



# JOURNAL



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**SAN FRANCISCO POLICE OFFICERS ASSOCIATION**

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www.sfpoa.org

## When Organized, Labor Will Prevail

By Martin Halloran  
President SFPOA

As you read this, Labor Day 2013 has just recently passed. Since this is my first Labor Day as your President, and since the highlight of this past week has been the opening of the new eastern span of the San Francisco-Oakland Bay Bridge, I felt compelled to offer my thoughts surrounding this holiday and about organized labor throughout the country and in our great city.

Contrary to popular belief, the Labor Day holiday was not created to mark the end of the summer season. Nor was it created to purchase a new mattress, or to get an additional 25% off at your local Wal-Mart. The first Labor Day holiday was celebrated in New York City on Tuesday, September 5, 1882. Thousands of union men and women marched through the streets in recognition of the strides and achievements they had gained in the



*The original eastern cantilever span of the Bay Bridge nears completion in the mid-1930s. When the span opened to traffic, the bridge stood tall as a tribute to American labor, and particularly to craftsmen and skilled workers from the Bay Area.*

workplace. Those who organized this first celebration kept the movement alive and spread the word. Within a few years, civic leaders throughout the eastern and mid-western states officially observed this holiday. By 1894, over 25 states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed



an act establishing the first Monday in September of each year a national legal holiday. The holiday has now morphed into more of a parade or picnic atmosphere with emphasis on family and paying tribute to the American worker.

The organized labor movement, which began in the latter part of the 19th century, accelerated through the Great Depression era due to the New Deal policies of President Franklin D. Roosevelt. There was an enormous surge of private-sector union membership at this time, and it reached its peak in the mid 1950s. Many benefits that all of labor may take for granted today were hard-fought battles back in the day. Let's not lose sight of the fact that there was a time in this country when the minimum work week was well over 48 hours, there was no vacation pay, or overtime pay, or health and welfare benefits, no Social Security allowance after retirement, few company pensions, and no minimum wage, just to name a few.

Due to the inherently dangerous nature of law enforcement, I am mindful of the strides made by organized labor as it relates to occupational safety and

working conditions. Take the new Bay Bridge for example. This incredible, singled-towered, self-anchored suspension span is the largest of its kind in the world, and an engineering marvel. During its years of construction, not a

single worker was killed. Compare this to the days of the 1930s when construction of the original San Francisco-Oakland Bay Bridge took place. 26 men lost their lives building the bridge before its grand opening in 1936. The lives saved in today's workplace are credited to the safety equipment — and safety inspections — demanded by organized labor over the years.

Public sector unionism, which includes the SFPOA, grew rapidly during the 1960s and 1970s due to the expansion of local, state, and federal government agencies. The sheer number of members, from janitors to jailors, made this workforce a party to be recognized and dealt with. It was during this period, and through the 1980s and 1990s, that organized public safety members gained ground in wages, job security, working conditions, binding arbitration, collective bargaining, and retirement benefits, just to name a few. Whether it was Proposition A: Police Facilities Bond of 1987 which upgraded the dilapidated district stations in the city, or Proposition D: Police and Fire Bargaining & Arbitration of 1990 that was perhaps the greatest advancement for the POA in the past forty years, we are indebted to those past labor leaders who organized the men and women of our as-

sociations and got the job done.

Those struggles have continued into these challenging times with Proposition C that buoyed city pension and health care benefits in 2011, and thus stabilizing SFERS and retirement benefits for all city employees. The struggles will continue into the future with Proposition A of 2013 that will ensure health care benefits for current and future retired city workers.

As baseball season winds down, and it is painfully clear that Giants fans are back to saying "wait until next year", the analogy comes to mind that it was the *team* that was the winner in a World Champion season and not any *individual* player who may have hit a grand slam. POA active and retired members have and will continue to enjoy our wages, rights, and working conditions if we remain organized and work as a team. If necessary, the POA will work with all of city labor to get the scores on the board. The POA has a voice and/or a representative in organizations that work collectively as a team. The California Coalition of Law Enforcement Associations, the Public Employees Committee, the California Peace Officers Memorial Board Foundation, the Health Service System, the CCSF Retirement Board, the Alliance For Jobs & Sustainable Growth, the Big 11, and the big 50 are some of the largest groups both locally and nationally.

As one of the largest and strongest labor organizations in the city, we may not always agree with some political positions or statements made by other labor groups. But, when it comes down to the betterment of the American worker, we stand together. Members of the POA must continue to get involved, remain organized, and stand united. If so, then we shall prevail. Slainte!

### 66th Annual Police/Fire Memorial Mass

Sponsored by **The San Francisco Fire Department**  
and **The San Francisco Police Department**

**Father John Greene, S.F.F.D. Celebrant**

All members and their families are invited to attend.

**Sunday, September 8, 2013 • 10:30 a.m.**

**Reception to follow Mass**

(Sponsored by San Francisco Fire Fighters Local 798 and the  
San Francisco Police Officers Association)

**St. Monica's Church**  
470 – 24th Avenue  
San Francisco  
Ample Parking  
on 23rd Avenue



### SFPOA Mourns Passing of Officer Norman Rice, Central Station

By Martin Halloran  
President

On behalf of the men and women of the San Francisco Police Officers Association, I extend sympathy and condolences to the family and many friends of active duty officer Norman Rice, age 50.

Norm was a very well respected, professional, and popular officer assigned to Central Station. He succumbed to his battle with cancer on August 30, 2013.

Norm was a 22-year veteran of the SFPD and had been assigned to Central Station for many years. Prior to Central, Norm was assigned to Richmond Station.



# Minutes of the, August 21, 2013 SFPOA Board Meeting\*

Recorded by Secretary Mike Nevin

1. Sergeant-at-Arms (SA) Valdez called the meeting to order at 1201 hours.
2. SA Valdez led the members in the Pledge of Allegiance.
3. President Halloran introduced John Ehrlich (ret.) and Kelly Blackwell-Garcia from BALEAF. The organization was founded in 1999.



John Ehrlich

They have raised \$600,000 to support families of law enforcement throughout the Bay Area. They made request for a \$10,000 donation. President Halloran later reminded the board that the POA supports BALEAF with financial aid in exigent situations throughout the year.



Kelly Blackwell-Garcia

4. Loren Louie (daughter of Tim Louie-Airport), 1st place award winner of the annual Jeff Barker Scholarship Awards, was introduced with her family, and she thanked the

- board for an award of \$4,000. Other winners were 2nd place: Lily Shouldice (Ronan Shouldice-CSI) and Briana Van Koll (John Van Koll-Co A) received \$2,500 each. 3rd place: Shanelle Silas (Michelle Craig-Operations) received \$1,000.
5. New board members were sworn in by Parliamentarian Mike Hebel: Ed Carew (Co A), Matt Lobre (Co E), Yulanda Williams (Co G), Brent Bradford (Tac), and Matt Mason (Investigations). Susan Mann (Co C) was excused and will be sworn in at the September board meeting.
6. Representative Pena (Co E) made a motion to approve the July 2013 minutes. The motion received a second from Representative Vance (Traffic). The motion passed by voice vote.
7. President Halloran introduced Rebecca Rhine, Executive Director of MEA, to discuss the health care formula. She explained in detail a deal being worked out with CCSF and employee groups. The current system has an incentive for employees to migrate out of Blue Shield into Kaiser. As the healthy leave Blue Shield, the migration will continue as costs will rise. Rhine explained that it benefits both the City and employees to have competition in health care choices. A flat premium model is being proposed: 93/93/83. This means the City pays 93% for employee only, 93% employee plus one, and 83% employee plus two or more. It will mean some Kaiser rates will go up and some Blue Shield rates will go down. See your representative for a copy of the PowerPoint presentation and you can e-mail Rebecca Rhine with any questions: [Rebecca@sfmea.com](mailto:Rebecca@sfmea.com)
8. President Halloran announced that Representative Dan Silver (Investigations) is stepping down and Representative Kevin Moylan (Co J) is transferring to another assignment. After the August 31st Department



Mike Hebel, left, swears in new Board Members: Matt Lobre, Ed Carew, Yulanda Williams, Brent Bradford and Matt Mason.

- transfer a POA bulletin will be issued by Secretary Nevin listing all other vacancies on the board.
9. Paul Chignell, Legal Defense Administrator, addressed the board. Paul reminded the board that their members can and should request to have their disciplinary records sealed once the timelines (2 years reprimand; 5 years suspension) have passed. [These timelines are in the MOU.] Paul also explained that 70% of suspensions are accepted by members without any appeal. He states that this number is too high. The POA can assist in these cases.
11. President Halloran stated DB 13-067 (Use of Force reporting) should be rescinded and revised soon.
12. President Halloran explained the POA is still in meet and confer with the Department regarding body cameras. It will apply only to plain clothes supervisors.
13. President Halloran announced that both Tactical and VRT are undergoing a change to their 9-hour day that is being welcomed by majority of members in both units.
14. President Halloran explained the FH hours members received on July 1st vary based on 10, 9, and 8 hour assignments. These hours are in addition to the hours recouped from the furlough hours taken by members in 2010.
15. President Halloran addressed the board and expressed his disappointment in lack of board response and involvement in a recent request he made for attendance at a special event. He encouraged the board to be more active in the future when attendance is requested.
16. Vice President Montoya updated



Rebecca Rhine

**San Francisco Police Officers Association Editorial Policy**

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

**Member Opinions and Commentary: Unsolicited Written Material**

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

• Such material must be addressed as a letter or mail using common salutations such as “Dear POA,” “Editor,” “SFPOA” “Dear POA Members” etc.

• Such material must be authored and signed by the member(s) making the submission. Anonymous submissions will not be published.

• Such material must be factually correct and presented in a respectful and civil manner.

• Such material can not be slanderous, unnecessarily inflammatory, sexist, racist, or otherwise offensive, nor can it be disparaging of any member or bring upon them unwarranted accusation or rebuke, either express or implied.

• Such material can be forwarded to the editor by electronic mail, US Mail, inter-departmental mail or other written communication, or delivered in person to the editor or to any person in the POA office.

• Upon receipt of such material, the editor shall cause it to be published in the next regular printing of the *POA Journal*, or in a future issue designated by the submitting member provided that the content complies with all the provisions of this policy. Such material will not necessarily appear in more than one issue of the *POA Journal*.

• Such material will be published in a designated section that shall be clearly titled as “Letters to the Editor,” “Letters to the *Journal*,” “Mail” or other similar title indicating that the material included therein is the express opinion of the author(s) and not necessarily that of the SFPOA or any of its elected or appointed officers.

• Depending upon considerations of timeliness and space, the editor reserves the right to withhold publication of such material for as many as two issues. The editor also reserves the right to decline to publish material beyond a date wherein the context of the material is no longer timely.

• All such material is subject to editing for grammar and punctuation. Portions of a submission may be omitted for considerations of space so long as the general context of the material is not significantly diminished or altered.

• The editor may select portions of a submission to be highlighted in a common editorial manner such as pull quotes, sub-heads, or kickers.

**Other Submitted Material**

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

• Specifically solicited by the editor;

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

**The San Francisco Police Officers Association**

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[www.sfpoa.org](http://www.sfpoa.org)

**SFPOA BOARD OF DIRECTORS**

PRESIDENT ..... Martin Halloran

VICE PRESIDENT ..... Tony Montoya

SECRETARY ..... Michael Nevin

TREASURER ..... Brian Stansbury

SERGEANT-AT-ARMS ..... Joseph Valdez

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Co. B..... Larry Bertrand, Danny Miller

Co. C ..... Chris Schaffer

Co. D ..... Martin Covarrubias, Matt Rodgers

Co. E..... Matt Lobre, Jesus Peña

Co. F ..... Paget Mitchell, Kevin Rector

Co. G ..... Chris Breen, Yulanda Williams

Co. H ..... Larry Chan, Frank Periera

Co. I..... Russ Gordon, Jody Kato

Co. J..... Kevin Lyons, Kevin Moylan

Co. K..... Steve Landi, Harold Vance, TAC..... Brent Bradford, Mark Madsen

HEADQUARTERS ..... John Evans, Raphael Rockwell

INVESTIGATIONS ..... Matt Mason, Dan Silver

AIRPORT BUREAU ..... Val Kirwan, Reynaldo Serrano

RETIRED ..... Ray Allen

**ASSOCIATION OFFICE: (415) 861-5060**

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

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

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

• Address letters to the Editor's Mail Box, 800 Bryant St., 2nd Floor, San Francisco, CA 94103.

