolboy learning the history of the United States of America, I often went and asked questions of my mother. Although my father had a keen knowledge of U.S. history, he was born and raised in Ireland and did not experience being brought up as an American kid. My mom, on the other hand, was born and raised in San Francisco during the depression and World War II.

I can still remember my mom telling me that the only President she knew as a child and into her teenage years was Franklin D. Roosevelt. When FDR died, he was serving in his fourth term as President of the United States. My mother simply knew of no other President. During her young life, the president had always been FDR. To this day my mom still thinks that FDR was one of the greatest Presidents ever to serve in that office, as so many from her generation.

Now fast forward to the present day. Knowing that the vast majority of officers in the SFPD have less than twenty years on the job, it is probable that most members of the POA cannot remember a time when Gary Delagnes was not serving as either Vice President or President of this organization. Gary served thirty-five years in the SFPD, and was an outstanding street cop throughout his career. But his true legacy will be his twenty-six-year tenure at the POA. He has served on numerous POA committees; he was elected as a representative on the Board of Directors, elected three terms as Vice President, then to three terms as President. Gary’s strong leadership, savvy negotiation skills, and true loyalty to the membership through his representation have benefited all current and past officers of the San Francisco Police Department.

Gary entered the SFPD in 1978. He served with distinction at Mission Station, Central Station, the Tactical Division, and PBTF (Patrol Bureau Task Force). In 1992, he was promoted to Inspector. He then served at Vice, Fraud, and the Narcotics Division. He has been awarded two Bronze Medals Of Valor, two Meritorious Conduct Awards, seven Police Commission Commendations, and over one hundred Captain’s Complimentary Reports. I know that he personally considered his days on the streets as his most enjoyable time in the SFPD. He often speaks of those days, and loves to reflect on his colorful war stories. He highlighted some of those stories in the May edition of the Journal.

I had the pleasure of working with Gary in the Narcotics Division for a number of years. He led several teams in the Unit. His chronological reports left a lot to be desired, and he had more open cases than Perry Mason, yet he absolutely excelled in other areas. Gary had — and still has — a tremendous ease in connecting with people. He was able to sit down with any victim, suspect, or informant and immediately establish a rapport with them. The interviews and interrogations that he conducted led to some of the largest seizures of narcotics and assets in the history of the SFPD. Just ask Gary. He has never been shy about touting his own horn.

Having served as POA Vice President and now President, I think I know why Gary loved to talk so much about his work in the SFPD, and not as much about what he did at the POA. As the new POA President, I am now detailed full time to the office. It is very important work, but both Gary and I really just want to be cops and serve the citizens of our city. This position of POA President is endlessly administrative and very restrictive. He and I love our jobs and working the streets. It's what we both signed on to do. Since we can't do the work today, then we must reminisce about the most memorable moments of our past.

When Gary asked me in 2004 to fill the vacancy as POA Treasurer, I agreed without hesitation. Why? I knew that I could continue to learn from him and hopefully I would be able to help my fellow officers. I was not disappointed. To see Gary in action as the POA President over the years has been a roller coaster ride to say the least. That said, he has been, and continues to be, savvy, strategic, rude, comical, loud, empathetic, friendly, insulting, and most of all brilliant at times. Thankfully, he does not display all of these qualities at once. But when used at the right time and in the proper situation, he knows how to get the desired reaction. That’s an art.

Gary is never at a loss for words. He never pulls his punch, either with the Chief, the Police Commission, the Board of Supervisors, or the media. When it is about the defense of his members, he is steadfast. This often landed him in hot water and made for amusing headlines in the daily San Francisco newspapers. The goal was always to protect the rights of the members and ensure that they were treated fairly and equitably. He has never regretted standing up for the rank-and-file.

By far, Gary’s greatest achievements within the POA have been his negotiation of the last six MOUs. His skill in connecting with people has resulted in positive relationships with SFPD command and elected city leaders. These relationships are invaluable when it comes to meet-and-confer and seeing agreements through to approval by the Board of Supervisors or the voters. I know it has been stated before — and some might be tired of hearing it — but Gary Delagnes through his dedication and down right hard work over the past 26 years has increased the wages and benefits of all members of the SFPD from 95th in the state to the highest level in this country. I have witnessed this first-hand having served with Gary on the most recent negotiating committee, and having served with him on the past two reopeners. His instinct and ability to stay two steps ahead of the game is at times just a marvel to watch.

For those who knew me and know of my working so closely with Gary also know that I do not throw a lot of compliments in his direction. Like others who have served as representatives or on the Executive Board, I have not always agreed wholeheartedly with him. Still, despite our differences, we have always been able to do what is right for the membership. His passion and dedication has always risen to the highest level, and I agree with the substance of Paul Chignell’s statement in last month’s edition of the Journal; Gary Delagnes has been the best leader of the POA, and one of the finest Presidents this organization ever seen.

Gary’s last day on the job with the SFPD, and his last board meeting as POA President, was Wednesday, May 22nd. A large number of our members showed up at the POA building to congratulate Gary on his years of service and to thank him for all his work. Even after Gary left the building, members continued to arrive at the POA looking to offer their best wishes to him and his ever-abiding wife, Sue. See page 3 for the text on the plaque that was presented to Gary as a small token of appreciation from the Board of Directors.

When the late great Elvis Presley finished his performances crowds would remain gathered at the venues to get just another glimpse of him. The promoters would have to announce that Elvis had left the building just to disperse the crowds. I thought of this on the 22nd when members continued to arrive at the POA to see Gary. Well ladies and gentlemen, Gary Delagnes has left the building. Slainte!

Major Leadership Changes
As of the May 22, 2013 Board Meeting, your SFPOA Executive Officers are:
President — Martin Halloran
Vice President — Tony Montoya
Secretary — Michael Nevin
Treasurer — Brian Stansbury
Sergeant at Arms — Joe Valdez

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Minutes of the May 20, 2013 SFPOA
Emergency Board Meeting*

1. Sergeant-at-Arms Valdez called meeting to order at 1304 hours and led the Pledge of Allegiance.
2. Secretary Montoya conducted the roll call of the Board of Directors and Executive Board.
3. Vice President Halloran gave a brief statement as to how the tentative agreement was reached and who represented the POA during negotiations (Gary Delagnes, Marty Halloran, Tony Montoya, Joe Valdez, Chris Breen, Mark Madsen and POA Attorney Greg Adam).
4. Vice President Halloran announced the terms of the tentative agreement for a contract extension be -
5. After 90 minutes of discussion, Vice President Halloran called for an executive session which lasted about 15 minutes.
6. Rep. Evans (HQ) made a motion to send the tentative agreement to the membership for ratification upon the Board of Directors receipt of the final language. Motion was seconded by Rep. Flaherty (CO) and Rep. Lyons (TTF). Motion went to roll a call vote and passed unanimously (28 yes, 0 no and 0 abstained). The final language should be available from your Rep. and posted on the POA webpage by the close of business on Friday.
7. Rep. Rodgers (CO D) made a motion that the voting will commence on Friday May 31, 2013 at 0800 hours and close on Friday June 7th, 2013 at 0800 hours. Motion was seconded by Rep. Moylan (TTF) and passed by voice vote without opposition. Members are reminded that all voting is done online. Members should resolve any assignment and/or login concerns prior to the start of the voting period. Contact the POA Office Staff for all issues with regards to logging onto and into the POA website.
8. Vice President Halloran announced that the POA will hold informational hearings on the tentative agreement at the HOJ 6th Floor Auditorium Wednesday May 29, 2013. POA Bulletin will follow with the times of the meetings.
9. Vice President Halloran adjourned the meeting at 1417 hours. Respectfully Submitted, Tony Montoya POA 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.

Board of Directors Emergency Meeting
Roll Call
May 20, 2013

President 
Gary Delagnes
Vice President 
Martin Halloran
Secretary 
Tony Montoya
Treasurer 
Brian Stansbury
Sergeant-at-Arms 
Joseph Valdez
Editor 
Ray Shine
Co. A 
Ed Brownie
Co. B 
Larry Bertrand
Co. C 
Chris Schaffer
Co. D 
Matt Rodgers
Co. E 
Jesus Peria
Co. F 
Paget Mitchell
Co. G 
Chris Breen
Co. H 
Frank Pereina
Co. I 
Russ Gordon
Co. J 
John Evans
Co. K 
Kevin Moylan
Hdqtr. 
Harold Vance
Tactical 
Mark Madsen
Invest. 
Dan Silver
Airport 
Val Kirwan
Retired 
Ray Allen

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Minutes of the May 22, 2013 SFPOA Board Meeting*

1. Sergeant-at-Arms Valdez called the meeting to order at 1205 hours and led the Pledge of Allegiance.
2. Secretary Montoya conducted the roll call of the Board of Directors and Executive Board.
3. There was an amendment to the April 2013 Board Meeting Minutes. Rep. Landi (CO K) was listed as absent. Rep. Landi was at training and should have been listed as excused.
4. Rep. Browne (CO A) made a motion to accept the April 2013 Board Meeting Minutes as amended. Motion was seconded by Rep. Flaherty (CO E) and passed by voice vote without opposition.
5. This was President Delagnes’ last meeting as POA President. After 35 years of service, President Delagnes is retiring from the SFPD on 5-31-13. President Delagnes spoke of his SFPD and POA careers. In closing President Delagnes thanked current and past members as well as current and past Board Members.
6. Chief Suhr was in attendance at the meeting and spoke historically on wages and benefits. When Chief Suhr entered the SFPD in 1981, a police officer (Q-2 today) was making $11.21 per hour and the Chief of Police had a salary of $72,000.00. Chief Suhr then talked about all the gains and other accomplishments that formed and current Executive Boards have

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www.sfpoa.org

POA BOARD OF DIRECTORS

President 
Gary Delagnes
Vice President 
Martin Halloran
Secretary 
Tony Montoya
Treasurer 
Brian Stansbury
Sergeant-at-Arms 
Joseph Valdez
Editor 
Ray Shine

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been able to accomplish for our members. Chief Suhr then thanked President Delagnes for all his years of service in the SFPD and in his various roles at the POA.

7. On behalf of the Board of Directors, Vice President Halloran presented President Delagnes with a plaque of appreciation for all the hard work he has done on behalf of members during his role as Vice President and President.

8. Johnny Monroe who is the President of the Officers for Justice presented President Delagnes with a Certificate of Appreciation on behalf of the OJ and its members.

9. President Delagnes appointed and swore in Vice President Halloran as POA President.

10. As his first order of action as POA President, President Halloran appointed Secretary Montoya as POA Vice President and Mike Nevin as POA Secretary.

11. Parliamentarian Hebel swore in Secretary Montoya as Vice President.

12. Parliamentarian Hebel swore in Mike Nevin as POA Secretary.

13. Treasurer Stansbury spoke briefly that the POA is currently about $100,000.00 under budget for the fiscal year. Treasurer Stansbury then handed out the monthly Expense Recap Sheet.

14. President Halloran adjourned the meeting at 1235 hrs so those in attendance could visit with Gary and enjoy a catered buffet lunch and beverages.

Respectfully Submitted,
Tony Montoya
SFPOA Vice President

Inspector Gary Delagnes

Your Dedication And Devotion To Your Profession
As A San Francisco Police Officer
And Your Unswerving Loyalty To The Goal Of
Serving And Protecting Your Membership
And The Citizens Of San Francisco
Has Been Recognized By Your Brothers And Sisters
In Law Enforcement Throughout This Nation
In Grateful Recognition And Sincere Appreciation
For Your Untiring and Selfless Efforts Put Forth
On Behalf Of The Members Of The SFPOA
You Are Truly One Of
San Francisco's Finest
San Francisco Police Officers Association
May 22, 2013

Gary and Sue Delagnes pose with members of the SFPD Mounted Unit, including former board member Matt Castagnola.

Among the well-wishers expressing appreciation for all that Gary Delagnes has done for the officers of the SFPD were Insp. John Monroe, President of Officers For Justice, and Chief of Police, Greg Suhr.

Parliamentarian, Mike Hebel, administers oath to new POA Secretary Michael Nevin.

Gary posed with Tactical board member, Mark Madsen.

Ever so helpful Airport rep, Val Kirwan, places a subtle assurance on the office door of his good friend and new POA president Marty Halloran to remind him that he's now in charge.

### Board of Directors Meeting Roll Call, May 22, 2013

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The monthly meeting of the Widows and Orphans Aid Association for April was called to order by President Bob Mattox on Tuesday May 14, 2013 at 3:45pm. This meeting took place at the Wells Fargo Bank Office at 420 Montgomery Street in San Francisco, as part of our quarterly meeting with our Investors.

Roll Call of Officers: President Robert Mattox, Vice President Al Luenow, Secretary Mark McDonough, Treasurer Dean Taylor, Trustees Joe Reilly, and Past President Mark Hurley, who with the permission of the Board was sworn in by President Mattox as a one-day Trustee, were present. Trustees John Centurioni, John Keane, and Sally Foster were excused. Trustee Harold Vance resigned his position on May 14th by email notice. President Mattox opened the meeting with the Pledge of Allegiance.