• Letters must be accompanied by the writer's true name and address. The name, but not the street address, will be published with the letter.

• Unsigned letters and/or articles will not be used.

• Writers are assured freedom of expression within necessary limits of space and good taste.

• The editor reserves the right to add editor's notes to any article submitted, if necessary.

• Articles should be typed, double-spaced, or submitted via e-mail or on disk in Microsoft Word.

**ADVERTISING:**   Contact Michael Popoff, Advertising Coordinator  
(415) 515-1862 • [sfpoa\\_ads@sbcglobal.net](mailto:sfpoa_ads@sbcglobal.net)

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the board on a meeting that he and Attorney Gregg Adam have had with personnel director Ben Houston. Many pay issues are being addressed that include FTO, LWLP, etc. A seniority issue is also being addressed with regard to members who have left the Department and returned. For the current sign up, the POA is working to keep the past practice in effect until it can be worked out with both the Department and Civil Service Commission. Montoya stated that more meetings with Houston are imminent.

20. Representative Landi (Co K) made a motion to provide \$5,000 to BALEAF. The motion received a second from Representative Chan (Co H). It passed by voice vote.

22. Vice President Montoya adjourned the meeting.

17. Treasurer Stansbury was excused from the meeting but a current budget/expense report was provided to the board.
18. Representative Landi (Co K) asked about specific Paragon expenses. Since Stansbury was excused, the answer will be provided at a later date.
19. Representative Vance (Co K) explained that the sign up at Traffic Company may require POA assistance. VP Montoya will contact one of the platoon commanders to discuss.

Board of Directors Meeting Roll Call					
Wednesday, August 21, 2013					
President	Martin Halloran	P	Co. G	Chris Breen	P
Vice President	Tony Montoya	P		Yulanda Williams	P
Secretary	Michael Nevin	P	Co. H	Larry Chan	P
Treasurer	Brian Stansbury	E		Frank Pereira	P
Sergeant-At-Arms	Joseph Valdez	P	Co. I	Russ Gordon	P
Editor	Ray Shine	P		Jody Kato	P
Co. A	Ed Carew	P	Co. J	Kevin Lyons	P
	John Van Koll	P		Kevin Moylan	P
Co. B	Larry Bertrand	E	Co. K	Steve Landi	P
	Danny Miller	E		Harold Vance	P
Co. C	Chris Schaffer	E	Hdqtr.	John Evans	P
				Raphael Rockwell	E
Co. D	Martin Covarrubias	E	Tactical	Brent Bradford	P
	Matt Rodgers	P		Mark Madsen	E
Co. E	Matt Lobre	P	Invest.	Matt Mason	P
	Jesus Peña	P		Dan Silver	E
Co. F	Paget Mitchell	P	Airport	Val Kirwan	E
	Kevin Rector	P		Reynaldo Serrano	P
			Retired	Ray Allen	P

## Calendar of Events

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

### Regularly Scheduled Meetings or Events

Event	Location	Date & Time	Coordinator
Meeting, Veteran Police Officers Association	Pacific Rod & Gun Club 520 John Muir Drive, SF	Second Tues. of Every Month, 11:00 am	Larry Barsetti (415) 566-5985 <a href="mailto:larry175@ix.netcom.com">larry175@ix.netcom.com</a>
Meeting, Widows & Orphans Aid Association	Hall of Justice, Room 150, (Traffic Co. Assembly Room)	Second Tues. of Every Month, 1:45 pm	Joe Reilly (415) 681-3660 <a href="mailto:woaasfpolice@gmail.com">woaasfpolice@gmail.com</a>
Meeting, American Legion SF Police-Fire Post	War Memorial Building 410 Van Ness Ave., SF	Second Tues. of Every Month, 6:00 pm	Greg Corrales (415) 759-1076
<b>POA Board of Directors Meeting</b>	<b>POA Building</b>	<b>Third Wed. of Every Month, Noon</b>	<b>POA Office (415) 861-5060</b>
Meeting, Retired Employees of CCSF	Irish Cultural Center	Second Wed. of Every Month, 11:00 am	Reyna Kuk (415) 681-5949
Retiree Range Re-qualification	SFPD Pistol Range	First Fri. of each Month, 0730 – 1130	Range Staff (415) 587-2274
Meeting, First Responders Peer Support	St. Andrews Church 1600 Santa Lucia Ave., San Bruno	Tuesdays 7 – 8:30 PM	Greg Collaco (650) 455-2840

### Specially Scheduled Events

66th Annual Police/Fire Mass	St. Monica's Church 470 24th Avenue, SF	Sun., September 8, 2013, 10:30 am	
Charity Bowling Challenge Benefitting SFPD & SFFD Toy Programs	Mission Bowling Club 3176 17th Street, SF	Thur., September 12, 2013 11:00 am	Matt Rodgers <a href="mailto:meat1914@gmail.com">meat1914@gmail.com</a>
Retirement Celebration Honoring Insp. Pierre Martinez	United Irish Cultural Center 2700 45th Avenue, SF	Thur., September 12, 2013 6:00 pm	John Geraty (415) 717-7771
Red Cross Heroes Awards Breakfast Honoring SF Police and Deputies	Sir Francis Drake Hotel 450 Powell Street, SF	Thur., September 26, 2013 8:00 am	<a href="http://www.redcrossbayarea.org">www.redcrossbayarea.org</a>
SFGG Rugby Club Golf Tourney	Presidio Golf Course SF Presidio (Arguello Gate)	Thur., September 26, 2013 11:00 am	Steve Roche (415) 572.9547
Blood Drive	SF Police Training Facility 350 Amber Drive, SF	Mon., October 2, 2013 10:00 am – 7:00 pm	<a href="mailto:CMihalas@bloodcenters.org">CMihalas@bloodcenters.org</a>
Pedro Tournament Hosted by Bob Brodnik	Novato, California	Saturday, October 5, 2013	Bob Brodnik (415) 320-0628
SFO Charity Golf Tourney	Green Hills Country Club Millbrae, CA	Mon., October 7, 2013 11:30 am	(650) 821-7032
Foothill Fuzz Luncheon	Red Hawk Casino Placerville, CA	Wed., October 9, 2013 11:00 am	<a href="mailto:rlaprevotte@comcast.net">rlaprevotte@comcast.net</a>
Fallen Officers Shooting Competition (Open only to LEO and Military LEO)	Art Koch Training Facility Fairfield, CA	Sat., October 12, 2013 7:00 am	<a href="http://www.fairfieldpoa.com">www.fairfieldpoa.com</a>
Scholarship Dinner, Asian Peace Officers Association	New Asia Restaurant, 772 Pacific Ave, SF	Fri., October 18, 2013, 6:00 pm,	Bobby Cheung <a href="mailto:bcc208@yahoo.com">bcc208@yahoo.com</a>
National Black Police Assc. Conference	Hilton San Francisco Bay Front Burlingame, CA	November 14 -17, 2013	Fabian Brown <a href="mailto:spacegirl1361@gmail.com">spacegirl1361@gmail.com</a>
BALEAF Fundraiser	SF Elks Club 450 Post Street, SF	Wed. November 20, 2013 5:30 pm	<a href="http://www.baleaf.org">www.baleaf.org</a>

# WIDOWS' AND ORPHANS' Aid ASSOCIATION

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

August 13, 2013

The monthly meeting of the Widows and Orphans Aid Association for August was called to order by President Bob Mattox on Tuesday August 13, 2013 at 1:45 pm. The meeting was held at our current business location of 850 Bryant St. in Room 150.

**Roll Call of Officers:**

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

Trustee John Centurioni, who was not present at last month's meeting in July, was excused by President Bob Mattox as prior notice was given in early July.

President Mattox briefly suspended the normal order of business and began our business with Unfinished Business. Erika Jones-Clary, who has been hired to create our Web page, was present at the meeting. I will cover the content of Jones-Clary's assistance and impact under the Unfinished Business section of this article.

**Approval of the monthly minutes:**

A motion was made by Trustee John Centurioni to approve the minutes of our meeting in July, 2013. Trustee Leroy Lindo seconded the motion, which passed with no objections.

**Receiving Applications for new members:**

We are tentatively scheduled to respond to the San Francisco Police Academy in Septemeber 2013 to present the incoming Academy Class with an opportunity to join the WOAA.

**Suspensions and Reinstatements:**

The goal of the WOAA is to provide a generous benefit to the family of a deceased member. We actively recruit new members of each SFPD Academy Recruit Class to increase the strength of our association, and support the Association Fund. We at the WOAA work diligently each year to maintain our veteran membership. Phone calls, emails, and Journal Articles report our efforts to reach out and request our members to pay their yearly dues. In June of 2013 we listed the names of our unpaid members as a 'notice of suspension'. We received payment from many of our members since that article was printed. It is at this time that I regret to have to inform our members that less than 20 have responded to our suspension notice. More than forty members remain unpaid and suspended from June list. I apologize to any members who has sent their dues either during this month, or simultaneous to this article. It is mandated by our Constitution and By-Laws to suspend members who have not yet submitted their dues in 2013, for a period of six months or more. A member will stay on suspension until dues and a subsequent charge are paid. A member will be dropped from our membership if the dues and charge are not received by December 31, 2013. Newly suspended members will appear in this article. If your name appears below, please contact us at the number provided ( 415 681-3660), and we will resolve this issue. Occasionally we have incorrect contact information of members, primarily retired members, and would appreciate any assistance in contacting the membership. If you know any of the following members

and believe that they are outside the necessary contact, please help us locate them. The following members are placed on WOAA suspension as of August 1, 2013 pending payments of dues and an additional late charge of \$5.00 per every late month. For members who have retired this year, the yearly fee is \$72.00, minus your contributions per payroll deposit for 2013.

From the 227th Academy Class: Declan Flannery, Juliana Garcia, Anh Nguyen, Maria Peregrina, Anthony Scafini, and John Stephens.

Any member who has been retired since February, and has not paid their dues, will be suspended as of the next business meeting in September. Please, retirees from 2013, contact us at (415) 681-3660 to avoid suspension, or send a check to our below listed P.O. Box.

We request dues to be paid every January. I have received complaints from retired members that they did not receive a bill. We are working diligently to correct any mistakes that may have occurred. I am scheduled to address the Retirement Seminar in October to explain the process to members who are nearing retirement. In January, send us a check for \$72.00, or set up a direct deposit through your financial institution. Our goal on this announcement to retain our members. Again, any assistance in contacting these members will be greatly appreciated. Thank you, and we apologize for any mistakes or confusion that may have been created on our end.

**Communications and Bills:**

Trustee Joe Reilly made a motion to pay the monthly bills and three death benefits to the family of deceased members (Liljedahl, Spencer, and Borlo). Trustee John Centurioni seconded the motion, which passed with no objections.

**Report of Visiting Committee:**

I reported my visitation to the Funeral Service of Carl Klotz. I met with Carl's wife, Kris, who has been a family friend for many years. I extended my condolences and offered any further assistance to the family. The Klotz family was very appreciative of the efforts of the WOAA. I have received numerous calls and letters of gratitude from the family of deceased members this year.

**Report of Trustees:**

We are happy to report that we have not received any reports of deceased members this past month.

**Report of Special Committee:**

Trustee John Centurioni, our former President and Senior Trustee has been appointed to head the Special Committee to oversee the WOAA Constitution re-write project. President Mattox has spearheaded this project by obtaining assistance from Journal

Editor Ray Shine. Ray Shine reviewed our Constitution and By-Laws and submitted an extensive re-write update for review. President Mattox has been dedicated to this effort since becoming the WOAA President in 2013. Centurioni will head the committee that will consist of our other trustees Sally Foster, John Keane, Leroy Lindo, and Joe Reilly. Joe Reilly has been involved in the re-write efforts since last year. Our Constitution and By-Laws were written in the 1800's and are in need of language change, and updates to reflect our membership community, and the current times in which we live.

**Unfinished Business:**

Erika Jones-Clary of MS Jones has been hired to create our web page and to manage and facilitate our updates and account. Among the options that will be available for our members will be a direct deposit form for the SF-PCU, a membership form for officers of the SFPD who are under the age of 46 and who did not join the WOAA in the Academy, donations through PayPal and our beneficiary form. We are working on attempting to obtain historical data and photographs for our web site. Other options and ideas are being considered. Please forward any ideas to the WOAA through our P.O. Box.

We are currently in the process of our yearly audit of records as discussed and mentioned in the July article.

Marilyn Hardeman has assisted the WOAA for many years as a bookkeeper. Marilyn has also worked for other organizations that are connected to the SFPD membership. Trustee John Centurioni, after review and analysis of expenditures and organizational efficiency, made a motion to hire Marilyn Hardeman as an employee of the WOAA as opposed to being paid as an independent contractor. The motion was seconded by Leroy Lindo and carried without objection.

**New Business:**

None  
**Good of the Association:**  
No report at this time.

**Adjournment:**

President Mattox and the board observed a moment of silence for our above listed fallen members. President Mattox adjourned the meeting at approximately 3:00pm. President Mattox set next month's meeting for September 10, 2013, at the Hall of Justice 850 Bryant St in room#150, at 1:45pm.

**All Members:**

Please be sure that your beneficiary forms are up to date and accurate with your current information and your choice of beneficiary. We can be contacted at (415) 681-3660.

You can set up a direct deposit from your financial institution for every January. If you choose to mail your yearly dues, please send your check to:

WOAA  
PO Box 880034,  
SF, CA 94188

Submitted by  
Mark McDonough,  
Secretary

## SFPOA Mourns Passing of Two Former Chiefs

By Martin Halloran,  
President

On behalf of the men and women of the San Francisco Police Officers Association, I extend sympathy and condolences to the families and friends of two retired SFPD Chiefs.

Former Chief of Police Cornelius "Con" Murphy died on August 24, 2013, at his home in Sonoma. He was 84. Former Mayor Dianne Feinstein, now the senior US Senator from California, appointed Chief Murphy to the top position in the department.

Chief Murphy joined the SFPD following his discharge from the US Air Force, and served the department for more than 34 years. He retired in 1986. His daughter, Eileen, is currently a Sergeant/Inspector with the SFPD.



Cornelius "Con" Murphy

Retired Assistant Chief Morris Tabak died unexpectedly on August 21, 2013 at the age of 59, also in Sonoma. Chief Tabak, who was named to the department's number two position by former Chief and now San Francisco District Attorney George Gascon, retired in 2010 after a distinguished 30-year career.

### Deaths

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

Name of Deceased	Date of Death	Age	Status	Notification by
Sharon Bissell	July 30, 2013	Unk	Retired SFPD	R. LaPrevotte
Barbara Grizzel	August 28, 2013	Unk	Retired Dispatcher	S. Harris
Cornelius Murphy	August 24, 2013	84	Retired SFPD	M. Ortelle
Norman Rice	August 30, 2013	50	Active SFPD	M. Halloran
Morris Tabak	August 21, 2013	59	Retired SFPD	R. LaPrevotte

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

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

### Submitting Obituaries and Memorial Tributes

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



# Euphemisms Mask the Truth in Criminal Justice

By Paul Chignell,  
Legal Defense Administrator  
San Francisco Police Officers  
Association

## Buckley Euphemism

A few years ago, my recently retired good friend, Lieutenant Tom Buckley, was asked by me, his Captain, to deal with a Hall of Justice miscreant. The miscreant deserved a response to his incessant inquiries pursuant to SFPD policy, but the aggravation was obvious. After a couple of days went by, I asked Tom what happened with the directive? Tom stated with nary an expression on his face, “He received the attention to which he deserved.” I did not press Tom for specifics, but could imagine his response.

Tom’s response was a perfect euphemism. Webster’s defines a *euphemism* as a *mild or indirect word or expression substituted for one considered to be harsh or blunt*. Tom’s euphemistic response got me thinking about our criminal justice system and how the words and expressions that are used in the pursuit of criminal “justice” mask reality or are outright subterfuges for the actual truth or facts.

## Prisons?

A prime example of political correctness is our illustrious prison system. When the California prison system was created it became known as the California State Detentions Bureau and the facilities were called “prisons.” In 1951, our prison hierarchy was renamed the Department of Corrections. *Corrections* is a benign term meant to tell the people that our prison system will actually “correct” behavior. But the social engineers believed that violent criminals could be “corrected” in their behavior. Fifty-three years later in 2004, the prison system was renamed the Department of Corrections and Rehabilitation. We all want criminals, especially the violent ones, to change their behavior, but in light of the recidivism and conditions in our state prison facilities, do we see a lot of correcting and rehabilitating going on in our midst? But labeling prisons bastions of correcting and rehabilitating is just the tip of the iceberg.

In California we have numerous facilities where the main charge is to keep prisoners locked up as punishment for their crimes. But the names that our state bureaucrats and legislators attach to these facilities would make anyone wonder what programs



Paul Chignell

actually occur behind the walls. For example, is the California Men’s Colony in San Luis Obispo a gender-based think tank? Is the California Medical Facility at Vacaville open for residents to obtain medical care if they are uninsured as they drive up Highway 80? What about the Deuel Vocational Institute in Tracy? Could a parent send their teenager there to learn a vocation? Is the Central California Women’s Facility in Chowchilla a gender-based employment center? Now to be fair, some of those facilities do provide various treatment options and programs, but in essence they are prisons that house prisoners who committed crimes.

## Absurd

Of course the most absurd example of the bureaucrats is the California State Prison for Women in Corona. The good people of Corona objected to having a prison named in their town so the bureaucrats changed the name to the Frontera Institute for Women. Frontera is the feminine derivative of the word Frontier meaning “a new beginning.” The bureaucrats felt that would be appropriate for the female prisoners as the eventual departure from that prison would be a new start. I can imagine a whole host of questions from folks driving down the freeway wondering what delightful cultural activities occurred at the Frontera Institute. Today that women’s prison is called the California Institute for Women in Corona. The word “prison” is still missing.

## The Murder of Issac Espinoza

Of course, softening the language of crime and justice is not restricted

to our state prison system. Political correctness has endured right here at the SFPD.

In 2004, a courageous and top notch police officer named Isaac Espinoza was brutally murdered in cold blood on a Bayview street by a criminal thug. As with all police murders, the SFPD was in total shock at Isaac’s assassination.

Subsequently, and to this day, there is an award given to a deserving police academy recruit called the “Isaac Espinoza” award. This award is given to an inspirational recruit in each Academy class.

Each time the award is presented, a Deputy Chief reads the same script describing Officer Espinoza and the qualities of the recruit who is about to receive the award. But the language of the presentation always begins with the fact that Officer Espinoza was suddenly taken from us. Every time I hear those words I cringe. Isaac was not suddenly taken from us. He wasn’t struck down by a sudden illness or whisked away by a metaphysical force to a foreign land. Isaac was murdered during the course of protecting the citizens of San Francisco. He left a wife, a daughter, his parents and an extended family. The reality of what happens to police officers who make the ultimate sacrifice should not be sugar coated.

## Criminal Justice Mantra

Today law enforcement professionals use the same tired phrases that have become the mantra of the criminal justice think tanks that try to peddle cookie cutter community policing. The top violators are transparency, moving forward, pre-planning, panacea to crime, and ethical policing.

I suppose one could make a case for a good definition of some of the above but pre-planning, which crops up in every Operations Order and every meeting dealing with demonstrations and events is the one that should be removed permanently from

the parlance. There is no such thing as pre-planning. It is redundant. If you plan then that’s what you do. It already is pre.

## Countless Examples

Well, I am sure there are countless examples of the changes in names to reflect political correctness, the stamp of a nomadic bureaucrat or some other reason. We choose to call criminals “offenders” as to “offend” is more cultured or benign. I can assure you that a rapist or a murderer do more than “offend.” Our department changes the names of units with the changes in the weather. Management Control or Internal Affairs or back and forth. Gang Task Force or Violent Crimes? Record Room or Crime Information Services? Field Operations or Operations? The list goes on and on.

So, as we end this semantic game don’t get me started on the old name for the Juvenile Justice Center in our fair City. Youth Guidance Center?



Officer Issac Espinoza was not “suddenly taken from us.” He was, in fact, murdered by a cold-hearted thug.



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Be a Hero, Give Blood

50+ Donors at July 31st Blood Drive

By Martin Halloran  
Blood Drive Advocate

53 generous blood donors participated in the July31, 2013 Blood Centers of the Pacific Blood Drive hosted by the San Francisco Police Officers Association. The third floor atrium at the POA building was transformed for the day into a pleasant and accommodating donation facility, complete with a free barbeque for all involved on the Officer Michael Walsh Roof Garden atop the POA building.

The barbeque venue also presented a belated opportunity to present to the Barbeque Master, Mark Solomon, his POA plaque honoring his service to and recent retirement from the SFPD. Mark has risen above and beyond for his entire career, and this blood drive was no exception. Thank you, Mark, for your service and the great food!

Special thanks for the success of this blood drive goes to many people, particularly to the list of fearless donors. Instrumental in the effort are Christina Mihalas and her crew of wonderful people from the Blood Centers of the Pacific, POA Blood Drive Chair Sean Frost, SFPD retirees Deborah Braden, Mark Hawthorne, and Mark Solomon, Tyrene Labutan of the SF District Attorney's office, and our great POA office staff.

The next POA Blood Drive is scheduled for October 2, 2013 at the SFPD Training Facility in Diamond Heights. Please mark your calendar and come up to 350 Amber Drive to give a few minutes of your time to save a life with the gift of blood.



Lt. Mark Solomon being presented his POA retirement plaque on the Mike Walsh Rooftop Garden at the POA building.



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Greg Collaco (SF Firefighter)  
(650) 455-2840

Helping Our Own

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

Deputy City Attorney Tim Benetti

Tim Benetti, a great friend of the San Francisco Police Officers' Association and the San Francisco Police Department, has some serious health challenges and is in need of our collective assistance. Tim is currently at a rehabilitation facility and hopes to return to work in several months. He is currently assigned to the San Francisco Employees' Retirement System where he has assisted many of our members facing retirement issues. In addition, Tim has been instrumental in working with police officers at district stations in code enforcement and other legal problems. Please help Tim in his time of need. His catastrophic illness program (CIP) number is 001822. Please retrieve a CIP form and donate sick time to Tim.

— Paul Chignell

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 <http://www.sfpcu.org> or by calling 800-222-1391. Checks can be mailed to:

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

Welsh Family Fund

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

— Lisa Corry and Linda Delahunty

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

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

Westbrook Children Fund

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

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

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

Frankie Shouldice

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

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

— Marty Halloran

**UPDATE: Ronan Shouldice is in need of donated vacation time to help him attend to Frankie.**

**Contact the Catastrophic Illness Program (415) 837-0875.**



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# Chief’s Corner

Last year, the City had a tough June and final weekend in July with homicides, especially in Visitacion Valley. Last year, we suffered 10 homicides in June and 4 over the last few days of July. In response to this spike much was asked of you and the Community to stem the tide - and respond you did! Arrests were made in some of the homicides that took place, and leads were developed on others. Despite our best efforts, we closed out August of 2012 with 46 homicides YTD. So, why do I start this month’s column on such a sad note? Because that was last year.

In 2013, despite being down 300 cops from when we achieved our record low YTD total at the end of August, 2009 of 31, we are at a new record low YTD total this year at the end of August of 28 (a 40% reduction in homicides over last year). Because of the effort of the sworn men and women of this Police Department; supported by our civilian brothers and sisters working so hard behind the scenes, San Francisco is a safer place. When I speak of effort, I’m not just talking about our “crime fighting” (knack for catching bad guys, which is second to none). I’m talking about our ability to connect with the people of this City. I’m talking about your ability to develop relationships. I’m talking about your ability to build trust. I’m talking about all the ways we worked with/for the young people of our City to give them opportunities to make positive choices...and man did they shine.