Approval of the Minutes of the March 2013 meeting: A motion was made by Hurley and seconded by Reilly to approve the April minutes. The motion passed with no objections.

Receiving Applications for new Members; Suspensions and Reinstatements:

There were no applications for new members, or suspensions and reinstatements. We are scheduled to respond to the San Francisco Police Academy on May 30, 2013 and present an opportunity for Academy Class 237 to join the WOAA. We will respond back to the Police Academy on June 17, 2013 and provide Academy Class 236L, a Lateral Class, the same opportunity to become new members of the WOAA, within our association guidelines. The scheduling is subject to change.

Communications and bills:

Hurley made a motion to pay the bills. Joe Reilly seconded the motion. The motion passed no objections. Luenow made a motion to addition-ally pay the bill of $240 to Monica Centurioni for her continued work on updating our database with a complete membership roster and beneficiary information. Joe Reilly seconded the motion, which passed with no objections. Mark McDonough made a motion to reimburse Trustee Sally Foster for $150.00 for a gift to Fast President Matt Gardner for service in lieu of a celebratory dinner. The motion was seconded by Luenow and passed with no objections. McDonough made a motion to pay our insurance premium of $365 for bonding, which was seconded by Luenow. The motion passed without objection. A gracious and generous donation of $1000 was made to the WOAA by the children of past fallen member Sgt. Hoy Henderson. The donation was forwarded to the Henderson family on behalf of the Henderson family. We accept the gift with thanks and heartfelt gratitude.

Report of Visiting Committee:

Report of Trustees: The month of April was absent of any death notices of the membership. As stated above in the Roll Call, Trustee Harold Vance respectfully requests that his position will be filled in accordance of our by-laws. Two members have been nominated for the position, LeRoy Lindo and Charles Henish. Any member interested in this post should contact the Board as soon as possible.

Report of the Special Committee: None

Unfinished Business: None

New Business: Hourly pay of $240 to Monica Centurioni for her continued work on updating our database is approved. The monthly meeting of the Widows and Orphans Association was adjourned by President Robert Mattox at the meeting of the WOAA, within our association guidelines. The scheduling is subject to change.

May 14, 2013

San Francisco Police Officers Association Editorial Policy

The POA Journal and the POA web site (www.poaos.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 are specific to the publication of the POA journal and are also 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 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,” “SPFAO” “Dear POA Members” etc.
• Such material must be factually correct and presented in a respectful and civil manner.
• Such material must be bluntly 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 publication of the POA Journal, or in a future issue designated by the submitting member providing that the content complies with all the provisions of this policy. Such material will not necessarily appear in a timely manner.
• 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 its author(s) and not necessarily that of the SPFAO or any of its 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 content 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.
By Paul Chignell, SFPPOA Legal Defense Administrator

When San Francisco police officers are acting in the scope and course of their employment, whether on or off duty, and are members of our union, the finest legal defense is available to you twenty-four (24) hours a day, and seven (7) days a week.

It can be an Office of Citizen Complaints complaint, or an Internal Affairs investigation. The POA has the finest legal defense available. Members are acting in the scope and course of their employment.

The POA Board of Directors is the first line of defense. As soon as possible, notify the Department of Citizen Complaints or the Internal Affairs Division. It is imperative that you receive a notice of the Department of Citizen Complaints or the Internal Affairs Division.

If you have any questions about this procedure, you need to contact your POA Board member of your station or unit.

Cases that require an attorney are handled by the Legal Defense Fund Committee. Members are entitled to — you should be entitled to — the best representation.

What documents are important?

Member Involvement: What can you do to ensure your rights?

Early involvement is the key. If you suspect that an incident may result in a complaint or an investigation, you need to consult a representative immediately before you take any actions.

What documents are important?

Every officer should be aware of the Department General Orders and the expectations of officers that are encompassed by those. Review the Pasadena Police Department, the Los Angeles Police Department, and the San Francisco Police Department.

The POA has a network of representatives and administrative agents. These attorneys are experienced in criminal and administrative law.

The POA has a network of criminal and administrative attorneys. These attorneys are experienced and handle cases in Superior Court to overturn administrative actions.

“FORTY YEARS AGO I READ AN ARTICLE IN THE POA MONTHLY PUBLICATION THAT ARTICULATED THE FACT THAT WHEN A POLICE OFFICER GETS IN TROUBLE … THERE USUALLY IS NO ONE SPEAKING FOR THE OFFICER EXCEPT FOR THE POA. THAT IS STILL TRUE TODAY.”

POLICE OFFICERS ARE UNDER THE MOST INTENSIVE MICROSCOPE. A MULTITUDE OF PUBLIC AND PRIVATE AGENCIES HAVE AUTHORITY TO INVESTIGATE SAN FRANCISCO POLICE OFFICERS. WE ARE PROUD TO HAVE YOUR BACK. FOR ANY ONE STORY YOU SEE IN THE NEWS, THERE ARE TEN MORE YOU DON’T SEE.

Often the allegations against our members are bogus, fabricated or marginal. Sometimes the allegations are true. The phrase “the punishment does not fit the crime” is often heard. We are always on guard to protect police officers because it is the right thing to do; you deserve it and we would do the same.

Police officers are under the most intensive microscope. A multitude of public and private agencies have authority to investigate San Francisco police officers. We have license to criticize our actions. It turns the game from the American Civil Liberties Union and the National Lawyers Guild to the Public Defender, District Attorney, Attorney General, FBI, United States Attorney — and lest we forget — our own Department. Former President Gary Delagnes said it best when he excoriated the individuals and organizations that are willing to take unwarranted potshots at San Francisco cops.

The Police Officers’ Bill of Rights was passed thirty-seven (37) years ago and has been amended a few times since. There have also been court decisions interpreting those rights. Though a skeleton of what officers should be entitled to — you should still be knowledgeable about those basic rights.

We are vociferous in defending police officers because it is the right thing to do; you deserve it and we would step up to the plate.

Contact me at the POA if you have any questions. The phone number is (415) 861-5060.

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

 Frankie’s 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 Asthma Foundation of California #1373520

The San Francisco Police Officers’ Association takes your employment rights seriously. Defense representation is a right for paying dues to this union.

Every officer should be aware of the Department General Orders and the expectations of officers that are encompassed in those. Review them and be conversant with those Orders.

When amended Orders are promulgated, and when Department “A” bulletins are issued, read and understand them.

The POA Officers’ Bill of Rights was passed thirty-seven (37) years ago and has been amended a few times since. There have also been court decisions interpreting those rights.

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Contact me at the POA if you have any questions. The phone number is (415) 861-5060.

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 kids. We feel compelled to support and to help Phil’s three children; William, Phil and Caroline. We are asking for donations towards this effort. No amount is too small.

Donations for Phil’s Children’s college fund can be made at: San Francisco Police Credit Union, RE: Phil’s 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 Asthma Foundation of California #1373520

(415) 837-0875.
Welcome back everyone. I hope that all is well with you and your family and friends. I would like to thank everyone who is sending me the incident reports and Captain’s Complimentary memos that drive the content of this column. Without the documentation of the dedication, daily acts of heroism, and diligence, I would have nothing to write here. As it is, I could fill up the entire Journal on a monthly basis with all of your hard work.

Bayview Station

Officers Mike Ellis and Jesse Cruz are taking a spin around the district. In a high crime area, they drive by our hero. Not even stopping, yelling, nor slamming on the brakes and slamming the door closed loudly (remember that one), one of the gears, for no good reason ducks behind a car. Minivan snap, a clue. Mike recognizes the whack-a-mole and drives over to the carnival scene. Before anyone can run, the officers detain the suspect, and with the cameras inside of the extended magazine. Another gun off the streets, Good Guy, job guys.

Tenderloin/Central Stations

Officers Timothy Neves and Cal Wang respond to a call of shots fired. They find a man sitting on the sidewalk who had been shot in the foot. Numerous witnesses give a detailed description of the man who had pulled the trigger and who had then fled the scene. The officers quickly get the information out on the air (you can’t run from a radio). Additional information leads to a suspect board- ing a Muni bus. Officer Jose Marte (Co. A) responds to the area and is told our fleeing suspect has just boarded the bus that was still at the bus stop in front of them. Not having time to call for additional units, Joe boards the bus and sure enough, a man matching the shooters description is sitting in the back of the bus. Right page 45 of the Bad Guy Manual, he appeared to be nervous, was sweating profusely, and was fidgeting. Joe detained our hero who immediately stated he was using firework. Which might cause there to be gun shot residue on his hands. Now that’s some funny stuff! Oh well, try as he might, a positive identification was made by the victim putting Mr. Firecracker at the scene, shooting him after he had robbed him at gunpoint. Additionally, Officer Neves took it a step further. Tim found video from a hotel nearby. The video captured the entire litany of firework display. Firecrackers, I love it! BOOKED!

Southern Station

Sergeant Dave Parry is taking a spin through the district when he sees an older Honda Civic. Good Guy Manual, page 32, a common stolen vehicle. Dave decides to run a routine check on the vehicle and, Ooo snap, it’s stolen! Sergeant Alex Rodas, Officers Dan Rosia, Matt Sullivan, Mike Peralta, Ryan Crosby and Ken Kikuchi a-run when they hear the information over the air. On here we go, Bad Guy Manual, page 57, take the police on a short vehicle pursuit, stop the stolen car, get out and surround like half an idiot, then fall down, start screaming, and tell the police you ran because you were scared. Yep, that’s what happened. However, further investigation has our hero involved in a major identity theft ring and he is on PAROLE. Mmmm, I think the real parole, or maybe double secret parole probation, I have to check. Either way, no soup for you! BOOKED!

Ingleside Station

Bob the builder goes rouge! Officer Meaghan McMillon responds to a call regarding a man attempting to break into an ATM with a torch (Alexander Mundy, can’t help myself, sorry). Upon arrival, Meaghan spots the truck that was given in the initial description of an unknown citizen. Inside the truck is “Sleeping Beauty” taking a joint. My man even takes the time to check on the vehicle and, Ooo snap, our hero had a felony warrant with no bail attached for the same offense. No soup for him, secret double indemnity, double Dutch treat probation for you.

Tara/Ingleside Stations

Officer Dan Rosia is taking a report from a citizen who had her car stolen. Unfortunately, she had left the keys in the ignition - a cardinal sin. Additionally, she fortunately had captured the thiefs on videotape. Now this part just can’t make up; whilst taking the said report, the victim gets a phone call for the victim from less than a dollar using his San Francisco Shaw, a low identification branch and make sure the torch this guy was using does not explode causing untold damage to the personnel at scene. Ooo, Bill, still new you are taking to being on TV and kinds of charges against you. Bad Guy Manual, page 24, don’t use a blowtorch to burn someone in an eyewash area, get tired and fall asleep before you’re done. BOOKED!

Tara/Ingleside Stations

Another gun off the streets, Good Guy, job guys.

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Tara/Ingleside Stations

Another gun off the streets, Good Guy, job guys.
Mission District Officers to Receive Peacemaker Award

By Ryan Schwartz
For Community Boards

Community Boards, an organization that works closely with SFPD, honors an individual every year for their work making SF a safer and more peaceful place to live. This year, our 2013 Raymond Shonholz Visionary Peacemaker Award is going to John Cathey and David Sands, two Mission district neighborhood police officers who have pioneered a unique approach to help teens leave gangs.

While walking their 24th Street beat, they routinely saw teens stuck in a cycle of gang violence and jail time. Realizing that these teens needed an alternative, John and David began connecting them with full-time employment to help them launch promising careers and walk away from the gangs on which they depended. They also started a program to strengthen common gang recruitment tactics that prayed on youth who felt like they lacked a family. Community Boards is thrilled to celebrate their innovative and successful approach to transforming young lives and making San Francisco a more peaceful city.

John and David will be honored at an awards luncheon on June 7th at the City Club of San Francisco. The event will be keynoted by moveon.org co-founder Joan Blades. More information about joining them and other officers at the ceremony can be found at http://communityboards.org/in-the-community/sfpeacemakerawards/. The mission of Community Boards is to empower the communities and individuals of San Francisco with the strength, skills and resources needed to express and resolve conflicts peacefully and appropriately for their culture and environment. Mediation, training and facilitation services are offered in English, Spanish, Mandarin and Cantonese to all San Francisco residents. Community Boards serves over 2,000 residents, nonprofits and businesses a year with its pool of 300+ volunteer mediators. Since 1976, Community Boards has assisted 46,000 San Francisco residents and trained more than 16,000 community members to be skilled mediators. More information is available at www.CommunityBoards.org.

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 journals@poa.org.

Regularly Scheduled Meetings or Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date &amp; Time</th>
<th>Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting</td>
<td>Pacific Rod &amp; Gun Club</td>
<td>Second Tues. of Every Month, 11:00 am</td>
<td>Larry Barsetti (415) 566-5985 <a href="mailto:larry175@ix.netcom.com">larry175@ix.netcom.com</a></td>
</tr>
<tr>
<td>Meeting</td>
<td>Hall of Justice, Room 150,</td>
<td>Second Tues. of Every Month, 11:45 am</td>
<td>Joe Reilly (415) 681-3660 <a href="mailto:wouaspolice@gmail.com">wouaspolice@gmail.com</a></td>
</tr>
<tr>
<td>Widows &amp; Orphans Aid Association</td>
<td>(Traffic Co. Assembly Room)</td>
<td>Second Tues. of Every Month, 6:00 pm</td>
<td>Greg Corrales (415) 759-1076</td>
</tr>
<tr>
<td>Meeting</td>
<td>War Memorial Building</td>
<td>Third Wed. of Every Month, Noon</td>
<td>POA Office (415) 861-5060</td>
</tr>
<tr>
<td>Meeting</td>
<td>Irish Cultural Center</td>
<td>Second Wed. of Every Month, 11:00 am</td>
<td>Reyna Kuk (415) 681-5949</td>
</tr>
<tr>
<td>Retiree Range Re-qualification</td>
<td>SFPD Pistol Range</td>
<td>First Fri. of each Month, 0730 – 1130</td>
<td>Range Staff (415) 587-2274</td>
</tr>
<tr>
<td>Meeting</td>
<td>St. Andrews Church</td>
<td>Tuesdays 7 – 8:30 PM</td>
<td>Greg Collaco (650) 455-2840</td>
</tr>
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</table>

Specially Scheduled Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date &amp; Time</th>
<th>Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Officer Jon Cook Scholarship Fundraiser</td>
<td>Martuni's Lounge</td>
<td>Wednesday, June 5, 2013 5 – 9 PM</td>
<td>No Contact Specified</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>#4 Valencia Street, SF</td>
<td>Friday, June 7, 2013 11:30 AM</td>
<td>Darlene Weide (415) 920-3820 x105</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>City Club of SF</td>
<td>Saturday, June 15, 2013 9:00 AM</td>
<td>zezprostatecancerrun.org</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>155 Sансome Street, SF</td>
<td>Friday, June 21, 2013 Noon</td>
<td>Mike Lynch (650) 333-6517</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>Crissy Field, SF Presidio</td>
<td>Monday, June 24, 2013 11:00 AM</td>
<td>Katieckuly (See notice on page 28)</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>SFO Airport Museum International Terminal Bldg.</td>
<td>Friday, June 28, 2013 1:00 PM</td>
<td>Lorie Brophy (415) 666-8028</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>Presidio Golf Course Arguello Gate, SF</td>
<td>Saturday, June 29, 2013 7:00 PM</td>
<td>Theresa (415) 385-6439</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>City Forest Lodge 254 Laguna Honda Blvd.</td>
<td>Saturday, July 6, 2013 7:00 PM</td>
<td>Al Schor (415) 407-7351</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>Dolores Corner 29th at Dolores Street, SF</td>
<td>Sunday, July 14, 2013 5:00 PM</td>
<td>Deborah Dahlberg (415) 407-6329</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>ASIYA Shriners 1925 Elkhorn Ct., San Mateo</td>
<td>Saturday July 20, 2013 6:30 PM</td>
<td>Alvaro Schor (415) 407-7351</td>
</tr>
<tr>
<td>Peacemaker Awards Dinner</td>
<td>City Forest Lodge 254 Laguna Honda Blvd., SF</td>
<td>Tuesday, July 23, 2013 6:00 PM</td>
<td>(See notice on page 30)</td>
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POLICE-FIRE POST 456
NEWS

By Greg Cornale

"Contemplate the mangled bodies of your countrymen and then ask yourself, What should be the reward of such sacrifices... If ye love wealth better than freedom, the tranquility of servitude than the animating contest of freedom, go down in peace. We ask not your counsels or arms. Crush down and kick the bands that feed you. May your chains sit lightly upon you, and may posterity forget that ye were our countrymen." — Samuel Adams

“I don’t regret joining the Marines. I don’t regret anything.” — Marine Cpl. Nicholas Kimmel, triple amputee. AT&T Park, May 26, 2013

In his Memorial Day message, American Legion National Commander Jim Koutz stated, “All of us cherish the memories of our fallen comrades, friends or loved ones. Not a day goes by when I don’t think about the friends I’ve lost. I think about young 20-somethings I knew from Vietnam who gave their supreme sacrifice serving our nation. I think about the heroes from other eras – the Great War, World War II, Korea, Desert Storm, Iraq and Afghanistan – who gave their lives so our countrymen and for loving my son,” she said.

Carolyn Jones Hibbert and Sherry Bradley had sons assigned to 3rd Battalion, 2nd Marines, during the unit’s 2011 deployment to Afghanistan. On April 27, Cpl. Adam Jones was killed after stepping on an improvised explosive device. About five weeks later, Sgt. Mark Bradley suffered fatal injuries from an IED. With their fellow Marines still on their minds, a team of scout snipers with 3/2 set out to conduct a counter-insurgency operation on July 24. Four of them planted themselves, perishing on the corpses of the enemy fighters they killed that day. All told, seven Marines faced punishment after the video surfaced online in January 2012.

Bradley’s mom, Sherry, said the scout snipers were grieving, which caused a temporary lapse in judgment. “I mentally can’t function, and I didn’t see legs blown off, I didn’t have to kill people at 20-something years old,” she said. “Can you imagine walking anywhere and wondering, Is this my last step? Because that’s the way they live over there.” It’s worse for Marines to fight a war by rules when the enemy doesn’t, she added.

“Little can compare to the pain a mother experiences when she loses a child, said Jones Hibbert. But the pain Marines feel when their brothers murdered and mutilated is a close second, she said. “They are brothers,” she said, “I know it to be true. You cannot control what this pain does to your heart and mind.”

When the video first surfaced, it was necessary for leaders to condemn it, Bradley said. But now that nearly two years have passed, she wishes the Corps would just move on. “I think the way they’ve handled this is more to satisfy the general public,” she said. Bradley said she’s proud of the Marines and wants the snipers involved in the incident to know the Corps is outstanding men. “I thank them for my freedom and for loving my son,” she said. “Some of these guys were telling Marines who didn’t have a blemish on their record.”

Jones Hibbert agrees, and she said she prays the Corps can look past the act to see the pain, sorrow, and loss. “I love and support those Marines with all my heart,” she said.

The American Legion announced that it is allocating $1 million to veterans affected by the tornadoes in Oklahoma. The money will be used to cover relocation expenses for veterans and their families whose homes were devastated by the disaster. The Legion has previously assisted emergency efforts following Hurricane Sandy, Hurricane Katrina and other natural disasters.

San Francisco Police-Fire Post 456 is working toward recruiting every veteran in the SFPD, SFFD, and SFSF. Please contact me if you have any questions regarding the country’s largest veteran’s organization, the American Legion.

Roger James Marr transferred to Post Everlasting on May 24, 2013. Roger was a World War II Navy veteran. He was a retired SFPD sergeant. Rest in Peace Roger.

In his Memorial Day message, American Legion National Commander Jim Koutz stated, “All of us cherish the memories of our fallen comrades, friends or loved ones. Not a day goes by when I don’t think about the friends I’ve lost. I think about young 20-somethings I knew from Vietnam who gave their supreme sacrifice serving our nation. I think about the heroes from other eras – the Great War, World War II, Korea, Desert Storm, Iraq and Afghanistan – who gave their lives so...
Chief’s Corner

We saw the end of an era last month with the retirement of POA President Gary Delagnes. Gary spent 34+ years in service to the citizens of San Francisco, and to the men and women of the SFPD. I met Gary Delagnes in 1981 at Central Station. When I met him, I was just out of the Academy. Our hourly rate of pay was $11.21 an hour, and I was happy to get it. New San Francisco police officers make just a bit better than that now. In fact, many things have changed since the fall of 1981. Here is a sampling of what the SFPD offered in the way of pay and benefits 32 years ago:

- Academy Training was 19 weeks
- There was no probationary period
- Overtime was paid at straight time
- No City contribution to Medical Insurance
- If hired before '78 – 75% max pension
- Everyone worked a 5 x 8 hr work week
- No premium pay (night diff, hazard pay, etc)
- No Wellness Program or SP buyout
- … And the first promotional test for sergeant I was eligible to take came in the Fall of 1989

I could go on but I think any officer reading this article can see that we are far better off today than we were yesterday. We have seen some outstanding POA Presidents over my time in the Police Department: Bob Barry (2 Terms), Mike Keys, Al Casciato, Al Triguiero, Chris Cunnie (2 Terms), and Gary Delagnes (3 Terms) — and now Marty Halloran, next in this great long line. We owe each of these men, and their respective Boards of Directors, a debt of gratitude for the working conditions we enjoy and the wages/benefits that allow us to best provide for our families.

Over the past several contract negotiations, Gary Delagnes has been “the driver” for the POA and he has done a masterful job. This is also a cop who did his time (years) on nights in the Tenderloin and worked his fair share of long hours, nights, and weekends working Narcotics. As successful as Gary has been, he is one of those people that took to heart the criticisms of those who voted against him. He always felt he could have done more and/or should have been more congenial in his back and forth. He had the support of those of us that wholeheartedly congratulated him on each (and there have been many) job well done on our behalf. It is with this in mind that I close with the exchange at the end of the film (Saving Private Ryan) that Gary speaks of from time to time. It seems appropriate as I am writing this column, having just come from the Presidio Cemetery on Memorial Day.

In this scene is Private Ryan (as an old man) standing at Capt. Miller’s (Tom Hanks’ character) grave, remembering: “Every day I think about what you said to me that day on the bridge. I tried to live my life the best that I could. I hope that was enough. I hope that, at least in your eyes, I’ve earned what all of you have done for me.” At which point he turns to his wife and asks, “Tell me I have led a good life. Tell me I’m a good man.”

Gary, I could never be mistaken for your wife (Sue is the best), although we have argued as if we were married many times, but I can tell you — as your friend — you have led a good life and you are a good man. Best of luck, old friend, in what I hope is a very long and healthy retirement. You deserve it!

In addition to Gary’s departure, May was a busy month all over the Department and the City. Since this month’s column is already long enough, let me highlight just a few other happenings from May of 2013. There was Career Day at Thurgood Marshall High School, the Graduation of the 234th Recruit Class, the Annual Basketball Jamboree for middle school students at USF, the Annual Peace Officer Memorials in Sacramento and Washington DC (Inspector Brian Olocomedy’s name went onto both walls), the Spring Retirement Ceremony, a Large (uneventful) Bay to Breakers, the Annual PAL Golf Tournament, the 1st Annual SFPD Ball, the Annual St. John’s Grammar School Law Enforcement Appreciation Day, and more — including winning the bid to host Super Bowl 50 here in the Bay Area. Just another month for the City of St Francis and the SFPD!

As always,
Be Safe and God Bless.

Greg Suhr
Chief Of Police
San Francisco Police Department
Oro en Paz, Fierro en Guerra

Christopher Breault, Financial Advisor
The MEMBERS Financial Services Program located at SF Police Credit Union

Specializing in Deferred Compensation / Pension Rollovers

Call Chris to discuss your DROP rollover options.
To schedule a confidential, no-cost appointment, call directly at 415.682.3361.

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Ask Mike…the Retirees’ Corner

By Mike Hebel

Deferral Compensation Plan — Julia Durand Hired As Plan Manager

Mike Hebel, POA welfare officer; Julia Durand, newly hired CCSF deferred compensation manager. Ms. Durand has over 25 years of experience in public sector defined contribution plan administration which includes providing retirement education to public employees with CalPERS and CalSTRS. She served as director of the CalSTRS deferred compensation program which consisted of a 403(b) and a 457(b) supplemental savings program designed to help California education personnel prepare for retirement. Ms. Durand assumes leadership just as the Retirement Board is about to conclude the process whereby her contract ends in January 2014; it along with ING-US and Prudential are competing for the next 5-year contract that will be awarded this July.

Proposition “C” Litigation — SupplementalCola

Mike, last month you reported that the lawsuit challenging the recent Charter change pertaining to our supplemental COLA was to be heard in San Francisco Superior Court on May 20th. What happened?

No decision issued! The Superior Court continued the case to be heard on June 10th and ruled that it did not have all the materials filed in the case by both POB and the SF City Attorney’s office.

This is the issue of Proposition C (November 2011) that prohibits the payment of a supplemental COLA from July 1, 2012 onward unless Congress passed legislation that it did not have the materials filed in the case by both POB and the SF City Attorney’s office.

As measured by the S&P 500 and the Dow-Jones Industrials (DJI), the U.S. stock market indices are in a steep climb that began in the throes of the financial crisis. Since the market bottomed out in March 2009, the DJI has surged over 17,320% increase that materialized during the patient endurance of many bumps along the way. My investment teacher is famed investor Warren Buffett, CEO of Berkshire Hathaway. At the shareholder annual meeting held on May 4th in Omaha, Mr. Buffett told the 37,000 attendees: “American business will do fine over time. And stocks will do well just as certainly, since their fate is tied to business performance. Period, period, period.”

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When is the Best Time to Retire?