We have a long way to go before we are able to replace the officers and experience we’ve lost the last few years. That said, I would put the current compliment of men and women



that make up the SFPD right now against any generation that has come before. Your ability to stay positive in the face of reduced “pretty much everything” and the enthusiasm you’ve demonstrated in accepting all the new technology and strategies to move the SFPD forward has been nothing short of amazing. Keep it up. Please continue to be the most positive person you know – it’ll serve you, and this City, well in the years to come.

Looking back at the month of August, it was another busy month. We played host to the America’s Cup Races and Concerts, National Night Out, Outside Lands, Nihonmachi Street Fair, Sunday Streets in the Tenderloin, and Ping Pong in Portsmouth Square, just to name a few.

The 30th Annual National Night out celebration was amazing! Although I was only able to get out to five events across the city, I was truly amazed to see how our community came together with our District Stations to promote peace on neighborhood streets. For the Districts I did get to, I was told that they were equally as impressive. Thanks to so many of you, SFPD and Community Groups, who

participated and contributed to making this a safe event for everyone. National Night Out has proven to be an effective, inexpensive, and enjoyable way to promote neighborhood spirit and police-community partnerships in our fight for a safer nation. One of my favorite truisms is “what goes around comes around.” These types of events and others like it, are an opportunity to establish a solid reputation in neighborhoods across our great city. Lets continue to be an example for others to follow---show them that we care in every facet of what we do, especially the little things!

Outside Lands 2013 was also a great success! Almost two hundred thousand attendees, who came from around the world to watch the likes of Sir Paul McCartney and many other performers over the three-day event. It should be noted that this event took place without incident. I can’t say it often enough, it is because of the safe environment that you create that tourists flock to our city and our own come out to enjoy all the great things our city provides (food, night life, entertainment, historic sites, etc...).

As I close this month, I thought I’d close with a quote I have in my office that I use when speaking to the newly promoted. It is a quote by President Teddy Roosevelt. Every once in a while we get criticized for how we are or what we do. Sometimes we deserve the criticism and are better for it. It’s important to own our mistakes and learn/recover from them. To do so builds character. Other times (I believe most of the time), the criticism is underserved and it hurts, as we really do try to do the best we can to help people. It is with this in mind that I

ask you not to get discouraged – ever. You do a great job, day in and day out, to help the people of this City be in a safer place; and the residents and visitors of San Francisco know it. You do a particularly good job of caring for our children. We want to be “cops” kids connect with and gravitate towards; not away from. And we are “those cops.” So, it is with this in mind that I remind you of the words of President Teddy Roosevelt, “It is not the critic who counts; not the man who points out how the strong stumble, or where the doer of deeds could have done them better. The credit belongs to those who are actually in the arena, whose face is marred by dust and sweat and blood; who strive valiantly...who at the best, knows in the end the triumph of high achievement, and who at the worst, if we fail, at least we fail while **daring greatly.**” **Dare to be great people. Dare to be great cops.**

**You are San Francisco’s Finest – Oro en Paz, Fierro en Guerra**  
Be safe out there!

**Greg Suhr**  
*Chief of Police,*  
*San Francisco Police Department*

### Condolences

I would be remiss if I failed to mention the recent passing of three members of our police family; Officer Norman Rice of Central Station, retired Chief of Police Cornelius “Con” Murphy, and retired Assistant Chief Morris Tabak. I knew all of these fine men and dedicated police officers. It was Chief Murphy who swore me in to the SFPD. Please keep their families in your thoughts and prayers.

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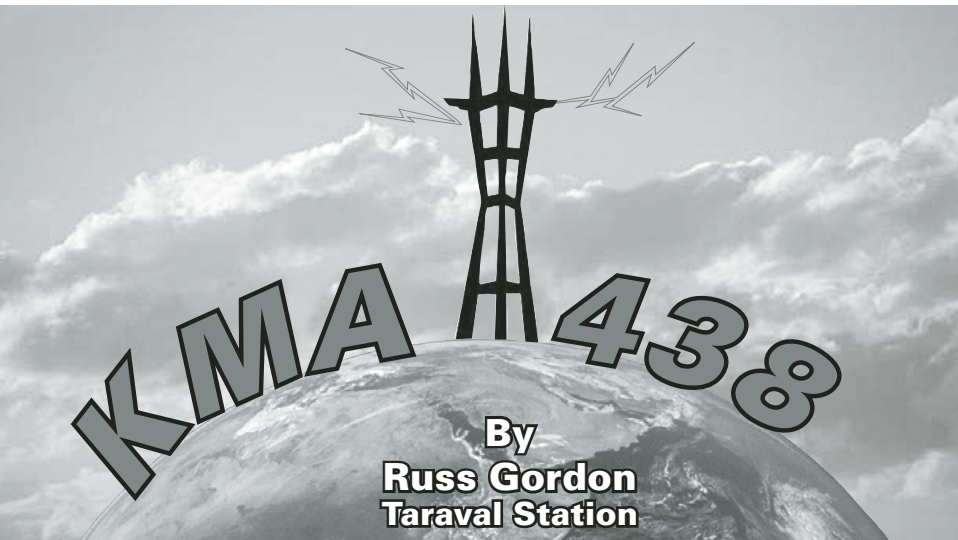
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Welcome back brothers and sisters. Much to cover so lets get right into it. I say to all be safe and stay frosty.

**Bayview Station — Officers Chris O’Brien and Greg Skaug** are preparing for another shift when they read a crime bulletin authored by **Sergeant Carla Hurley** of the Richmond Station SIT Team. The said bulletin paints the picture of a young man who chose to commit a robbery. The said suspect had a distinctive sports cap on when he committed the crime. Greg recognized our hero having prior dealings with him. The officers go the residence of our hero and are met by his father. Dad lets them in and, aaaahhhhhh snap, there stands junior with the same cap on. Well, he was good to go for the prior robbery and being a young lad under 18 will no doubt get Sugar Smacks probation. Read the bulletins, they work, BOOKED!

**Bayview Station — Sergeant Dan Cole, Officers Dave Johnson, Ed Ochoa, Gabe Alcares, Erick Solares, Carlos Musafich, Brent Cader and Edric Talusan** prepare to serve a search warrant on a real dangerous dude. Prior arrests for robbery, rape, drugs etc.; a well-rounded criminal who has made felonies his career. The warrant is served and our hero is in custody without incident. A sawed-off shotgun, drugs and money are found. Additionally, with skill and patience, a confession is made to possession of the said illegal items. Raisin Brand probation for you, pal! But, BOOKED!

**Central Station — Officers Carmichael Reyes, Tony Randolph and John Shanahan** are working plainclothes on midnights. They spot a car driving without headlights. A marked unit makes a traffic stop and an investigation begins. The driver is eventually released, but the passenger has some –‘splaining to do. A large amount of methamphetamines, a scale, baggies and a “pay sheet” are found. It seems our hero was tooling North Beach for deliveries or customers. Meth is the drug of the day, but that does not mean you will not get caught for selling it. Gosh darn it, Whole Wheat Eggo probation for you pal! BOOKED!

**Central Station — Flash**, a man with a gun in North Beach — **Officers Raphael Masangcay and Jarrod Yee** respond. Snizzle, when the officers get to the area, two yoyos run. Guilty? Naw, I was scared. One cat runs and a revolver falls from his waistband. With the help from a good citizen the gun and bad guy are wrapped up. Another *juvenile* in custody. Good job guys, get this kid before he can do something that will be a life changer. For now, Frosted Flakes probation. BOOKED!

**Southern Station — Officers Justin**

**Rice, Brian Kelly and Patrick Woods** respond to an auto-burglary in progress. Getting to the scene quickly, they observe a lone female just a block away from the said crime. Unusual as it is to have a lone female car burglar, the officers detain her and continue their investigation. Not only does the suspect admit to the auto burglary, but also she shows the officers where the stolen goods were hidden. The victim was an out of town visitor. Due to great work, all the stolen goods were returned to the owner. The owner was incredibly appreciative of this great work by these officers, whose fast response avoided a ruined vacation. Everyday; a great job!

**Gang Task Force (GTF) — Inspector Jameson Pon, Inspector Jimmie Lew (Narcotics), Sergeant Derrick Jackson, Inspector Steve Spagnuolo, Officers Martin Ferreira, Joe Giannini, Sherie Wong** (*Yeah, we’re not a diverse Department.*) are all involved in a search/arrest warrant. The coppers respond to a residence with a warrant in hand. Our hero inside apparently beat someone with a sports trophy so badly the victim was hospitalized. At the residence, the father of our hero opens the door and entry is made. The suspect was found sleeping in his bedroom, no doubt dreaming of being Tony Montana or Al Capone. A search of the bedroom is made. OOOoooo double snizzel.... **A loaded 45-caliber pistol, an AK 47 assault rifle, eleven pounds of marijuana, scales, and \$7000 dollars in cash are found.** Yeah, I know, this is what everybody has in their bedroom! Jimmie is called to the scene to help with the ONE HUNDRED MARIJUNANA PLANTS, grow trays, and other paraphernalia found in another bedroom. Yes I know, I’m an idiot, marijuana is a victimless and healthy drug, and no one gets hurt. Except if our hero felt it necessary to use these weapons to defend his grow. Solid police work, great teamwork, SFPD rules, have no doubt!

**Bayview Station — Officer Josh Fry** sees a car make a turn without signaling. Albeit a minor infraction, but it deserves some investigation. Josh runs the plate, and sure enough the car is stolen. A traffic stop is made. A lone female driver is seated in the vehicle. Josh does a quick investigation, which reveals a plastic bag containing methamphetamines, and warrants for burglary for the lone occupant of the car. Josh performed this stop at midnight, alone, and with back up across the district. Everyday great police work!

**Ingelside Station — A vicious beating** is transpiring in the parking lot of the Safeway on Mission Street. **Officers Roel Dilag, Julian Hermosura, Antonio Carrasco, Paul Dominguez, Michael Shugars and Nicholas Zerga** respond. Once on scene it is determined that this was a robbery and

the injuries to the victim were severe. Originally, eight to nine suspects were involved in the beating a citizen for his belongings. COWARDS! Because of the fast response of our officers, two were caught. A reverse cold show was performed for the victim was en route to the hospital. The victim was able to identify two of the eight involved. Both were booked for robbery. Get youth involved on the right tract ASAP, or this is what happens. Great job guys.

**Ingelside Station — A vicious criminal**, who found it necessary to pull a gun and scare a victim half to death, robbed an innocent woman in her home. REALLY? Bad Guy Manual PAGE 1, clearly states – Overkill is not necessary. **Captain Tim Falvey** took special note of the circumstances and asked **Officers Davit Almaguer, Scott Hom, and Chris Cassinelli** to look into the matter. Close to three weeks of hard-core, tiring, and diligent police work (stake-outs), the vehicle listed in the report is spotted. Mmmmm ... Double Captain Crunch Snaps! The driver matched the suspect in the robbery. Our officers make their approach. Using their experience, drugs, an excessive amount of cash and paraphernalia are found inside of the car. Ooo yeah, our hero/suspect was smoking the devils weed when officer first made contact, probably for stress incurred committing felonies. The victim of the initial robbery is called, comes to identify our hero, and does! Aaahhh, snap! Gotcha on the robbery now chief. It may take awhile, but you’ll get caught. Just ask Whitey Bolger.

**Violence Reduction Team (VRT) — Officer Ken Koenig** receives information that a once big-time player in a once big-time gang has possession of a handgun in his current residence, a trailer. Rather pathetic if you think about it. It’s like Tony Montana now living in an efficiency studio in Tarzana. Sorry, I digress. With the help of **Officers Tigran Antonian and Marvin Cabuntala**, Ken serves the warrant he wrote. Good info, a loaded revolver is found, additional ammo, and a spontaneous statement from our hero that puts him in possession of the gun. NINE weapons charges are filed. **Now I AM NOT SAYING** the new weapons laws are harder to decipher than chaos math after 15 Dewar’s on the rocks, I’m just sayin. Sorry Tony, booked!

**Mission Station — The cops** are called to a gruesome scene where there is a victim of a stabbing laying on the sidewalk with his guts literally spayed out on the sidewalk. **Officer Valerie Durkin** (still in training at the time) springs into action, makes sure the scene is safe, that the suspect is not at the scene, and starts to administer first aid. Now, with the victim in an ambulance and **Officer Armann Romoso** is now riding with him trying to gather any information, it was left to the officers still at the scene to get the bad guy. **Officers Ryan Daugherty, Gustavo Castaneda, Brent Dittmer and Dominic Vannucchi** did just that. A witness was located, pointed out the residence that the maniac ran into, he was caught and later booked for attempted MURDER. Think about it, you stab someone so viciously his or her intestines fall out. These are the people we deal with so the honest citizen doesn’t have to. Teamwork, dedication to duty, good work by all.

**Ingelside Station — Sorry I can’t help myself**, stop me before I can be

snarky again. But I’m taking a stab at this one that this is almost exactly how this caper went down. **Officers Chris Cassinelli, Scott Hom, and Chad Campos** see a dude hanging on the street corner contemplating the wonders of nuclear powered amusement park rides. The officers approach, identify themselves: “You, so and so.” “Yeah.” “You on probation?” (Cops already knew that he was.)

“Naw!” (A lie.) A confirmation is made, felony probation. Search is done; more than 10 grams of methamphetamines are found on bad guy’s person. He is on Frankenberry probation for meth sales already, booked, probation violated.

**Southern Station — Too often citizens** are not paying attention to their surroundings and are attacked, beaten and robbed for their cell phones. I’m sorry, but it is the world we live in, you must have situational awareness when you leave your home, **FOR EVERYTHING**, traffic, obstructions, and crime! A young man just wasn’t thinking about this when a bad guy pulled his cell phone from him and ran off. The victim gave chase only to be beaten by the same suspect. **Officers Matthew Lopez, Brenton Reeder, Daniel Rosaia, and Giselle Talkoff** respond. The officers work with great teamwork, spot the crook, crook drops the phone on the sidewalk. Snaps! The last time I hooked up a cell phone robbery guy, he dropped the phone in plain view, bad guy told me it was raining cell phones and I let him go, stop me. Nope, cops don’t buy it, detained him, victim identifies him, he is arrested, and he said it was raining cell phones, ok that part is not true. BOOKED!

**Tenderloin Task Force — Five visitors** from out of town are minding their own business waiting for a BART train. Bazooka Brain One and Two walk up to the citizens. One points a gun at them (at their heads!), the other acts as lookout and they proceed to steal everything of value from these poor victims. Crooks flee and the police are called. **Officers Jeff McHale and Carlos Castro** jam to the scene. Here’s how it goes down (like so many others): Bad guys are spotted; bad guys see cops. Page 311 Bad Guy Manual; they start to strip their cloths off Chippendale style while running; bad guys split up; cops yell at the bad guy they follow to stop; he does not but falls down, still has gun on him; gun is a revolver with white “pearl” handles, extremely common weapon if we were living 150 years ago; citizen points out gun; bad guy has much of the stolen property still on him; cold show is positive for guy and gun; cops laugh; citizens get justice and property back; bad guy gets Lucky Charms probation. BART PD and SFPD working together, great job!

**Park Station — Citizens** call the cops because their downstairs neighbors’ flat was being burglarized. **Officers Leo Lamela, Derrick Liang, Peter Hamilton and Ryan McArthur** arrive within a minute. A perimeter is set, and, working as a team, the officers start to search for the suspect. No need. He is now climbing out of the window that he had broken to get in. Seems he stole a camera to capture his own capture. Great response, great work! Ya think this was the first burglary this guy undertook? Doubtful; booked!



*Come Celebrate the Retirement of*

# Inspector Pierre Martinez

## #2204

Thursday, September 12, 2013

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6:00 No Host Cocktails  
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\$55.00 Per Person

Choice of Prime Rib or Chicken Pomodoro  
*Dinner Includes: Salad, Entrée, Dessert & Coffee  
Wine at the Table*

*For Tickets Contact:*  
John Geraty, 415-717-7771  
John Anton, Park Station, 415-242-3000  
Steve Mulkeen, Special Victims Unit, 415-553-9225

## KMA 438

continued from previous page

**Park Station** — Officers Chhun-meng Tov and Ed Lee respond to a residential burglary. Upon arrival, they are met by a concerned citizen who had discovered a man in his garage. The officers go into the dark garage and find the suspect. Of course, he was trying to find a place to sleep, got lost, is on drugs/alcohol and can't make a decision, thought he lives there, was beamed there by an alien space ship or is a thief. Well, after an investigation, the officer found property from the victim's car on his person and meth-amphetamines, which were not his for the pants he had on were not his! Fast response, great job and another grateful citizen, and Fruity Peebles Probation for the bad guy.

**Taraval Station** — Officers Jeff Fortuno, Tony Landi, Tony Santos, Fernando Leiva, Eric Lau, Ian Glynn, Matt Ortega and Dave O'Keefee are the members of the Taraval Neighborhood Team (TNT). With this introduction I would like to bring your attention a reminder of a video that was posted for us regarding a VICIOUS beating. A young man walks into a local convenience store and buys a soda. There in the video are the two males suspects (brothers) and a female. Soda Guy walks outside of the store and is approached by Caveman Number One. It is obvious in the video Soda Guy has

no idea why he is being "toughed up." In frame comes Caveman Number Two, who knocks this guy all the way across the intersection with his fists. In comes Caveman Number One and our gentle female accomplice who proceed to kick this guy in the head no less then twenty times, plus punching him in the head. A car is seen driving by flashing their headlights trying to stop this mayhem; good citizens. Unbelievable enough, Soda Guy gets up and runs away. Soda Guy runs into the garage of the SAME PEOPLE WHO WERE TRYING TO HELP HIM from the flashing headlight car. This couple that tried to help were now unloading groceries from their car in their garage, innocent of everything! Well, Caveman One, Two and our gentle female get in their car, find the garage, run in, and proceed to beat the Soda Guy again, and VICIOUSLY BEAT THIS INNOCENT COUPLE for no reason, in their own garage. Well, Soda Guy, with incredible injuries disappears after the initial investigation, but the innocent couple stays available for witness help. The said officers (Jeff taking the lead) does an OUTSTANDING job in identifying all of the suspects, arrests them in and out of county, and brings them to justice. Incredible police work done. Dedication to duty, and tenacity at its best. Well then court, **probation** for all three, enough said, enough written. **I have nothing snarky to say on this one.**

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Former San Francisco Police Officer  
Former San Francisco Assistant District Attorney (1979-1997)

## The clamor has been deafening...

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Wednesday, October 9th

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11:00 in the "Koto Lounge" for "Attitude Adjustment"  
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PRICE: \$10.50 (Collected after lunch)

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# POLICE-FIRE

## Post 456

### News

By Greg Corrales

*“The Marine Corps is sticking to MARPAT like a hobo on a ham sandwich.”*  
— Commandant of the Marine Corps General Jim Amos

A provision in the House version of the 2014 National Defense Authorization Act would require the services to transition to a single camouflage utility uniform by 2018. The Senate version of the bill would put an immediate stop to fielding of service-unique cammies. Military officials everywhere are taking sides on the move.

There are 10-plus camouflage uniforms in use within the Army, Navy, Air Force and Marine Corps, where the issue is particularly contentious. The Corps’ distinctive and proprietary Marine Pattern digital camouflage, commonly called MARPAT, is widely regarded as the U.S. military’s premier combat uniform. The Marine Corps’ most senior leaders have made it clear they will fight to retain it as exclusive to their service.

The U.S. Navy intends to name a new combat ship the USS Indianapolis, honoring the crew of the cruiser whose sinking in the final weeks of World War II was the navy’s worst single loss of life at sea. Rear Admiral Rick Williamson, the Navy’s Midwest Region commander, read a letter from Navy Secretary Ray Mabus notifying Congress of the name selection to survivors of the sinking during a reunion banquet.

“Once again the name Indianapolis will put to sea on the stern of the U.S. Navy warship, carrying on the tradition of service you and your shipmates have forever associated with the name,” said the letter dated July 29. Fifteen of the remaining 38 survivors of the USS Indianapolis sinking gathered in Indianapolis for the reunion.

The cruiser was halfway between Guam and the Philippines when a Japanese submarine sank it with torpedoes. It is estimated that 900 of the ship’s crew of 1,198 sailors and Marines survived the sinking, but all but 317 died from drowning, dehydration, delirium and shark attacks before rescuers arrived five days later.

Veterans are four times more likely to suffer from sleep apnea than civilians, a statistic that is driving Veterans Affairs Department researchers to search for more treatment options. VA has seen a fivefold increase in medical visits since 2002 for sleep apnea, a chronic disorder that causes shallow



breathing or respiratory lapses during sleep. In 2012, more than 100,000 patients were seen at VA for sleep apnea. Sleep apnea can cause hypertension and is associated with diabetes, heart disease, stroke, and death.

Dr. Daniel Gottlieb, director of the Sleep Disorders Clinic at the VA Boston Healthcare System said the condition is treatable, but because about one-third of patients have trouble with the most common treatment – the continuous positive airway pressure, or CPAP, mask worn at night — VA must find alternatives. Some of VA’s current research efforts are focused on:

- Treatments for sleep apnea related to heart failure.
- The relationship between sleep apnea and stroke.
- The accuracy of home sleep monitoring devices versus diagnostic tests conducted in a sleep laboratory.

VA researchers also are testing other treatment options, from supplemental oxygen and nasal devices to diet and exercise.

Veterans likely suffer sleep apnea at rates higher than the general population because their demographics fall squarely into those most at-risk for developing the condition: male, overweight or obese and of advanced age.

The White House says President Barack Obama has signed into law a bill making it easier for wounded or disabled members of the military and veterans to get through airport security screening. The measure requires the Defense Department and Veterans Affairs to work with the Transportation Security Administration on a new protocol. Democratic congresswoman Tulsi Gabbard of Hawaii, an Iraq war veteran, sponsored the bill, with Democratic Sen. Mark Pryor of Arkansas and Republican Sen. Kelly Ayotte of New Hampshire leading the Senate effort. Gabbard says the law ensures troops can return to life at home as quickly and seamlessly as possible. She says veterans deserve dignified screening processes that respect their service and sacrifices.

I am very sorry to report that Post 456 member Guido Borlo has transferred to Post Everlasting. Rest in Peace comrade!



San Francisco Police Officers Association  
800 Bryant Street, 2nd Floor  
(415) 861-5060  
Office Hours M/F 9–4 pm

# BULLETIN

TO: All Members  
FROM: Martin Halloran, President

July 31, 2013 #2013-40

## Final language — Supersedes Bulletin No. 2013-39

The Mayor’s Office of Housing and Community Development (MOHCD) is pleased to announce the First Responders Downpayment Assistance Loan Program (FRDALP).

The Mayor’s Office of Housing will begin taking pre-qualification applications for the FRDALP on Thursday, August 1, 2013. Funding for this new program has been made available by the Housing Trust Fund. To find out the detail requirements, please visit our website: <http://sf-moh.org/index.aspx?page=321> (will be available August 1, 2013).

To qualify for a First Responders Downpayment Assistance Loan (FRDALP), an applicant:

- Must be an active member of the San Francisco Police Department, San Francisco Fire Department, or the San Francisco Sheriff’s Department.
- Must not have owned any interest in a principal residence in San Francisco during the last three years.
- Must not own an interest in any other principal residence at close of escrow.
- Must be able to obtain and submit a written verification of employment from their department or authorize DHR to provide equivalent verification directly to MOHCD.
- Must have at least 5% downpayment contribution towards the purchase price. A minimum of 3% must be from the borrower’s own funds. The remaining 2% can be from gift funds.
- Must complete a home buyer counseling course from one of the participating non-profit housing counseling agencies approved by the Mayor’s Office of Housing and Community Development (MOHCD).
- Must occupy the property as principal residence after purchase.
- Each household is limited to one loan, regardless of the number of First Responders in that household
- Household income is limited to 200% of the Area Median Income as published by MOHCD.