By Tom Feledy,
Richardson Station

Normally, you’d think that the longer you worked, the larger your monthly retirement check. However, if you have 30 years of service and are eligible to earn the additional 4% for longevity pay, you may be able to get a bigger retirement check if you leave before completing 31 years. In this article I will show how I came to this conclusion, by answering a series of questions.

1. When is the best time to retire?

The best approach to this question is to attend one of the excellent Retirement Seminars led by the POA’s Mike Hebel. Then, make an appointment with SFERS to get an estimate of your pension based upon your planned retirement date. That estimate will answer some, but not all, of the following questions.

2. How much will I get in my retirement check?

• Your pension is your “final compensation” times your “age percentage.” To maximize your pension you must know when your “final compensation” is at its peak. The City Charter says final compensation is either (a) the highest fiscal year of earnings OR (b) the average of your pay in the last 12 months you worked, whichever is higher.

• The types of pay that are “pensionable,” i.e. — used to compute your final compensation, are:
  • Regular pay.
  • Like work-like pay
  • Certain “special pay,” such as Experienced Officer Incentive Pay, Motorcycle Pay, and Longevity pay.
  • Night differential and overtime are not pensionable. (See our MOU at sfpoa.org for details.)

3. What will make my retirement check increase?

• Before retirement, your check goes up by your age and years of service to a max of 90% of your working salary. (See the “3% at 50” chart available on the SFPD Intranet.) It also goes up for any promotions or any of the above special pays you earn in your last 12 months of service, including longevity pay, which I discuss more below.

• After retirement, your check will go up to reflect cost of living increases. COLA is payable July 1 of every year you are retired. (A Supplemental COLA is payable only under certain economic conditions we may not see for several years.)

4. What is longevity pay?

• After 25 years of service you start earning a 2% premium.

• After 30 years of service (i.e., in the first pay period after the PP in which you start your 31st year), you will start earning an additional 4% premium — provided you have 1,700 working hours in the previous 12 months. (See page 35 of the current MOU for the details, including how suspensions can affect this.)

• The types of HRMS entries that count as “working” hours are REG, LW, and HP.

• You continue to earn the 4% Longevity Pay each month so long as you have worked 1,700 hours in the previous 12 months. Thus, to earn it in June, you will need to have worked at least 1,700 hours from June last year through May. To earn it again in July, you need 1,700 hours worked from July last year to June this year, and so on. If you drop below 1,700, you don’t get the 4% until such time as your 12-month total goes back up to 1,700 or higher.

• I suggest that for each of the 26 pay periods in your 30th year, add up the hours worked. If they total at least 1,700, you will start earning 4% premium on your salary. It will show up as Misc 46 on your pay stub.

• Then for each successive pay period, you can take time up so long as the previous 26 pay periods add up to 1,700 hours.

5. How is “final compensation” calculated by SFERS?

Final compensation is calculated upon your previous 12 months of pay. SFERS calculates your “previous 12 months” by the hour. From the date you actually retire, they will go back 2,080 hours (26 pay periods X 80 hrs per pay period) to get your average monthly compensation. This means that every day you work in your 31st year earning the 4% Longevity Pay, you will get more added to your final compensation. To get the full 4% reflected in your final compensation you must work a full 31 years. If you retire before working the full 31 years of service, you will see something less than a 4% increase in your retirement check.

6. What is the 1,700 Hour Trap?

• To maintain a rolling 1,700 hours requires you pay attention to how much time you take off. The trap is that, like many of us, you enter your 30th year with lots of accumulated time, and you’d like to start using it up to reduce the tax effects of a large payout. You may be maxed out on time and decide you must “use it or lose it “. But when you look at the total of your hours worked, you realize you can’t take the time off because you’ll go under 1,700 hours and miss getting the 4% longevity premium. This may be because you took a lot of time off for a vacation last summer or because of family illness. Your best option then is to maintain your excess time to the Catastrophic Illness Fund. You’ll lose the use of this time for yourself but at least you are helping a fellow officer and their family, and not just giving the time back to the City.

7. How much time can I take off without going under 1,700 hours?

To estimate the amount of time off you can take, consider the following. There are 26 pay periods in a year and 80 hours in each PP, or a total of 2,080 in the year that you can either work or use discretionary time. Subtract 1,700 hours from 2,080 leaves you 380 hours. But if you deduct the (11) LH’s and all your FH’s during the year, that leaves you a little over 200 hours you can take off without going under 1,700 hrs. But you earn 6.16 hrs of VA and 4 hrs SP per pay period, which adds up to over 260 hours of time earned in a year. There’s no way you can use it all, and there are limits to how much time can be donated per pay period and Fiscal Year, so plan ahead if you don’t want the City to take back your time.

8. How will the date I retire affect the size of my retirement check?

• To maximize your retirement check, you need to look at two dates:
  • Your anniversary date (when you reach the full 90% on the chart)
  • July 1st in the year you max out at 90

• Use the charts shown to put yourself into the right group, depending on if you were hired Jan-Jun or Jul-Dec.

### Hired Jan-Jun (Example: Apr 1)

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<th>Key Dates</th>
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### Hired Jul-Dec (Example: Oct 1)

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<td>10/1/2012</td>
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• If there is more than 6 months between the date you hit 30 years of service and July 1, the bottom line on the chart shows you will get COLA, which you start your 31st year), you will start earning an additional 4% of your pay in the last 12 months you worked, whichever is higher.

• The types of pay are “pensionable,” i.e. — used to compute your final compensation, are:
  • Regular pay.
  • Like work-like pay
  • Certain “special pay,” such as Experienced Officer Incentive Pay, Motorcycle Pay, and Longevity pay.
  • Night differential and overtime are not pensionable. (See our MOU at sfpoa.org for details.)

9. How does Deferred Compensation influence when I should retire?

• If your best date to retire is close to the end of the year, consider retiring Jan 1st to maximize Deferred Comp rollover. You will get to defer an entire year’s amount, which should reduce your taxable income in that year.

• In the year you retire, stop your biweekly Deferred Comp contribution at the beginning of the year vs. your retirement date. The tax liability will be the same, but you will get use of your earnings now vs. later.
Please Join Us to Celebrate the Retirement of

Sgt/Insp Tim Brophy

Friday, June 28, 2013 • 1:00 pm
City Forest Lodge • 254 Laguna Honda Blvd
Price $35.00 (Buffet Lunch and Bar)
Chicken Marsala/Tri-tip/Appetizers/Salad
Parking: Available in church parking lot next door

RSVP by June 17, 2013 to:
Tim Plyer Homicide 553-1507
Lorie Brophy Richmond 666-8028
Glen Mar TAC 987-7706
Jim Garrity CIU 602-1253
Matt Mason CIU 734-3122
Kevin Murray GTF 553-1139
Checks payable to Matt Mason

Retirement Party
honoring

Officer Bob Massola
Retiring after 34 years of service working at the SFO Airport
Friday, June 21, 2013
SFO Airport Museum
located in the International Terminal Building
1200 hours — LUNCH BUFFET

$40.00 Per Person
(includes gift)
Contacts
Sgt. Tony Ng (650) 333-6380
Ofc. Mike Lynch (650) 333-6517
Ofc. Diane McKevitt (650) 867-5673
Please make checks payable to “Michael Lynch”
R.S.V.P. to this event no later than Friday, June 7

Retirement Dinner Celebration Honoring
Lee Dahlberg
and His 31 Years of Service
Sunday, July 14, 2013
5:00 pm Cocktails • 6:30 pm Dinner
Dancing to follow
City Forest Lodge 254 Laguna Honda Boulevard
San Francisco
$50 per person includes:
Open Bar • Appetizers • Grilled Salmon & Prime Rib Buffet
Wine, Coffee & Dessert
RSVP by July 5
Make check payable to:
Deborah Dahlberg, 415-407-6329
or dancindahl@aol.com
Submit check to:
Debra Anderson Co. B 415-553-1373
Dave Hamilton Co. I 415-759-3100

San Francisco’s Law Enforcement Personnel receive 15% off all safes!
- Gun Safes
- Pistol Boxes
- Tactical
- Fire Proof
- Wall/Floor
- Burglary
617 7th Street • San Francisco, CA 94103
415-398-6161 • sales@mainline-security.com
June 2013 POA Journal Page 13

Please Join Us to Honor

Sergeant Dean Sorgie
for
30 ½ Years of Uniformed Patrol Service &
17 years as a SFPOA Station Representative
Saturday, July 20, 2013

Cocktails: 6:30 pm ~ Dinner: 7:30 pm
$60.00/per person

The Cypress Grill Restaurant
at TPC Harding Park Golf Course
99 Harding Park Road, San Francisco

Menu
1st Course
Cypress Signature Greens,
with Balsamic Vinaigrette/Ranch Dressing
2nd Course Entrée Choices
Dry Rubbed & Grilled Tri-Tip served
with a Black Pepper and Onion Beef Au Jus
Grilled Mahi Mahi accompanied
with a Lemon Pepper Sauce
Herb Roasted Breast of Chicken
with Wild Mushrooms and Roasted Onion Sauce
VEGGIE Entrée Option:
Butternut Squash Raviolis served
with Seasonal Vegetables and Sage Cream Sauce
SIDES for Entrées
Garlic Mashed Potatoes
Grilled Seasonal Vegetables
3rd Course: Chocolate Cake

For the Golfers
32 Tee-Times 11:30 am – 12:30 pm
All SFPD Members get the Sat. Resident Rate to Play the Course
To Book your Tee-Time Call/e-Mail:
Brandon Wong: (415) 664-4690, x-112
or BrandonWong@pgatourtpc.com
(Mention the Function for the Special Rate)
Harding Park is a “Cart Path” only course, but easy to Walk,
So bring a Pull-cart.

Casual Dress Requested: Golf Style Polo Shirts or similar
Uniforms are Always Welcomed

Please respond by Wednesday, July 10th.

Please make your check out to Catherine Sorgie and write your Entrée selection on your check.

Send checks to Officer Alvaro Schor (c) (415) 407-7351
@ Richmond Station – Swings / Tele: 666-8000

or Contact:
Officer John Ruggeiro, Co. G — Days, (c) (707) 338-5070
Officer Michael Wright, Co. G — 11/21, (c) (510) 5087922
Sergeant Henry Lam, Co. G — SIT Swings,
(c) (415) 297-8182
Officer Nate Holmes, Co. G — Mids, (c) (415) 830-0594

Visit our websites:
www.sfpoa.org
www.sfcitycops.com
By Gary Delagnes, Retired SFPD

One of my final goals before retirement was to see my friend and ex-partner, Brian Olcomendy, enrolled at the California Police Memorial in Sacramento, and the Washington National Police Memorial in Washington, D.C. Brian passed away on July 26, 2003 at the young age of 43 following complications from routine knee surgery. He injured that knee while participating in a narcotics raid, and that rightfully qualified his death as “Line of Duty.” It gave me a great deal of satisfaction to see that promise through as we saw Brian acknowledged at both memorials in May.

At the time of his death, Brian was a 21-year veteran of this department. He had served at Central, Potrero, and Park Stations before his promotion to Assistant Inspector. He eventually landed in the Narcotics Unit, an assignment that he loved, and in which he excelled. At the time of his death, another dear friend of Brian’s, his polar opposite of Brian’s personality, Court judge who seemed to be the most buttoned up cop everyone knew his father, Dominique, Ignatius and City College and, as many that was how he suffered the knee injury that ultimately led to his death. Brian was a soccer star at both Saint Ignatius and City College and, as many of you know his father, Dominique, was a tough, well-respected Superior Court judge who seemed to be the polar opposite of Brian’s personality, but I know they loved each other very much.

Hearing Brian’s name acknowledged at the Candlelight Vigil in Washington DC and seeing his name etched in marble at the National Memorial was very emotional for all of us who attended. We were joined by many SFPD officers at the Sacramento memorial, and then many of Brian’s closest friends and coworkers traveled to Washington one week later to say goodbye one final time to our dear friend. The list making the trip to Washington and Sacramento included Brian’s wife, Daya, his son, Frank, and his two daughters, Melissa and Kristen. Also making the trip was Brian’s mother and four sisters as well as their spouses. Newly appointed Commander Joe Garrity, along with retired commander Mike Pucinelli (Brian’s brother-in-law) took the lead as they were joined by myself, Sgt. Marty Halloran, Capt. Joe McFadden, Sgt. Mike Morley, Capt. Mike Moran, Retired Lieutenant Liam Frost, Officer Matt Gardner, Sgt. Brian Cannedo, Officer Steve Camiglia, Officer Joe Boyle, Officer Ron Banta, Insp. Mike Siebert, Sgt. Bud Clinton, and Inspector Larry Mack. A special thanks is owed to Val Kirwan, who made the Sacramento memorial possible through his tireless efforts to have Brian’s sacrifice acknowledged in that venue. I would recommend to any police officer that they try to attend at least one Police Officers Memorial in their careers because it truly reaffirms all of the things police officers share with one another from coast-to-coast. The common bond that unites us is a dedication to duty, and a commitment to protect those who cannot protect themselves. I will never forget my friend, Brian Olcomendy, nor will anyone who ever knew him. I used to joke that he was a “Renaissance Man”, and way ahead of his time but in reality he was a good and decent man who cared greatly about his fellow man. I don’t know if there is ever a true sense of closure for the family and friends of such a special man, but I felt being there with Brian’s widow, Daya, his kids, Pooch, and the rest of Brian’s close friends and family a sense of pride and accomplishment that we were all able to see Brian’s legacy enrolled at this very deserving place for all officers killed in the line of duty. I know that “Monkey” was having a beer and laughing at the fuss being made about him but buddy, you deserved it. We miss you every day but as you know better than anybody, you would be impossible to forget.