### Property Requirements:

- Must be a single family residence (which include condominiums and townhouses) located in the City and County of San Francisco only. Commercial properties, mixed-use or investment properties are not allowed.

### Financing Requirements:

- Be able to obtain a first mortgage loan approval and loan commitment from MOHCD participating lender.
- First mortgage must be 30 years fixed rate, fully amortizing mortgage.
- Must have a higher than 28% front-end debt-ratio (housing cost which includes: principal, interest, taxes, insurances and homeowners association dues) and not to exceed 45% back-end debt-ratio (housing cost plus all other unsecured debt) over a borrower’s gross monthly income.
- Combined Loan-to-Value Requirement (CLTV) not to exceed 95% of the purchase price.
- Combined household liquid assets after purchase of property cannot exceed \$100,000. All other liquid cash assets above \$100,000 must be used towards the purchase
- Liquid assets include all sources of monies from savings, checking accounts or investments held by any occupant of the Borrower’s household, including minors and any fund is available to liquidate. Liquid Assets will not include funds held in a pension account, retirement fund, 401K plan, or similar asset that is not available for purchase of the property or liquidation.
- Maximum First Responder DALP loan amount up-to \$100,000 or 15% of the purchase price, whichever is less. Applicants can apply for less than \$100,000.
- Qualifying loan amount is based upon a graduated scale. Loan amount will be decreased by \$20,000 for every additional \$100,000 contributed by the borrower above a 20% downpayment.
- Loan is deferred for 30 years, due on sale, rent or title transfer. Property must be owner occupied at all times.
- Borrower must remain an active member of the SFPD, SFFD, or SFSD for a minimum of five years from the date the home is purchased. Should borrower’s status change prior to five years, the full amount of the loan, plus share of appreciation is immediately due.
- No pre-payment penalty to repay this loan prior to the due date.
- Repayment amount will include the principal loan amount plus share of appreciation of the property.

### Income Limits for 2013

Household Size	1	2	3	4
200% AMI	\$141,500	\$162,000	\$182,000	\$202,500

If you have any questions regarding this program, please contact:  
Jeanne Lu, Senior Loan Manager, Mayor’s Office of Housing & Community Development, 1 South Van Ness Avenue, 5th Floor, San Francisco, CA 94103, Direct (415) 701-5548, Office (415) 701-5500, Fax (415) 701-5501, website: [www.sf-moh.org](http://www.sf-moh.org)

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# Incident Report Writing: Use Of Force

By Kirk Tomioka, Phil Helmer, and Oliver Reich, Police Academy Defensive Tactics Instructor Staff

## Use of force documentation in incident reports

The Defensive Tactics staff members review the use of force logs and incident reports sent to the Academy. We have noticed that several incident reports lack the details which could help explain and justify the officer’s use of force.

When you are preparing your incident report you should focus on the resister’s actions first, and then describe what force options were used to control the subject.

Penal Code 835a, states officers can use reasonable force to Effect an arrest, Prevent an escape or Overcome resistance of any person they believe has committed a public offense. Officers also have a right to defend themselves and others using reasonable force.

Remember to document your observations prior to making contact with



Officers need to document the reaction of the subject if a physical control hold is attempted.

the subject. Describe whether you are in a known high crime area and the other factors observed by you; the number of citizens in the area, the lighting conditions and weather if they are factors. How many subjects, how many officers are on scene? What are the size(s) of the officer(s) and subject(s), and if known, what is the danger potential of the subject. Describe in detail the clothing that the subject is wearing. Is it baggie and loose fitting clothing and are gang affiliation indicated by the colors? If so, this should be documented. Does the clothing have an affiliation with UFC, Martial Arts or Military designs on them? If the subject takes a fighting stance could this then prompt a need for heightened officer safety?

Describe in detail your interactions with the subject. Were you in uniform or plainclothes (where was the star displayed on the outer most clothing) and did the subject make any statements acknowledging their belief that you are a police officer? Document if you verbally identify yourself as a police officer. Describe and document what verbal commands or warnings you gave. Note the subject’s reactions to what you said and were those reactions verbal or physical. Detail if the tone of the subject was hostile, threatening or confrontational and what the physical response was. The subject’s lack of ver-

bal response or acknowledgement to you is important to document as well.

Document what threat indicators the subject was exhibiting, e.g., fighting stance, removing jacket, clenching fists, etc.

Actions by the subject prior to the application of force need to be documented.

Do not use one line explanations, e.g. “The subject was resistive and I guided her to the ground”, “The suspect was aggressive, I then struck him three to four times in zone 1 to distract him” and “In defense of myself, I struck the suspect and he then violently resisted my efforts to handcuff him; backup officers arrived and we were able to handcuff him”.

Officers need to document the reaction of the subject if a physical control hold is attempted, “When I grabbed the suspect’s wrist to handcuff him, the subject pulled his arm away.” Officers should focus on how the suspect pulled the arm away, “forcefully” or “aggressively” pulling their arms from the officer’s grip, instead of the generic “the subject pulled his arm away”. This is an example of a clearly described incident; I informed the suspect he was under arrest. I was standing to the left and rear of the suspect. I firmly grabbed the suspects left wrist with my left hand to gain control of him. As soon as my left hand gripped the suspect’s wrist, the suspect yanked his wrist from my grip while yelling don’t touch me.

Officers often use words that conflict with the suspect’s actions and how the officer applied the force. I got the suspect in a bar arm control, the suspect then started to resist and I placed him on the ground. How did the suspect resist, did he tense his arm and push you away or aggressively pull his arm into his chest in an attempt to break your grip on their wrist? Describe your application of force, I placed them on the ground, sounds as if the suspect is not resisting. In reality you probably used all your strength and body weight to force the subject to the ground, do not try and minimize your actions. Using the word “Placed” rather than “Forced” the suspect to the ground conveys different meanings.

A common mistake that is made is when officers describe their hand strikes as distractions; you would not document “I struck the suspect two times with my baton in zone two, making contact with his left thigh to distract him”. Officers also keep the part of the body they struck with their fist vague by saying I stuck the suspect in zone one. Rather than saying “I felt the suspect pulling on my firearm, I then used distraction punches to zone one”. Officers should not try to minimize their actions, if the suspect gets your firearm out of the holster, it is a deadly force situation. “I felt the suspect forcefully pulling on my holstered firearm; I felt my hips move forward each time

he pulled the grips of my firearm. I feared if he got control of my firearm he would either kill me or my partner. I used my right closed fist and struck the suspect in the left side of the face multiple times to stop his attack on me and to prevent him from pulling my firearm out of the holster.”

Hand strikes are considered an injuring level of force if specific areas of the body are targets. We are not saying an officer should not use their fist, rather that fist strikes are not distractions strikes. If you chose to use your fist just document why it was reasonable, necessary and appropriate.

Remember to document the de-escalation of force, once you have gained control of the subject, document how you were able to maintain control and apply restraints on the subject.

When it is safe and the situation is under control ask the subject if they are injured or in pain, document their response. (Department Bulletin 13-067 Amends Reporting and Medical Assessment Requirements in Department General Order 5.01) Document that you checked for any visible injuries as well. Include in the report the procedures you followed after the application of force, e.g., ambulance if needed, supervisor notified, and Department procedures if chemical agents or the carotid restraint were applied.

With the new Department “Smart Phones,” officers can take photographs of visible injuries to themselves and



Suspect interview and interrogation are crucial elements of criminal cases.

the suspect or lack of any injuries which can be uploaded to the incident report in the Crime Data Warehouse system.

If multiple officers are involved in the use of force have each officer write a statement. The officer writing the report can summarize statements in their report. It is also good practice to have another officer review and proof read your report. If they were at the scene they can check for accuracy or if they were not at the scene, they can advise if it is detailed enough for rebooking in the District Attorney’s Office.

When an officer uses force on a resistive subject it may lead to an OCC complaint, Administrative investigation or civil action, so it is important to properly document how the subjects actions lead to force being used. Hopefully these suggestions help you with your use of force documentation.

If you have any questions please call the Academy Physical Training and Defensive Tactics Office at 401-4633.

## Improving Incident Reports

By Bob Moser  
Mission Station

Today’s police shows and crime dramas depict cops making outstanding arrests, engaging in clever investigations and thoroughly collecting crucial evidence at crime scenes. These shows, however, rarely highlight of-ficers writing an incident report.

Writing a police report may not be the most exciting part of our jobs, but it is one of the most important. A well-written police report sets the foundation for successful follow up investigation and ultimately prosecution.

The Department is currently taking several steps to help improve the quality of the police reports we write:

The Department has issued three new bulletins regarding report writing.

- The first bulletin addresses interviewing suspects. Suspect interview and interrogation are crucial elements of criminal cases. This bulletin will set forth procedures for interviewing suspects and stress the importance of obtaining statements at the time of arrest.
- The second bulletin discusses report writing officer responsibilities and the importance of accurate police reports. It outlines the common errors found in reports. It also emphasizes the importance of proofreading, a simple, yet powerful tool for improving the quality of incident reports. This bulletin recommends that officers and their partners proofread each other’s reports.
- The third bulletin highlights the supervisory responsibilities of the report writing process. This bulletin lists common report writing errors that supervisors should be cognizant of during the review process. Like the previous bulletin, this one stresses the importance of proofreading. It also introduces a supervisory reference guide to use

when reviewing reports that the Department will issue in the future.

In addition to bulletins, the Department will produce several, short, weekly training emails. These training tips will touch on topics ranging from proper grammar to use of force reporting guidelines. These training points will provide quick useful tips we can utilize to improve the quality of our reports.

To reinforce the importance of interviewing suspects, the Academy will present a four hour update class on interview and interrogation this Fall. This is yet another tool designed to improve the quality of our reports.

In addition to Department resources, the web offers outstanding tools we can all use to help improve the quality of our reports.



In addition to Department resources, the web offers outstanding tools we can all use to help improve the quality of our reports.

These are a two useful websites you can explore:

<http://oxforddictionaries.com/words/grammar-tips>

This site provides simple grammar and writing tips in an easy to read format.

<http://www.dummies.com/how-to/education-languages/language-arts/Grammar-Usage.html>

This site provides short lessons on everything from the proper use of quotations to the proper use of punctuation.

Remember, a strong report provides the foundation for a successful criminal case. Let’s make the most of all of the hard work we do out on the streets and make our cases count.



# Your DROP Funds Are Safe

By Rita A. Holder, Esq.

*Editor's note: The opinions expressed in the following article are those of the author, who is not affiliated with the San Francisco Police Officers Association. This article, which was not solicited by the SFPOA, is printed here as a possible resource for our members, but the SFPOA does not necessarily endorse, corroborate or verify the opinions herein expressed. The members identified in the text have expressly permitted the use of their name by the author. Questions or comments about the article should not be directed to any person at the SFPOA. Rather, questions or requests for additional information should be directed to the author, the CCSF Retirement Board, or other legal authority.*

A little more than two months ago, Tony LaRocca and Vince Repetto asked me whether I thought The City has a right to withdraw substantial payments from retired SF police officers' DROP investment accounts and send those sums to divorced spouses or domestic partners who had made an early election for lifetime pension benefits.

DROP (that is, the Deferred Retirement Option Program) is intended to ensure adequate staffing levels in the face of the numerous retirements in the police force. DROP also secures retirees the opportunity save a nest egg post-retirement, so they can more comfortably live out the years remaining after they have risked life and limb for an entire career. This is especially true for divorced cops. Divorce often means that the retirement nest egg has had a big bite taken out of it. However, somewhere within the City retirement administration, somebody arbitrarily decided to disregard the law that applies to paying out pension benefits after a divorce.

Officer Tony LaRocca was the first to contact me. He claimed that, even though his former spouse had been receiving her monthly pension benefits under their divorce for over 10 years, she was somehow in line to receive even more money from his DROP account! Her retirement payments were already steadily reducing the monthly benefits to which Tony would eventually be entitled. The City Retirement System had informed him that his former wife would receive an additional 20.57% of his monthly retirement checks -- which were currently being deposited into his DROP account and accumulating 4% interest.

Next, I read the impressive collection of DROP research that Vince Repetto had accumulated. Like Tony, the Retirement System told Vince that a substantial part of his DROP account was about to be distributed to his former wife. Vince's former spouse had begun receiving her distribution of her community property retirement benefits over a decade ago -- beginning right after she had made the election to take her retirement payments well before Vince reached retirement age. Again, these payments reduced Vince's own pension benefits that he was banking in his DROP account.

## Was part of [the retiree's] DROP money given out by SFERS to former spouses and domestic partners?

How could this be? In all truthfulness, at first I assumed that Vince and Tony just had their facts wrong. *Everyone* knew that when a divorced spouse or domestic partner made a so-called "Gillmore Election," he or she could begin taking his or her community property pension payments soon after the divorce. But, making the Gillmore Election *cuts off* the rights of the former spouse or domestic partner's to further payment increases (other than COLA's). Vince and Tony's former spouses had made the Gillmore Election so why were they entitled to more money from the officer's own pension payments in the DROP account?

I heard from other police clients that they were never told about this particular possibility when they signed up for DROP. One client remembered that someone in the room, during a DROP informational meeting, *specifically* asked this question. He also remembered that the presenter told the group that there wouldn't be any additional community property entitlements to DROP savings accounts, after a Gillmore Election was in effect.

This whole controversy made no sense to me. Under the San Francisco Employees' Retirement Plan (SFERS), and well-established California law, a divorced spouse or domestic partner can choose to be paid their community property percentage of the officer's pension benefits soon after

the date of divorce -- even if that date is prior to the employee-spouse's actual retirement. The non-employee spouse's payment will be based on a lower salary and pension benefit than the ultimate amount likely to be payable on the pension vesting date. The trade-off is that they benefit from receiving their payments early. But that's all they are entitled to. In the well-known DROP case, *In re Marriage of Davis* (2004) 16 Cal.Rptr.3d 220, the California Supreme Court said that:

The non-employee spouse "cannot have it both ways. The decision to ask for distribution of the retirement benefits before the employee spouse [or domestic partner] actually retires 'constitutes an irrevocable election to give up increased payments in the future which might accrue due to increased age, longer service and a higher salary.' Thus, if the former spouse [or domestic partner] chooses to receive her [or his] share of the retirement benefits immediately, she [or he] will forfeit her [or his] right to share in the increased value of those benefits in the future."

Quoting from *In re Marriage of Gillmore* (1981) 29 Cal.3d.418

During the many phone calls I made to the Retirement System and the City Attorney's office, no one could explain why making a Gillmore Election should jeopardize any part of the DROP account -- since it's accumulated after an officer's pension retirement date. The officer is *saving his own pension checks* in the DROP account.

To get some answers, I sought a change of venue from Contra Costa County to San Francisco County in Vince Repetto's old divorce case. After all, this is a San Francisco issue and neither Vince nor his former spouse still live in Contra Costa. I served the City Attorney, Dennis Herrera, on behalf of the SFERS Retirement Plan -- the Plan had been joined in the divorce action 10 years earlier. I wanted to clarify the DROP issue, intending to assure that everyone interested in this issue would know what was happening.

Amazingly, the City almost immediately capitulated to our interpretation of the law! In one of my latest conversation with the City on this matter, I explained that the courts had already established that a former spouse or domestic partner, who made a Gillmore Election, had no right to any part of an officer's DROP account. After a pause, the response was, "We agree with you. You're right. We'll look into this."

Discovering that they had very little bench strength in pension plans, they planned to remedy the mistake by sending a couple of attorneys to a seminar on retirement plans. This

was paradoxical, since I had spent the last 30 years becoming an expert at pension law; I had taught many seminars on pensions myself. I was even more astounded to be asked to forward the most important Supreme Court cases for the City to review. The City's limited knowledge and expertise was remarkable, considering that the SFERS Plan has over \$16 Billion in pension assets!

Since then, I've been told that SFERS is doing an audit of all DROP files. Currently, requests for information by DROP retirees are met with "radio silence" from the City SFERS staff. For example, another client, Officer Joe Allegro, retired a month ago. Before his last day of work, Joe went to the Retirement Board. He specifically asked why, and if, his ex-wife would be getting some of his DROP money. The woman in charge of DROP couldn't tell him anything, but said she'd refer it to their attorney -- they'd get back to him. He's still waiting!

But on the bright side, former spouses and domestic partners are no longer receiving statements telling them what's in the DROP accounts. Tony LaRocca tells me that the very same vocal employees, who previously told him that former spouses and domestic partners had a rightful interest in DROP funds, aren't allowed to discuss it anymore. With good cause!

What does this mean to you? Our successful investigation means all that work you put in after you could have stopped, the risks you took, the dangers you faced, now accrue to your benefit, as they rightfully should. Hopefully now your DROP account is protected.

But there are many more DROP participants who retired before we started asking questions. Was part of their DROP money given out by SFERS to former spouses and domestic partners? If so, these officers must be reimbursed by the City immediately.

Action should be pursued to reimburse these retired officers for lost benefits for which they worked and sacrificed.

The officers mentioned in this article bravely pursued their rights, not only for their own benefit, but also for the benefit of every other San Francisco police officer who might be similarly situated.

*Rita A. Holder is an attorney practicing in the areas of Family Law and Retirement Benefits, with offices in Concord and San Francisco. She is the wife of former Deputy Police Chief Richard Holder. She has over 30 years experience in retirement law. She may be contacted at:*

*Rita A. Holder  
Rita Holder Law  
3101 Clayton Road  
Concord, CA 94519-2732  
Phone (925 ) 825-6795*

## Retirements

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

- **Inspector Richard Martin #2153** from Property Section
- **Lieutenant Bob Massola #291** from Airport Administration

All of the above listed on SFPD Personnel Order #17 (July 31, 2013), #18 (August 14, 2013)



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Ask Mike...the Retirees' Corner

By Mike Hebel  
POA Welfare Officer

Protect Our Benefits Lawsuit

Mike, the Veterans Police Officer Association recently notified its members that the San Francisco Superior Court would rule on the POB's legal challenge to that part of Proposition C (November 2011 election) which restricted our entitlement to a supplemental COLA?

**Bad News!** On August 13th SF Superior Court Judge Richard Kramer ruled in the City's favor. His tentative decision was to deny the Petition for Writ of Mandate filed by Protect Our Benefits (a broad based group of retired City employees who vigilantly seek to protect retirement and health benefits). Both sides were asked to prepare a "Statement of Decision" from which the final written ruling would issue at the end of August. Proposition C added an additional requirement to the payment of the supplemental COLA. Not only must the Retirement System Trust Fund have "excess earnings," it also must be 100% funded on a market value basis. POB challenged this change in the formula to determine the payment of supplemental COLAs using the "vested pension rights" doctrine as well as the contract clauses found in the California and US constitutions. POB has already announced that it will appeal Judge's Kramer's final decision, which I expect will be to adopt the tentative decision. POB has a legal war-chest of over \$120,000 to pursue this case. You can see the filings in this case on the SF Superior Court's website; the case number is CPF13512788.

This is especially bad news since the Retirement System for FY 2012-

2013 will have "excess earnings." The Trust Fund earned about 13%, well in excess of the 7.58% assumed earnings. Were it not for the addition of the 2nd requirement of 100% funding, a supplemental COLA of 1½% would be paid for FY 2013-2014. Currently the Trust Fund has a market value of \$17 billion and liabilities of \$19.3 billion. For the Trust Fund to pay a supplemental COLA it must increase its market value to match its liabilities.

As of July 31, 2013, the Trust Fund's value was \$17,390,369. See the below SFERS Monthly Net Assets Chart for June 2007 – July 2013; it reveals the financial effects of the "Great Recession" on the System's funding as well as its subsequent recovery.

Over the last four fiscal years, our Trust Fund has done very well with returns of 12% for 2009-2010; 22% for 2010-2011; ½% for 2011-2012; and now 13% for 2012-2013. Congratulations to the 7 member Retirement Board. The efforts, on our behalf, of our elected commissioners (Joe Driscoll, Herb Meiberger, and Brian Stansbury) are to be saluted.

Recent Stock Market Turmoil

Mike, I have just retired with a wonderful monthly pension, far more than I ever expected. I am also in the CCSF deferred compensation program and have yet to start to withdraw my contributions. My money is evenly divided between the stable value portfolio and the target date retirement fund. With stable value now paying only 1.8% per year, I am considering moving more of my monies into the retirement fund. What do you think about such a move?

I certainly do not have enough pertinent information about your particular financial circumstances to make a specific recommendation. It would be important to know your overall financial circumstances, your tolerance for stock volatility and, most importantly, the day in which you will begin distribution from the deferred compensation program.

The 1.8% annual return from the stable value portfolio brings tears to my eyes. It clearly shows how the Federal Reserves policies over the last four years have punished savers such as you. With the Federal Reserves recent, though tentative, announcement that it would begin to taper its purchases of treasuries and federal government backed mortgages, there may be hope over the next 2 to 3 years for a return to more normal annual returns (3% - 5%) in the stable value portfolio. Time will certainly tell.

I have never been able to disguise my penchant for the equity market. When your financial guru is Warren Buffett – the world's generally acknowledged "best investor," the stock market is my "cup of tea." With half of your deferred compensation monies in the stable value retirement fund, you also seem to have a desire to own stocks. I applaud that.

In his recent annual report for Berkshire Hathaway, Buffett (its CEO & Board chairperson), told his shareholders: "American business will do fine over time. And stocks will do well just as certainly, since their fate is tied to business performance. Periodic setbacks will occur, yes, but investors and managers are in a game that is heavily stacked in their favor. (The Dow Jones Industrial advanced from 66 to 11,497 in the twentieth century, a staggering