Rest well Brian. You left your mark, and you still make us laugh everyday just thinking about the time we all spent together.
37th Annual California Peace Officers’ Memorial Ceremonies
Honoring our fallen heroes who have given their lives in the line of duty serving and protecting the citizens of this great state.

For more information visit the CPOMF website at www.camemorial.org

Candlelight Vigil
Sunday, May 5, 2013 at dusk

Enrollment Ceremony
Monday, May 6, 2013 at 10:30 A.M.

California Peace Officers’ Memorial Monument
10th Street & Capitol Mall, Sacramento

2013 CALIFORNIA PEACE OFFICERS’ MEMORIAL CEREMONIES

HONORED OFFICIALS

Deputy Robert Lee Paris, Jr.
Stanislaus Co. Sheriff’s Dept.
EOW: April 12, 2012

Officer Kenyon M. Youngstrom
CHP – Contra Costa
EOW: September 5, 2012

ENROLLED FROM PRIOR YEARS

Officer Daniel C. Clark
San Bernardino Police Dept.
EOW: November 3, 2011

Officer Robert J. Quirk
CHP – Red Bluff
EOW: April 11, 1971

Inspector Brian D. Olcomendy
San Francisco Police Dept.
EOW: July 26, 2003

Sheriff William Elam
Placer Co. Sheriff’s Dept.
EOW: October 1, 1951

Officer Timothy Duane
Oakland Police Dept.
EOW: April 18, 1930

Deputy Ray C. Bogart
Lassen Co. Sheriff’s Dept.
EOW: January 11, 1915

Deputy William F. Edwards
Mono Co. Sheriff’s Dept.
EOW: April 29, 1907

MAY 5 & 6, 2013
10TH STREET AT CAPITOL MALL • SACRAMENTO
WWW.CAMEMORIAL.ORG

Matt Gardner (third from left) posed with Brian’s son and two daughters.

Lt. Liam Frost

PHOTOS SUBMITTED BY MARTIN HALLORAN AND MATT GARDNER
Medal of Honor Recipients 2010-2011

The SFPOA Board of Directors has adopted a Medal of Honor Award which will be presented to these individuals nominated for their valor and dedicated professionalism.

We are privileged to have the opportunity to make this presentation to such a tremendously brave group of individuals.

Presentation #1
★★ Sergeant Noah Mallinger
★★ Officer Benjamin Pagtanac
★★ Officer Roselo Pascua
★★ Officer Ernesto Linares
★★ Officer Courtney Smith
★★ Officer Terence Saw

January 4, 2011, San Francisco Police officers responded to a call of a person with a knife on the 1300 block of Howard Street. Sergeant Noah Mallinger, Officer Terence Saw, Officer Benjamin Pagtanac, Officer Roselo Pascua, Officer Ernesto Linares, Officer Courtney Smith responded to the call. The suspect, Randal Dunklin was reported to be highly agitated, yelling and screaming, armed with a buck knife, stabbing parking meters, and causing vandalism to city owned vehicles by puncturing their tires.

Officers arrived and located Dunklin in a wheelchair. Dunklin was holding a knife and a large piece of concrete. A confrontation ensued and Officer Saw was stabbed during the incident. Officers used pepper spray and deployed their department issued Extended Range Impact Weapon (ERIW) to subdue Dunklin, with no effect. Officers fired their handguns striking the suspect.

Presentation #2
★★ Officer Richard H. Hastings III
★★ Officer Matthew I. Lopez

On July 16, 2011 at 1643 hours, Officer Richard Hastings, and Officer Matthew Lopez were conducting Muni inspections on 3rd Street. They observed an offense by a Kenneth Harding who was on the bus. Harding fled from their attempts to contact him. Harding then pulled a gun from his waistband and pointed it over his shoulder at Officer Hastings, Officer Lopez and citizens in the area. Courageously and under fire, Officer Hastings and Officer Lopez pursued the suspect and returned fire. Harding, a convicted career criminal/parolee, succumbed to his self-inflicted wounds.

Presentation #3
★★ Officer Albert K. Lieu
★★ Sergeant Scott F. Ryan
★★ Officer Ruben E. Reyes

On June 7, 2011, the San Francisco Police Department received information from the Federal Bureau of Investigation that a bank robbery suspect, Joshua Camden Smith, (driving a stolen gray, two door BMW), wanted in connection with several bank robberies in Southern California, was in San Francisco. Following one robbery, the suspect attempted to run over several Orange County Deputy Sheriffs.

Members of the Park Station plainclothes team were conducting surveillance of the stolen BMW in the area of Buena Vista East and Haight Street, when they saw the suspect enter the car. Sergeant Scott Ryan, Officer Ruben Reyes, and Officer Albert Lieu attempted to stop the car and arrest the suspect. The suspect drove towards the officers who shot at the suspect in self-defense. The suspect was wounded and was transported to San Francisco General Hospital where he later died.

Presentation #4
★★ Officer Samuel Fung
★★ Officer Roderick Suguitan

On January 1, 2010, Officer Roderick Suguitan, and Officer Samuel Fung responded to a well-being check of a woman living in the home of a suspect who was reportedly drinking while on psychiatric medication. As the officers arrived, the suspect, Edward Lemarr Smith, had other plans for the officers and charged them with a large machete. Unbeknownst to the police, Smith had called his doctor minutes before to say he was going to “Try to take them out when they come to take me.” Officer Suguitan and Officer Fung were forced to defend themselves and Smith succumbed to his wounds.
A Medal of Honor was awarded to former POA Legal Administrator Steve Johnson in appreciation for his many years of service to the SFPD and, in particular, to the SFPOA. Steve served as an elected officer on the POA Executive Board, as well as the coordinator of all legal and administrative representation, for more than three decades. He also chronicled in the POA Journal the service and exploits of POA members in his monthly column titled “Close Encounters.” Steve retired from the SFPD in 2001, and from the POA in December of 2012.

On July 24, 2010, Officer Christina Hayes located a vehicle that was taken in an armed car-jacking earlier in the night. When Officer Hayes attempted to stop the vehicle it sped away. The suspect led Officer Hayes and other assisting officers in a cross-city pursuit crossing the Mission District into the Potrero Hill neighborhood. The pursuit ended on the 700 Block of Arkansas Street. During the pursuit, the suspects shot at the officers. One officer returned fire. Both suspects fled into the park, and a perimeter was established.

Shortly before 6:00 A.M., after a search of the area by officers and K-9 units, one suspect was placed under arrest after surrendering. One suspect is still outstanding and believed to be armed. A weapon was recovered at the scene.

On December 29, 2010, Officer Austin Wilson and Officer Timothy Ortiz responded to a report that a 15-year-old girl was being attacked in a home on the 600 block of Bacon Street. The officers entered the home and located stabbing suspect, Vinh Van Bui, who allegedly still held a knife in his hand. Police asked the man to put down the knife, but instead he came toward the officers. The officers discharged their weapons, and Bui later succumbed to his wounds.

SAN FRANCISCO POLICE OFFICERS ASSOCIATION

The San Francisco Police Officers’ Association presents

The Sixth Medal of Honor Ceremony

Tuesday, May 21, 2013
Dear SFPOA —

On behalf of the Wright Family, I want to thank the SFPOA for the beautiful flower arrangement that was sent to our family after the passing of my father, Gale Wright’s, memorial service. We are very appreciative of your thoughtfulness and extend our sincere thanks.

Sincerely,

Nancy, Bruce & Mike Wright

Dear SFPOA —

On behalf of our Board of Directors, our volunteer staff, and our clients, thank you for your generous donation of $5000 to the First Responders Support Network. As a non-profit organization, we depend on donations and grants to keep our program running. WCPR and SOS programs are designed to treat emergency responders and their spouses and significant others whose lives have been impacted by work experiences. They provide psycho-educational treatment designed to help our clients recognize and manage the signs and symptoms of work-related stress and develop new ways of taking care of themselves and their families during these stressful times. We could not do our work without the generosity of others like you.

Again, THANK YOU so much for your support of our program and the men and women who sacrifice so much every day to keep us safe.

Edward Anzore,
Retired Sergeant of Police

Editor —

Being a retiree, and receiving my anxiously awaited copy of the POA Journal a few weeks later than most, I am a bit tardy in this response to Brother Brian Cahill’s article “Cops, Cons and Grace” in the April edition.

I don’t believe I’ve ever met retired Officer Cahill, but I applaud his efforts with troubled police officers. Many of us handle the stress of law enforcement work in vastly different ways, and the SFPD’s recent rash of suicides is an unfortunate testament to that. I also have to wonder about his anguish over murderers having spent anything but the “mandatory-minimum” of a 15-to-life sentence after being convicted of 2nd degree murder.

My experience (after 34 years in law enforcement) is that all but the most hardcore killer “finds God” at San Quentin or Pelican Bay. Becoming a model prisoner is an effective way to “con” the Adult Authority in granting parole and early release from a lengthy prison sentence.

There’s a reason the word “con” has several meanings, and one of those meanings is that Brother Cahill has been effectively “conned,” and murderers belong locked-up away from society as long as is humanly and legally possible!

They made the choice to take the life that landed them inside the walls of Pelican Bay. Later lamenting that decision doesn’t make their victim any less dead.

Rene LaPrevote
Retired SFPD

Dear SFPOA —

The Fegan Family would like to thank the FPBD bikes honoring my Mom Edna Fegan at her funeral held at St. Gabriel Church Tuesday, April 30. Edna’s husband Fred E. Fegan was a San Francisco Police Officer and her grandson Jake and his wife Heather are now serving the citizen’s of the great City of San Francisco.

Sincerely,

Fred J. Fegan

Dear SFPOA —

On behalf of Crime Victims United, I would like to congratulate Marty Halloran on his position as San Francisco Police Officers President.

As you know, San Francisco POA and Crime Victims United have a long history together. Even prior to the inception of CVU, my family’s ties with the San Francisco POA were strong. It has been my honor as chair of CVU to work at the capitol to ensure law enforcement is represented in the Legislature.

And I have so greatly appreciated the constant support of the San Francisco POA. As we exist on donations only, we would never be able to continue our fine work without the support of caring groups such as yours.

I look forward to working with you in the future.

Congratulations and thank you again.

Sincerely,

Harriet Salazar, Chair
Crime Victims United

Dear SFPOA —

On behalf of the offticers at Taraval Station, I would like to express my sincere thanks for the generosity the San Francisco Police Officers Association has shown. The SFPD generously donated a considerable amount from Hayes & Kebab. No shopping, no dishes, no clean up. The presentation was lovely and the dispatchers felt so appreciated with a deliciously warm and healthy meal. We were also able to use a portion of the money to host an Open House for our Law Enforcement affiliates with cookies and coffee. There was a good show from SFPD officers, Command Staff, including Chief Suhr and Sheriff personnel.

Thanks again for your significant contribution toward another successful week. Please share with your members how much their support means to our dispatchers.

Sincerely,

Lorrie Serna
Operations Coordinator
SF Department of Emergency Management Division of Emergency Communications

Dear SFPOA —

On behalf of the families of Sergeant Loran “Tad” Baker and Detective Elizabeth Butler, the City of Santa Cruz, the Santa Cruz Police Department and the Santa Cruz Police Officers’ Association, I would like to thank you for your generous donation of $5000 to the memorial fund for the families of our fallen officers.

The outpouring of financial support for the Baker and Butler families following the tragic and senseless events of February 26, 2013 has been absolutely amazing. This event shook our community to its core, and the tremendous support we have received has helped begin the healing process.

Your donation has been deposited into the Santa Cruz Police Officers’ Association (SCPOA) Benevolent Fund and will be distributed among the Baker and Butler families.

On behalf of the Baker and Butler families, the City of Santa Cruz and the Santa Cruz Police Officers’ Association, thank you for your donation.

Sincerely,

Kevin Vogel, Chief of Police
City of Santa Cruz

Joe Hernandez, President
Santa Cruz Police Officers’ Association

Dear SFPOA —

On behalf of Becki and in the walk.

You cannot thank you enough for your support of the thousands of truly deserving service men and women who have been wounded in our current military conflicts.

Our work begins at the bedside of injured warriors as they undergo rehabilitation and attempt to reintegrate into a new phase of military or civilian life, but it certainly doesn’t stop there. As a result of their injuries, these brave heroes will face greater challenges today finding assistance and jobs that will enable them to provide for their families. Their battle against the long-term effects of combat will continue throughout their lives.

Only with your continued support is WWP able to reach these wounded warriors as they undergo rehabilitation and attempt to reintegrate into a new phase of military or civilian life, but it certainly doesn’t stop there. As a result of their injuries, these brave heroes will face greater challenges today finding assistance and jobs that will enable them to provide for their families. Their battle against the long-term effects of combat will continue throughout their lives.

On behalf of the Chief Petty Officer of Coast Guard Maritime and Security Team San Diego/Regional Diver Locker West

Dear POA —

Thank you so much for your generous gift of $500 to Wounded Warrior Project®. I cannot thank you enough for your support of the families we serve, thank you and all so, so much!

Sincerely,

Steven Nardizzi, Executive Director
Wounded Warrior Project

On behalf of the board, staff and families we serve, thank you and the
Dear SFPOA —

On behalf of Challenge Day and the teenagers we serve, we would like to express our appreciation for your generous gift and willingness to partner with us to make meaningful changes in the lives of youth. We could not do this work without you.

Kindest blessings,
Dana Callihan, Executive Director
Challenge Day

Dear SFPOA —

We have received your very generous gift to San Francisco Suicide Prevention. On behalf of our clients, we want you to know how much you have brightened the lives of people struggling with crises.

With this gift, you have breathed life into a spark of hope. Someone who was lost in darkness is moving forward again - because of you!

Your help, and the devotion of 100 community volunteers, San Francisco Suicide Prevention can continue many important programs including the 24-hour Suicide/Crisis Line, Drug/Relapse Line, Youths’ Risk Program, HIV Nighttime, Linea de Apoyo, Chat Line and our Education Program.

Sincerely yours,
Eve R. Meyer, Executive Director
San Francisco Suicide Prevention

Dear SFPOA —

Thank you so much for your donation in support of Molly McFadden for Walk For Their Future. We are grateful beyond words for the children that will be able to attend summer camp because of your generosity.

Thanks again for your generosity.
Cordially,
Marilyn Eden
TYM Executive Director

Dear SFPOA —

I am writing to thank you for the generous donation you made to Community Boards’ for the printing of Community Boards/Police Referral Cards. As you may know, SFPD referrals to Community Boards make up the largest source of referrals for mediation and alternative dispute resolution services. We have appreciated our longstanding collaboration and look forward to a long future working together to stop conflicts before they escalate in San Francisco neighborhoods.

All of us here at Community Boards greatly appreciate your support. Be well and thank you again.
Sincerely,
Darlene Weide, MPH, MSW
Executive Director

Dear SFPOA —

Thank you so much for your generous donation to Sunset Youth Services.

Sunset Youth Services serves at-risk youth and families who are living in poverty and often struggling to survive. With the generous help of people like you, we are able to help 3,500 families and individuals to meet essential daily needs and to work towards a better future with our services.

Thank you.
Solo Domino Gloria,
Dawn Stueckle
Executive Director
Sunset Youth Services

Two SFPOA Members Receive Academy of Art University Scholarships

Staff Report

The San Francisco-based Academy of Art University has awarded 4-year scholarships to two members of the San Francisco Police Officers Association. The awards continue a very generous annual award by the prestigious school that greatly appreciates the SFPOA and its members.

The awards allow recipients to explore his or her artistic talents. It has become a popular and much-anticipated program.

In order to win one of the scholarships, an applicant must be a member of the San Francisco Police Officers Association, be an active-duty SF police officer, and complete an acceptable essay explaining the four reasons for seeking admittance into the program.

The 2013 winners of the application competition are Susan Mann of Bayview Station, and Stephen Hogan of the Marine Unit.

In her essay, Susan expounded on her motivating factors that led to her application. She wrote:

I saw a bulletin at Bayview Station that referred to a 4-year scholarship award for SFPOA Active Duty Members at the Academy of Art University. I have wanted to go to Art College my entire career, but never thought that I would get the opportunity. Although I enjoy my current career and plan on completing my career at Bayview Station, I would really like to supplement my professional standing with my long term interest in Fashion and Merchandising. The Academy of Art University of San Francisco has an amazing program in this field and I would enjoy taking college classes that blend my current job with my love for design. The program will help me to refocus my energy into an endeavor from work that does not detract from my dedication to my responsibilities to the Police Department like many other activities. The structured environment provided by the University lends itself to a cleaner and more streamlined lifestyle, and the workload would provide a welcomed opportunity to develop skills that would assist in my career as a police officer. I am grateful for the opportunity provided by the Police Officers Association for this members to develop themselves into well-rounded individuals.”

We wish both Susan and Stephen well as they pursue their new dreams. We also are very grateful to the Academy of Art University for the gracious and valuable opportunity it has extended to its members. Stephen expressed our regard for the school best when he wrote:

“As a fifth-generation San Franciscan, I have seen Academy of Art University grow into an essential piece of the city. The University’s ability to develop and seamlessly integrate into the diverse neighborhoods of San Francisco is admirable and a welcome addition to any area.”

Dear SFPOA —

Thank you so much for registering to play in our 4th Annual Golf Fore Good. We hope that the tournament is returning this year bigger and better than ever. The support of generous donors like you is integral to our work fueling the LGBT movement. We rely on your help to strengthen LGBT organizations and their leaders, mobilize donors to inspire increased giving and actively secure the LGBT community’s future for generations to come. Together, we’re helping our community reach new heights and touching the lives of thousands of LGBT people every day.

Sincerely,
Roger Doughty
Executive Director

Dear SFPOA —

Thank you so much for your generous donation to Sunset Youth Services.

The Sunset Youth Services serves at-risk youth and families who are living in poverty and often struggling to survive. With the generous help of people like you, we are able to help 3,500 families and individuals to meet essential daily needs and to work towards a better future with our services.

Thank you.
Sincerely,
Jennifer Hom, Facility Coordinator
SF Recreation and Parks
Harlan Cohen is the bestselling author of sixteen previous thriller-type novels, including the #1 New York Times bestsellers Lost and Hold Tight. Winner of the Edgar Award, the Shamus Award, and the Anthony Award, Cohen is a winner in the literary world. He has, obviously, a talent for writing that appeals to the public, and not just the American public. His books have been published in at least 40 languages. And yet, I was hesitant to become one of his readers. After prodging from my friend Kevin Connolly, I gave him a try awhile back and found him interesting. But after this novel, Six Years, I am a fan. Jake Sanders, the well-educated protagonist, is the first-person voice that grabs and propels the reader on a great search for Natalie, the love of his life. Jake, a history professor, meets and falls dramatically in love and lust for Natalie Avery for a six-week period, only to be dumped by her. Then he is further shocked to learn she is marrying someone else. Natalie takes him aside at the wedding and tells him the truth: she is pregnant with her or her husband, Todd Sanderson, again, to not come near her. Jake takes time to consider seriously, and not once in six years does he approach the couple, but he seems to have never gotten over Natalie. Then, while perusing the newsletter of the school where he teaches, he notices that Natalie’s husband, who was an alumnus of the school, has died. He cannot resist attending the funeral in hopes of seeing Natalie again. As Mr. Cohen writes the words for Jake, we get a hint at what Natalie is thinking...

Part of the human condition is that we all think that we are uniquely complex while everyone else is somehow simpler to read. That is not true, of course. We all have our own dreams and hopes and wants and lusts and heartbreaks. We all have our own brand of crap.

And now the mystery begins, as the widow of the deceased alumnus a creditable and well-built voice is made it even more convolutedly mysterious, the widow has been married to this fellow for a decade and they never had a child. Just who is Natalie? Why did she lie to Jake? Who are these people at the funeral?

All Things Shining: Reading the Western Classics to Find Meaning in a Secular Age

By Hubert Dreyfus and Sean Dorrance
Reviewed by Dennis Bianchi

Hubert Dreyfus and Sean Dorrance Kelly use some of the greatest works of Western Civilization in an attempt to reveal how we have lost our engagement with and responsiveness to the world. Their journey takes us from the wonder and color of Homer’s polytheism in his Odyssey to the modernism of Dante in his Divine Comedy; from the autonomy of Kant to the multiple worlds of Melville’s Moby Dick; to the spiritual difficulties of Augustine as described by modern authors such as David Foster Wallace and Elizabeth Gilbert. And they finish by referencing the hero tropes of American rhetoric ever produced by the authors.

This is a book that we are all in a position to appreciate: when things are going at their best, when we are the most excellent version of ourselves that we can be, when we are, for instance, working together with others as one, then our activity seems to be drawn out of us by an external force. These are shining moments in life, wondrous moments that require our gratitude. In those episodes of excellence, no matter the occasion, Dreyfus and Dorrance discuss what they are able to see in the light provided by Athena.

Perhaps this is a lesson about the way we view ourselves and the way we have come to see ourselves: in a shared manner while rejecting the individual. Life is as negative as these two authors consider before, and as a book that could help the reader think more completely about the value of literature as a means of improving one’s life, not just as an escape. There is a message here about the positive value of living in the big real world, and doing so in a shared manner while rejecting the self-absorption and greed expressed in much of today’s cultural attitudes.
Read Some of SFPD’s Published Authors

By Ray Shine, Editor

Several 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.

Have a problem with a contractor? Well, grab a copy of The Case of the California Contractor Board: A Palette of Conflict Resolution Strategies for the 1990s. This heavily researched book was written by SFPD retiree Sgt. Ron Vernali, Phd. The thesis of the book addresses poor performing contractors licensed and unlicensed.

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Indulge Yourself: Secrets to Financing a Personal Want Versus Paying for a Need

By Edwin K. Stephens, The Stephens Group

Power to indulge in a flight of fantasy and that these law enforcement individu-

Answer: Yes. But, you must play by the IRS rules.

The Trade Show Fantasy

In the United States there are several thousand trade shows and/or conventions that occur in major cities throughout the year. Many of these trade shows and conventions are held in upscale hotels. There are several law enforcement-themed trade shows that attract millions of public safety officers. These officers attend workshops and learn the latest techniques to effectively combat crime. And, many trade shows are exclusively for public safety officers. It is these trade shows that a police officer is encouraged to attend, and shop for something that he has always wanted, but could not indulge due to family obligations. When many law enforcement of-

When a police officer identifies his object of desire, there are ways in which he can finance his luxury purchase sometimes with the help of investment tax credits and/or tax deductions.

Controlling Expenses and Creative Financing

The writer of this article is not a lawyer or a tax-preparer. So, any information provided or suggested on charitable contributions and tax
deductions should be corroborated and reviewed by your professional CPA or tax pre-

Publication 526 Charitable Con-
tributions is the Department of the Treasury or the Internal Revenue Ser-
vice (IRS) information bulletin that explains how to claim a tax deduction for your charitable contributions. The Internal Revenue Service noted that “To deduct a charitable contribu-
tion, you must file Form 1040 and itemize deductions on Schedule A. The amount of your deduction may be limited if certain rules and limits explained in Publication 526 apply to you.” Schedule A (Form 1040) offers a lot of tax incentives for police officers if they own a home and are thorough in documenting their miscellaneous deductions. Schedule A (Form 1040) offers a lot of tax incentives for police officers and allowable deductions such as union dues, a safe deposit box, attending a three day work related edu-
cational seminar in San Diego, or Las Vegas where your entire airfare and hotel accommodations are deductible and 50 percent of your meals are de-
ductible. A police officer is permitted to deduct the cost of one off-duty hand gun per year. The equipment for that off duty personal gun such as the hol-

Seven Trade Shows in One

The August 4-7, 2013 Source Direct at ASD will feature the follow vendor categories.

Gift and Home

General Gift
Resort & Souvenirs
Candles & Aromatherapy
Holiday & Seasonal
Garden & Outdoor
Pet Products
Home Decor
Housewares/Kitchenware

Fashion Accessories
Fashion/Trend Jewelry
Handbags Fine
Sunglasses/Eyewear
Scarves/Wraps
Travel/Luggage
Leather Goods
Electronics Accessories
Footwear

Jewelry/Cash & Carry
Sterling Silver
Fine Jewelry
Gold
Diamonds
Watches
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Beauty Supplies
Personal Care
Styling Aids
Apparel & Footwear

Toys & Novelties

Games & Puzzles
Plush
Novelties
Licensed Products

Value & Variety

Closeouts/Liquidations
Discount Price Apparel
Military /Tactical/Sporting
Outdoor Recreation
Self Defense/Personal Security
Electronics/Accessories
Automotive Accessories

In essence, a career law enforce-
ment officer who has his own small business may treat himself to a resort vacation and a shopping spree while financing his purchases using investment tax credits and/or tax de-
ductions. Always consult your CPA or tax preparer to corroborate your tax deductions.

Re: Communications Dispatcher of the Month — May 2013

From: Florian Taylor, Employee Recognition Coordinator

Date: April 25 2013

To: Carlos Soto, Public Safety Dispatcher K

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

On Saturday, March 23, 2013 while operating a busy radio channel, a report of a shooting at a downtown nightclub was received. Officers arrived on scene and confirmed the report.

Once things were sorted there were a total of three victims. One victim inside the night club, one in the parking lot, and the third victim was taken to the hospital by friends.

The incident was very chaotic due to it being a busy Saturday night, with limited field staffing and a large crowd at the nightclub. You made effective use of all available resources. Without delay you got three medics rolling, dispatched all available officers, and went outside the district to secure added help for crowd control. You also secured additional officers to handle the hospital scene and priority calls pending in the district.

You continuously kept officers abreast of all updates and supplemental information as it became available.

Carlos, you did a tremendous job during this potentially critical time. Your work was nothing short of remarkable. This is another example of the exceptional work you perform day after day. 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
• One-hour off, with Shift Manager approval
• See’s Candy Gift Card

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

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Myth #2: I can’t bring a claim against the negligent driver.
Myth #3: I can’t file a claim with my own auto insurance company.

FACT: If you’ve been injured on the job by a third party such as a negligent motorist or drunk driver, YOU CAN (and should!) recover substantial personal injury damages (tax free) in addition to worker compensation benefits. DO NOT leave money on the table by limiting your remedy to workers compensation! I have helped police officers throughout the counties of San Francisco, San Mateo, and Santa Clara.

Call for a FREE consultation!
Police Officer references available on request.

Todd P. Emanuel
ATTORNEY AT LAW

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Portland Mayor Charlie Hales has taken the unprecedented step of trying to break up the city’s police commanding officers’ union.

“Managers should be clear they are managers,” Hales said Thursday. “It just doesn’t make sense to have people who are in management positions be in a union.”

“In our opinion,” Hales added, “it’s quite clear in state law.”

The Portland Police Commanding Officers Association, established in October 1989, now represents 51 members, including all Portland police lieutenants, captains and commanders.

A deputy city attorney on Wednesday filed a petition with the state Employment Relations Board, asking the board to clarify the “public employee status” of all members of the police commanding officers union.

The city argues that police lieutenants, captains and commanders are “supervisory employees” under the Oregon Public Employee Collective Bargaining Act’s definition, and therefore should be excluded from union representation.

Since the police brass “exercise statutory management prerogatives with respect to hiring, transfer, promotion, assignment and direction of work, and discipline,” the city argues, they should not be part of a union.

The mayor met with some members of the union’s executive board Wednesday to inform them of the city’s action.

Henry Kaplan, the attorney for the Portland Police Commanding Officers Association, said he had heard of the developing situation, but declined to comment as he was out of state and had not seen the petition.

Portland attorney Will Aitchison, who had represented the Portland police rank-and-file union for 32 years and has counseled law enforcement unions across the country, said the city’s action will face practical, political and legal challenges.

“This is the first time I’ve ever seen the city try to decertify a union,” Aitchison said. “This is a startlingly anti-union move. It’s a direct attack on unions.”

Portland police officers, sergeants and detectives are members of the rank-and-file Portland Police Association.

If the commanding officers’ union is disbanded, Aitchison said he anticipates that few sergeants in the bureau would seek promotion, because they would no longer have the job protections that they now hold as members of the rank-and-file Portland Police Association. They also wouldn’t be challenged to discipline to an arbitrator.

“They’ll have a very difficult time convincing the best and brightest sergeants to take the promotional tests for lieutenants and captains,” Aitchison said. “The lieutenants will have no job protections. They could be fired at will.”

The city asks that the matter be heard by an administrative law judge.

“If you run a police precinct, you’re a manager. If you command the gang enforcement team or family service division, you’re a manager,” Hales said.

“Come on, we’ve got an organization to run. Managers need to do hard things sometimes — like discipline employees.”

Kathryn Logan, who chairs the state Employment Relations Board, said the board received the petition and is in the process of serving it to the union leadership.

The Portland Police Commanding Officers Association is currently challenging Chief Mike Reese’s demotion of Todd Wyatt from captain to lieutenant after an internal investigation found he had inappropriately touched several women police employees and that he exacerbated an off-duty road-rage encounter by displaying his gun and flashing the peace sign at another motorist. A police review board had recommended Wyatt be fired.

That went against an arrangement that may be part of an internal affairs investigation and led to Kuykendall’s resignation and lawsuits against the city by the police lieutenant and captain.

Reese did not comment on the petition, forwarding questions to the mayor’s office.

Hales said the petition was his idea. He said the chief knows he’ll face criticism for it, even though it’s not his idea.

“He’s understandably nervous” Hales said, of the chief, “but he’s a good soldier.”

From The Oregonian

Council Members Upset That Fired Officer Negotiating For Union

NAZARETH, PA — Fired Nazareth police officer Fred Lahovski has been named the police union’s chief negotiator, a move that the union president said Wednesday that theire two borough officials tonight.

Mayor Carl Strye Jr. and Councilman Dan Chiavaroli said they didn’t see Lahovski as the union’s president.

Mayor Strye was appointed mayor earlier this month.

Chiavaroli, who was parked outside the mayor’s office.

He said the chief knows he’ll face criticism for it, even though it’s not his idea.

“His understandably nervous’’ Hales said, of the chief, “but he’s a good soldier.”

From The Express Times

The post Council Members Upset That Fired Officer Negotiating For Union appeared first on Labor Relations Information System.
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ported.

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selfish,” Memphis Mayor A C Wharton

protecting union’s jobs and benefits. public safety,” MyFoxMemphis.com reported.

The police union billboards feature the warning, “DANGER: Enter at your own risk: This city does not support 
safety,” MyFoxMemphis.com reported.

Mike Williams, the president of the MPD, said the billboards are used to target city leaders and are about protecting union’s jobs and benefits.

“Think it’s self-centered, think it’s selfish,” Memphis Mayor A C Wharton said, “I think it has no place in our city.

The mayor said the signs are driving away visitors and costing people who work in the tourism and hospitality industry, warning it may cost people their jobs, MyFoxMemphis.com reported.

“Our billboards are not aimed at the citizens. They’re not aimed at saying this really a bad, bad place,” Williams said.

Wharton said Memphis instituted a 4.6 percent pay cut to protect jobs, as opposed to issuing layoffs, but police officers want their pay reinstated and Williams said the signs are just the start of the union’s public campaign.

“This can be stopped at anytime,” Williams told MyFoxMemphis.com.

Majors has said the mayor has the power to stop it, so if he wants to stop it then he needs to do right by the city employees, and definitely the police in this city.”

From Foxnews.com

The post Memphis Mayor Says Police Union’s ‘Danger’ Billboards Hurting City’s Image appeared first on Labor Relations Information System.

Memphis Mayor
Says Police Union’s ‘Danger’ Billboards Hurting City’s Image

MEMPHIS, TN — The mayor of Memphis said billboards put up by the Memphis Police Association are hurting the city’s image and calls the message, “selfish.”

The police union billboards feature the warning, “DANGER: Enter at your own risk: This city does not support 
safety,” MyFoxMemphis.com reported.

Mike Williams, the president of the MPD, said the billboards are used to target city leaders and are about protecting union’s jobs and benefits.

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By Eric Quema
Retired SFPD

Tareq Azim, founder of BeHuman and Empower Gym, is proud to present Pro Day to our San Francisco Community. The fundamental concepts of Pro Day were originally created by Azim in hopes of finding peace in his homeland of Afghanistan. Focusing primarily on youth development, Azim’s philosophy concentrated on utilizing athletics as an alternative to their customary violent environment. Encouraging the youth to emphasize sportsmanship as the true contract of peace and reconciliation for the troubled war torn region.

This innovative and groundbreaking philosophy has made its way to the underprivileged neighborhoods of San Francisco. Azim, alongside his brother Yossef Azim, a San Francisco Police Officer, have already introduced some of the fundamental ideas to the youth of San Francisco’s Mission and Tenderloin Districts. Working as a San Francisco Patrol Officer with a background rooted in Afghanistan, Yossef Azim witnessed similar conflicts within the tribes of his homeland as he did within the inner city neighborhoods of the community he serves. He naturally started to incorporate the sportsmanship philosophy through many of the youth focused organizations in the neighborhoods he was involved in. He began to notice that relations between the communities and peace Officers became increasingly more positive and progressive. The apparent success of these initial efforts were merely a preview of a much larger objective beginning to take form.

The Azim’s are confident this approach will unify the troubled youth within the inner neighborhoods of the San Francisco Community. Their efforts have yielded positive results within America, but also at an international level. Operations such as www.behuman.com and www.hopeofmother.org have been successfully impacting communities all over the world for over 10 years now. The overall goal is to empower these future leaders to work together and play together, regardless of what neighborhoods they are from. To alleviate the inter-neighborhood tensions and pressures through friendly competition. Youth from Bayview, Fillmore, Tenderloin, Soma, Mission and the Excelsior districts would all be involved in a day of competitive sports. This day hopes to initiate an overall decrease in the crime and violence within the inner-city neighborhoods of San Francisco. Hoping to transform the resolution of their differences through sports competition rather than violence. Sportsmanship requires an understanding of the perspective of your opponent, hopefully increasing the empathy towards one another as human beings. Which is a concept rarely taught to the underprivileged youth of the inner cities.

The San Francisco Police Department has maintained individual relationships with each of the respective groups, however this will be the first time that all the groups will be participating in a joint event. These organizations include but are not limited to the Boys and Girls Club, United Playaz, Tenderloin Play Ground, and the YMCA. Officer Azim has continued to work closely with each club in preparation for this ground breaking event. He has conducted focused workshops covering a variety of topics such as Bullying, Gang Intervention, Drug and Alcohol awareness, and building leadership.

The two brothers will introduce this form of Unity through the fundamental understandings of Sportsmanship. The sports involved will include Football, Soccer, Martial Arts, Yoga, Dance and Leadership through coaching. ProDay will consist of a series of Mini-Clinics instructed by professional athletes from the NFL, UFC, as well as esteemed members of the SFPD. These Mini-Clinics will circulate the children through 8 tolD stations, teaching them specific skills sets from each discipline. Each station will give the participant a 10 minute intensive instruction led by a specified world class athlete. To cap off the day’s festivities, there will be a 8-10 team flag football tournament. This will be an exciting opportunity for the youth to display their skills against one another. However, more importantly, it will also be a platform in which they can demonstrate their implementation of sportsmanship firsthand.

Officer Yossef Azim and his Sports Entrepreneur brother Tareq Azim have been developing this project since 2009. They have been able to make tremendous strides of progress for this project through the continued support of Chief Greg Suhr, Commander John Garrity, Captain Michael Redmond, Captain Jason Chermish, Sergeant Frank Harrell, District 6 Supervisor Jane Kim, Former NFL Player Sam Williams, Marshall Lynch from NF1S Seattle Seahawks, and the San Francisco 49ers Organization. BeHuman community partner from 620 Jones Street, Jordan Langer, will be providing accommodations and refreshments to approximately all 400 of the youth participants.

The San Francisco Police Department has the opportunity to build positive relationships, develop important contacts, and have encouraging interactions with over 400 of San Francisco’s future leaders in one day. The event will take place at Candlestick Park. It shall be titled the “First Annual ProDay - Gold and Silver Bowl Game 2013.”
SF PAL supporters turned out in great numbers on May 16th, for a highly successful annual PAL Golf Tournament and Fundraiser. The day began with a breakfast honoring Sean Elsbernd, former District 7 Supervisor and former SF PAL kid. Special guests Mayor Ed Lee, Supervisor London Breed, Assessor/Recorder Carmen Chu and SFPD Chief Greg Suhr were also on hand to honor our longtime supporter Sean.

After breakfast, the golf tournament got underway. Harding Park was sold out with 144 golfers. The day ended with a silent auction and dinner — a great time was had by all, and much-needed funds were raised to cover SF PAL’s programs for youth.


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Middle School Basketball Jamboree
SF PAL is truly grateful to all of the current and former SFPD officers who take time to support and volunteer for our programs. Thank you! We had a wonderful turnout for the SFPD/PAL Middle School Basketball Jamboree event on May 4th at University of San Francisco. SFPD volunteers helped teens learn sportsmanship and build their basketball skills. Even Chief Greg Suhr got into the action, much to the enjoyment of PAL kids.

PAL 2013 Spring Soccer
This year’s spring soccer season finished May 19th with more than 2600 players from all over San Francisco. Every weekend officers were on hand to present participation certificates to the kids. Thank you to all of the officers that came out to support the kids and greet coaches and parents. The kids were thrilled and we look forward to reaching even more kids next year.

A huge thank you as well to Board Chair Rick Bruce (Ret. SFPD) and St. Ignatius College Preparatory School, which has sponsored the SF PAL Seahawks Football with coaching, use of the facilities — track, weight room and other resources — for a special spring conditioning program before their season gets underway.

Last but not least, SF PAL Junior Giants season is beginning, but there are still not enough coaches for all the kids who would like to play. Participating in SF PAL Junior Giants is a healthy, fun summer activity for San Francisco’s kids — the program is completely free to kids and training is provided to coaches. We’re looking for volunteers who want to help kids play sports and learn about personal responsibility, competition and being part of a team. Contact SF PAL today if you can help, (415) 401-4666 or info@sfpal.org.

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**Sports**

**Nick’s Notes**

By Nick Shihadeh, Journal Sports Editor

**Soccer Club Hall of Fame Dinner**

Check It Out: The San Francisco Police Men’s Soccer Club had their 2013 Hall of Fame Awards Dinner on Sat. April 27th at Harrington’s Pub in The City. The inductees were Steve “Canig” Caniglia, Liam “El Rod” Frost, Matt “Matoe” Gardiner, and of course “Uncle” Pat Mullins. These four all had illustrious careers of at least 25 years each representing the department while playing on the A Team, the Killer B’s, or the “over 35 yrs” C-Dogs team. They competed all over the state in the California Police Olympics, which then became the California Police Summer Games; then the California Police/Fire Games, and eventually became the Western States Police/Fire Games. Many gold, silver and bronze medals were won on those teams over their long police soccer careers. They also played along the Pacific Northwest and various parts of Canada in various North American Police Soccer tournaments over the years and played on some very successful teams in those tourneys too.

As far as presenters were concerned, it was Joey “Stretch” Boyle who spoke of his good friend (and former partner) Steve Caniglia. John “JC” Concrefy would be the one to present the awards plaque to his good friend Liam Frost. They also were roommates over the years on the many soccer road trips they were on together. Pat Mullins was inducted glowingly by his long time friend Steve “Glick” Glickman; and, it was Matt Gardiner who had the honor of having two presenters speaking enthusiastically about him: Steve “Ocho” Roche and Brian Lonchampy.

Many speeches were made describing the great trips where tournaments were won with intense play that this club has been known for all these years. A great crowd attended this event and even included former long time players such as Frank Machl, Tim Dempsey, and Phil Dito. There was also a toast of course in the memories of Mike McFadden, Jim Deasy, John Brandt and Brian Okonmedy; and, all in all it was a great night enjoyed by all.

Big thanks for putting this event together goes to John “Dynamite” Sheehan who did a great job setting the whole thing up. The staff at Harrington’s Pub (245 Front St.) did a wonderful job and should be thanked as well. The next Hall of Fame dinner for the SFSPSC will take place again in two years and I know that I’ll very much look forward to it as will those who were in attendance that night.

**Softball standings**

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**The 3rd of 5 Hazey Invitational Golf Tournament**

Please join us to honor a great man, Gary Hazelhofer and benefit the Hazelhofer Educational Fund on Monday, June 24, 2013 at Presidio Golf Course. 300 Finley Road, San Francisco 415-561-4661

Check In & Lunch 11:00 | Tee off 1:00 | 5:30 Cocktails No Host Bar | 6:30 Dinner

**Raffle or Silent Auction Items, cash or checks greatly accepted.**

**Department Softball**

Check out the standings for the police softball league below as the regular season winds down and the playoffs are about to begin (at the writing of this column). The list of thirteen teams will be divided into two playoff brackets -- the A Division playoffs with the top six of the teams and the B Division playoffs which will consist of the next six. One team doesn't make the playoffs and that would be Daly city PD who had no choice but to forfeit the season because of injuries after only playing 4 games. Some of the records for the teams are obviously incomplete as there are still some make-up games to be played and coins to be tossed to decide the seeds going into the playoffs. The Northern Bulldogs had a great season going undefeated but everyone thinks that the true team to beat are the Bayview Pit Bulls. On the bottom side of the league is Southern Station with the worst record -- they will still get to play in the post season as the last seed in the B Division. It will be interesting to see how it all pans out…Be advised that the A and B Division championship games will be played on the morning of Thursday, June 13 at Silver Terrace while the softball banquet (see flyer in this same sports section) will take place that night at City Forest Lodge in The City.

That’s all for now….stay well and safe and Sol So Ya next month….
Meal Planning Part I: Food Timing for the Tactical Operator

By Rich Thurman

Having worked with athletes for many years, from both youth sports level all the way up to the Olympic level athlete; I know one thing is certain. Meal planning is one of the areas of overall fitness programming that is missing with many people trying to maintain a standard of fitness. As a tactical operator, be it fire, police or any other tactical unit, the importance of proper meal planning is very relevant and very necessary.

One of the issues facing many tactical operators is work schedule. Most people have challenging work schedules in general as the 9 to 5 job stretches into the late hours of the night with extra work loads, meetings and other work functions. The issues facing most tactical operators however is distinctly different as hours can be night shifts starting in the evening and going over night; shifts that extend from afternoon into the wee hours of the morning or other shifts that start in the early AM and extend into the mid day. Some of you reading this may even pull double shifts.

When one of my clients who happens to be a police officer came to me with the goals of getting back in shape and losing some weight, the first thing we needed to assess was the daily schedule. Questions like, what time do you go to work and what time do you finish or what time do you go to sleep and what time do you wake up, as well as what is your meal schedule all played a vital role in assessing what changes we needed to make to this client’s daily routine in order to effectively create change.

Lack of sleep or restful sleep relates to stress and stress hormones which can impact weight gain (particularly in the form of fat). Not only does lack of sleep impact weight, according to the Harvard School of Public Health, too much sleep could also impact weight gain. But how about sleep timing and meals as it relates to your sleep schedule?

Let’s look a regular example of a person who wakes up at 6am and goes to bed at 10 pm with a normal work schedule of 9 to 5. In a perfect world that person would have breakfast within an hour of waking, so lets say they have a light breakfast at 6:30am and then hit the gym for a 1 hour workout before work. Then let’s schedule a snack around 9:30 am with lunch at a perfect Noon; A mid afternoon snack around 3 pm with dinner between 6 and 6:30 along with a high protein snack like nuts before bed between 9 and 9:30 pm.

That’s 5 to 6 small meals that would exist in a perfectly planned world. But lets face it, we’re not in a perfectly planned world. Things happen and meetings and other events get in the way. Mitigating these issues requires a plan to be in place. Failure to plan is like planning to fail.

So what is the solution to this work shift? The easy answer is to shift your meal timing to meet your daily schedule. Let’s say you finish work at 3am and are home and in bed by 4 am. You sleep 7 hours, which puts you at 11 pm and your final snack around 2:30/3 am.

Eating Timing is a major part of total health and overall performance. Rethinking your food timing could help you not only lose weight and shed body fat, but could also help remedy some of the health problems associated with odd work hours such as stress, while providing you with that extra energy necessary to do the tasks at hand.

Check out more great articles on health and fitness at www.thefitnesslibrary.com

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 13 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 a Founder/Head Strength Coach of Active Lifestyle where he trained high school, professional and 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 currently the owner of Xodus Fitness and the primary author and administrator of 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 415.990.4874 or info@xodusfitnessSF.com.
Focus on the Airport Bureau

Officer Pete D’Amato
By Val Kirwan, Airport Bureau POA Rep

Officer Pete D’Amato is an 11-year veteran K-9 officer. He is the proud handler of two explosive detection dogs, Iko #36, a 13-year old German Shepherd, and Ulf #53 a 2-year old German Shepherd. Both dogs live with Pete. Iko is still on active duty, but is scheduled for retirement when Ulf becomes certified. Iko is the senior dog in the airport K-9 unit.

2013 S.F.P.D.
SOFTBALL BANQUET
Come One, Come All, We’re Going To Have A Ball

Department Softball Members Past, Present, As Well As Outside Agencies Welcome;
In Fact, Anyone Can Attend This Exciting And Popular Extravaganza!

Thursday, June 13, 2013
Hosted Cocktails: 6:00 pm...Dinner: 7:30 pm
(Hosted Cocktails until 10:00pm)
City Forest Lodge @ 254 Laguna Honda Blvd.
Cost: Only $35.00

Includes: Hors d’oeuvres, salad, prime rib and chicken buffet dinner with all the fixings, Wine at the table, coffee and dessert

The Following Memorial Awards Will Be Given:
Mike O’Brien Longevity Award,
Layne Amiot Most Inspirational,
Brian Olcomendy Manager of the Year,
and Isaac Espinoza MVP
So See Ya There!

Central Station: Kevin Worrell
Bayview Station: Erick Solares
Northern Station: Mike Tusi
Richmond Station: Ralfy Labutan
Taraval Station: Bud Clinton
Hall of Justice: Mike Alexander/
Nelson Ramos (FOB)
Daly City PD: Tim Gualco

Southern Station: Marc Marquez
Mission Station: Glenn Ortega/Will Escobar
Park Station: Ed Hunt
Ingleside Station: Shawn Phillips
Tenderloin Station: Joe Toomey
Airport Bureau: Mike Etcheverry

SF Sheriffs: Bill Tulasosopo

AAA will contribute $5 per ticket which will go to these two charities

Proceeds from the ticket sales benefit the California Peace Officers Memorial and the Bay Area Law Enforcement Assistance Fund.

Mark your calendars
Join the World Champion San Francisco Giants

Tuesday Night July 23, 2013
for the 10th Annual
Law Enforcement Appreciation Night @ ATT Park

Giants vs. Cincinnati Reds

There will be a Pre-game Home Plate Memorial Tribute to Northern California Police Officers who have died in the line of duty

Sgt. Jerry D’Arcy will sing the National Anthem
and there will be a flyover by law enforcement air units.

Tickets are $30.00 and can be purchased:
⇒ directly from the POA Office located at 800 Bryant St., San Francisco
⇒ via the web @ www.sfgiants.com/specialevents
under July 23rd — Law Enforcement Night
⇒ via telephone for groups 25 or more call (415) 972-2298

Please mention you are part of the Law Enforcement Group

Seats are located on the view level starting behind home plate and include a Lou-Seal Statue souvenir giveaway & a hosted pre-game Tailgate Party at the Mariposa Yacht Club @ 3 pm
For additional information call the SFPOA @ (415) 861-5060

Plan now for our 10th Anniversary Celebration ♦ This event has sold out the last two years
Purchase tickets early
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 for 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 the following format:
  "Free Classified Advertising
  [Your Name and Membership Number]
  [Address]
  [Phone number]
  [Description of item and price]
  [Email address, if available]
  [Phone number, if available]

Each advertisement runs for one month from the date on which it is received by the POA office. Email to journal@poajournal.com

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!

For the month of June, there are six letter words to find. Happy Solver!

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ACTIVE
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BARNS
CALMLY
DANCES
ENROLL
FINISH
INDENT
JETLAG
KEBOPS
LOANED
MAGNET
The "old" Northern Station was abandoned by the SFPD way back in the late 1980s. Prior to relocating to Turk and Fillmore, Northern Station cops worked out of a "squint" old building located on the western edge of the Tenderloin at 841 Ellis Street, between Polk and Van Ness. The building had originally been constructed as an elementary school, but after an even older police station had been damaged, the officers moved into the schoolhouse and policed Co. E from that location for the next four decades.

Many hundreds of officers have passed through the 841 Ellis station over the years, and few are the numbers of those who did not cherish the time spent working out of the old haunt. It was a great district, and the hub of the activity was there at the station. Stretching from Duboce Street on the south, the Marina on the north, Northern District boundaries were Leavenworth to the east, and Steiner Street to the west. It was a district that had a little of everything, and the varied collection of officers assigned to it were just as eclectic. At one time or another, at least two police chiefs, several command staff officers, a once-elected infamous member of the SF Board of Supervisors, a former Deputy Mayor under Art Agnos, legions of lieutenants, captains, inspectors, and sergeants, and a former SF Sheriff have all been assigned lockers in the old building. Those details, as they say, are history. . .

In actuality, 841 Ellis was not well suited for one of the busiest police stations in the history of the San Francisco. The upstairs classrooms had been converted to locker rooms complete with old cedar lockers, squeaky double-hung wooden windows, steam radiators, and child sized urinals in the bathroom. Even the stairways leading to and from were child sized, half steps of regular stairways. In one upstairs storage room were stored dozens of old station logbooks dating back to the early years of the 20th Century. Downstairs, the holding cells were dark, dank, and stuck away in a far back corner out of site from the Station Keeper or anyone else. The station armory was located in the rear of the Lieutenant's office. It was in there that the Thompson sub-machine guns were stored. Suspects and prisoners were handcuffed to a long wooden bench in the assembly room, and almost always was occupied by some hapless soul.

Fondly recalling his days working out of 841 Ellis, retiree Pete Siragusa put together a reunion dinner for all those who had at one point in his or her career been fortunate enough to have been assigned or detailed to the venerable old building. Current officers assigned to Northern Station, but who had never worked from the old building, were unceremoniously and unapologetically not invited. This was strictly a reunion of the old corps.

On Thursday, April 25, 2013, two hundred of the old guard gathered at Forest Hill Lodge for the much-anticipated event. None were disappointed. (But for one old geezer who paid for the event, had very much looked forward to attending, then promptly forgot about it on the date he wanted to go. He writes about the event now, still anguished over not seeing old friends.) These few photos, courtesy of 841 Ellis alumnus Patrick Burke, show many familiar faces, each of which will no doubt evoke a flood of fond memories. Pete assures us that he will arrange another 841 Ellis reunion in a few years. I, for one, am eagerly looking forward to that.