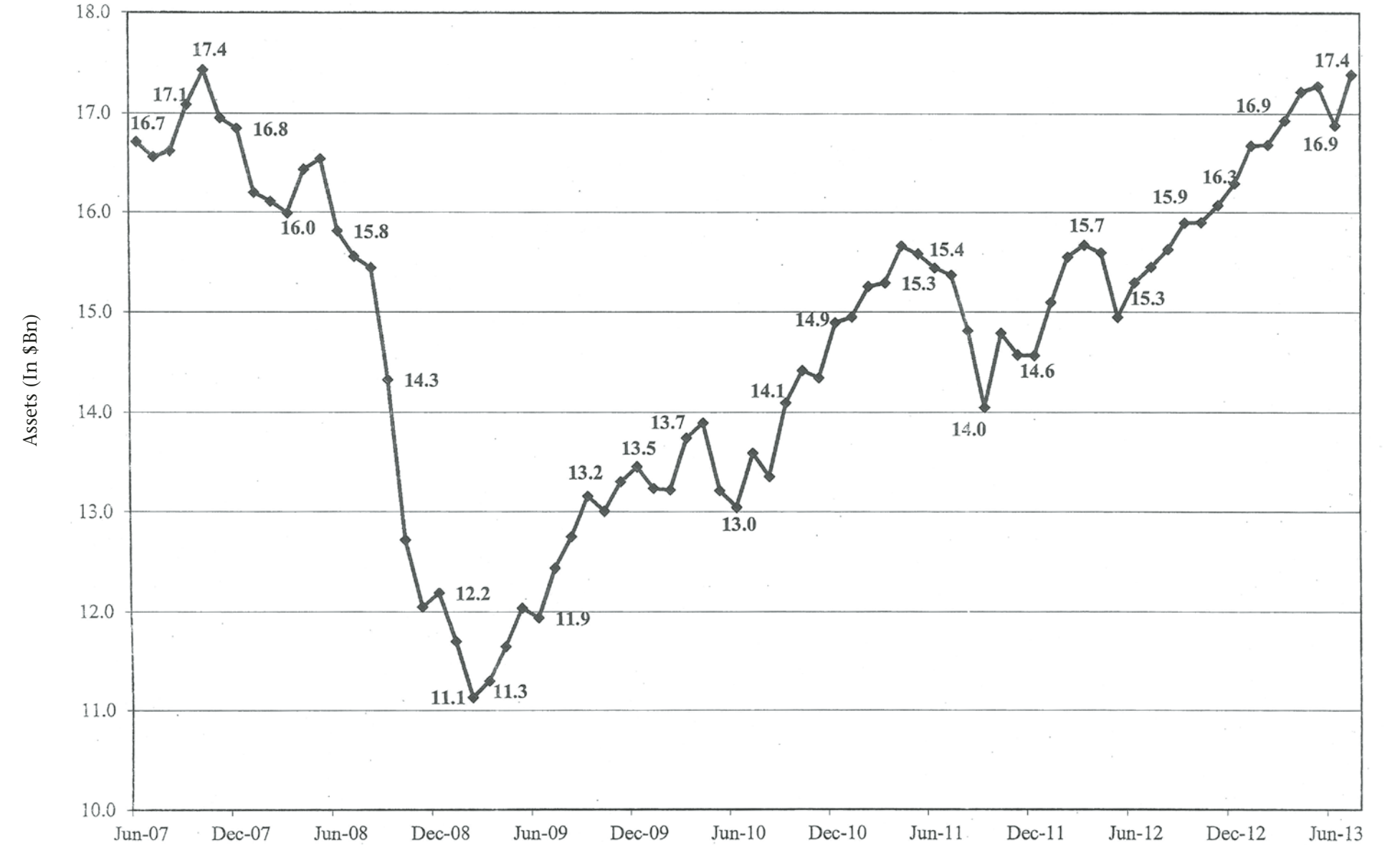


17,320% increase that materialized despite four costly wars, a Great Depression and many recessions. And don't forget that shareholders received substantial dividends throughout the century as well.)" What more can I add?

Mike Hebel has been the POA's Welfare Officer since January 1974. He is an attorney and a certified financial planner. He has received awards/recognition as a Northern California "super lawyer" and included amongst "America's top financial planners." He represents POA members at the City's Retirement Board and at the Workers' Compensation Appeals Board. He also advises on investment matters pertaining to the City's deferred compensation plan. He is currently a member of the SF Police Credit Union's Board of Directors. Mike served with the Police Activities League (PAL) as president and long-term Board member. Mike retired from the SFPD in 1994 with the rank of captain after a distinguished 28 year career. He served as the POA's Secretary and on its Board of

Directors for 19 years. Mike is a frequent and long-time contributor to the POA Journal. If you have a question for Mike, send an e-mail to [mike@sfpoa.org](mailto:mike@sfpoa.org) or call him at 861-0211.

SFERS Monthly Net Assets  
June 2007 – July 2013



\*July 2013 figure is preliminary



# Remember BALEAF During the Combined Charities Campaign

By Robin Matthews  
BALEAF Treasurer

Greetings one and all! It's that time of the year again when the City & County of San Francisco's Combined Charities Program will be kicking off soon. Although there are a number of wonderful organizations to choose from to donate to, I hope that you will all consider making a donation to the Bay Area Law Enforcement Assistance Fund (BALEAF). BALEAF was founded in 1999, and provides financial support to law enforcement officers and their families in the Bay Area who have either been killed in the line of duty, have suffered a serious injury, or who have suffered a catastrophic event. Although we serve the entire Bay Area, a large portion of our assistance goes to members of the San Francisco Police Department and their families. Your support in this campaign will directly



assist your fellow brothers and sisters in law enforcement in the SFPD. BALEAF can be found in the Combined Charities directory under Local Independent Charities. The code number for BALEAF the past several years has been L2027; however, please check the list of donors when you receive your packets to confirm that it hasn't changed, as I have not received a booklet since I retired almost 2 years ago. As the board of directors of BALEAF pay for all administrative costs incurred by the organization through their own annual donations, 100% of donations that are made to BALEAF go directly to helping law enforcement officers and their families who are in need of assistance. Thank you for your support. It is very much appreciated by everyone on the board, as well as by everyone who we are assisting now, and those we will assist in the future.

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## BALEAF Fundraiser — Save the Date! Wednesday, November 20, 2013 The San Francisco Elks Club

By Robin Matthews  
BALEAF Treasurer

The Bay Area Law Enforcement Assistance Fund (BALEAF) will be having a fundraiser on Wednesday night, November 20, at the San Francisco Elks Club at 450 Post Street from 5:30 p.m. to 9:00 p.m. Hors d'oeuvres will be served, there will prizes raffled off, and comedian Michael Pritchard will be performing at 7:00 p.m. For those who are not familiar with Michael, he's a very funny, renowned comedian who use to work in juvenile probation; he continues to work with kids, and loves giving back to the law enforcement community. We're thrilled that he is supporting us in our fundraiser, and his performance is one you won't want to miss! Check out his web site at [www.michaelpritchard.com](http://www.michaelpritchard.com) for more information about him.

The fundraiser will also be a chance for you to honor and spend some time with Officer Ron Artale, who was a well-loved member of the San Francisco Police Department. Ron was forced to retire on a medical disability a number of years ago after surgery left him a paraplegic, and is one of the countless people that BALEAF has assisted over the years. His testimonial is on the BALEAF web site at [www.baleaf.org](http://www.baleaf.org).

org if you'd like to learn more. Tickets for the fundraiser are \$50.00 and are tax deductible (BALEAF is a 501(c)(3) tax exempt organization). Checks should be made out to BALEAF, and mailed to P.O. Box 31764, San Francisco, CA 94131. Please send us your email address when you send in your payment, so we can acknowledge receipt of your payment. There will be a check-in list at the door at the Elks Club the night of the event for those who have paid. BALEAF provides financial support to Bay Area law enforcement officers and their families who have either been killed in the line of duty, have suffered a catastrophic event, or who have a serious illness. All administrative costs for the organization are paid for by donations made by the board of directors, so 100% of all donations made to BALEAF go directly to assisting law enforcement officers and their families. Save the date of Wednesday, November 20, and come out to the Elks Club for an evening of fun, laughter, and supporting a fantastic organization! We look forward to seeing you, as does Ron, and we appreciate your support of BALEAF. We hope that you never need us, but we are here if you ever do.

### BALEAF Fundraiser November 20

## Raffle Items Wanted!

The Bay Area Law Enforcement Assistance Fund (BALEAF) will be having a raffle at our upcoming fundraising event on Wednesday, November 20 at the San Francisco Elks Club (see article on the event in this issue of the *Journal*). We're going to have a number of items to raffle off; however, we would love it if any of you would like to donate any items to the raffle, as well. Whether it's a gift certificate at a restaurant, sports tickets or memorabilia, hotel stays, bottles of wine, or whatever — any and all donations would be most welcome. The more items that we have, the more items that we can give away! We will be happy to provide you

with a donation letter acknowledging your gift, or provide one to any establishment that is willing to make a donation. Please contact me if you have any items to donate, or if you need any donation letters to pass out to contacts that you have. Thank you, and stay tuned for where you can buy your raffle tickets! Winners need not be present to win; however, we hope that you will be able to come to the event and celebrate with us! Robin Matthews  
BALEAF Treasurer  
[RLM2214A@aol.com](mailto:RLM2214A@aol.com)  
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**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.

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*T* **Todd P. Emanuel**  
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# Gun Violence In Schools

Reprinted here is the First Place Jeff Barker Scholarship winning essay. It was written by Loren Louie, daughter of Airport FOB Officer Tim Louie. The topic of the essay is how to stem gun violence in America's schools. –Ed.

Although gun control laws have increased over the years, gun violence throughout the country and within schools still continues to exist. A reasonable amount of society tends to think that gun control laws are adequate enough for unstable people or teenagers to not obtain possession of a gun and although some laws may be adequate enough, there are many other factors that contribute to this epidemic that need to be addressed. There are multiple reasons as to why teenagers result to gun violence in schools, such as gang violence, bullying, mental illnesses, depression, an unstable home environment, peer pressure, media influence, and many other reasons. But it is our job as human beings and as a society to recognize those who experience all these leading factors to gun violence in order to help them through their struggle to prevent their potential threat to society.

Although some signs may not be recognizable, students, parents and teachers should be educated and aware of teenagers and how they behave around school and to others as well. According to the National Associations of School Psychologists, “most youth have told peers before committing the acts, most reported having a history of feeling bullied or threatened, shooters often had a history of mental health problems, and many had made suicidal gestures before the incidents” (Brock, Nickerson, and Serwacki). All of these factors should include the involvement of student peers, parents and school faculty, which means that communities need to be educated about the signs that lead to potential gun violence or any type of violence that occur during school. Communities should be educated through educational programs provided by schools, especially schools that are located in states where gun rights are supported. Teenagers who are experiencing all these leading factors to violence should also be put in mentoring programs. Mentoring programs should include professional counselors and also volunteer peers that could help counsel, guide and listen to troubled teenagers that may need help.

Not only does awareness about other factors help prevent gun violence but also the limited access to guns at home. In the Columbine shooting, the two students who killed 12 people had access to guns that the parents and relatives owned and were also victims of bullying. Through these educational programs about prevention of gun violence in schools, parents would not only be more aware of how their spouses behave, but also more precautions about the weapons that they possess. These educational programs will advise adults become more aware of where they hide their guns and how to keep them safe away from their children.

Thorough background checks and gun control laws will also benefit the safety of society and the educational programs will inform family friends and school faculty about the leading signs to gun violence. With the combination of both government regulation on guns and the educational, mentoring and counseling programs would benefit society immensely regarding gun violence in schools.

**Works Cited:** Brock, Stephen, Amanda Nickerson, and Michele Serwaki. “Youth Gun Violence Fact Sheet.” Naspon/ine. National Association of School Psychologists, n.d. Web.23 June 2013.

# Jeff Barker Scholarship Awards

By Martin Halloran  
Chairman Scholarship Committee

The annual Jeff Scholarship Awards were presented in late August to dependents of active, retired, and deceased members. The recipients of these awards were judged by the POA Scholarship Committee on their academics, extracurricular activities, community service, and a five-hundred word essay. The topic chosen for this year was “How would you address the problem of gun violence in our schools?”

The first place award for the year 2013 goes to Loren Louie, daughter of active Officer Tim Louie from Airport FOB. Loren is attending San Francisco State University and has received \$4,000 towards her college education. Loren’s winning essay is reprinted in this edition of the Journal.

This year, the POA has awarded \$24,250 in scholarships to college-bound students. The funds for these awards have been raised, in past years, through the proceeds from the POA Golf Tournament, or through the POA Poker Tournament. Each student who completed all phases of the application was awarded a scholarship. My thanks go out to the POA Scholarship Committee and especially to Kevin Lyons, Robert Vernengo, Rich Hunt, Roel Dilag, Angelique Marin, Mike Nevin, Dermot Dorgan, and Yvonne Pratt who spent many hours reading and grading the essays. Many thanks also to Cyndee Bates at the POA who spent many hours organizing and verifying information for the Committee.

On behalf the entire Board of Directors, I congratulate all the recipients of this year’s Jeff Barker Scholarship Award and wish all these students much success in their college years.

**1st Place: \$4,000.00**  
**Loren Louie**  
San Francisco State University

**2nd Place: \$2,500.00**  
**(Tied with Briana Van Koll)**  
**Lily Shouldice**  
San Francisco State University

**2nd Place: \$2,500.00**  
**(Tied with Lily Shouldice)**  
**Briana Van Koll**  
California State University, Chico

**3rd Place: \$1,000.00**  
**Shanelle Silas**  
Hampton University

The following students were each awarded a \$750.00 scholarship towards their college education.

**Alejandra Alcaraz**  
San Diego State University

**Shaienne Anderson**  
College of San Mateo

**Michael Carroll**  
Oregon State University

**Kristen Chu**  
University of California Los Angeles

**Charlene Commer**  
Santa Barbara City College

**Conor Feeney**  
Willamette University

**Daniel Feliciano**  
Dominican University of California

**Troy Maxoutopoulos**  
James Madison University

**Kevin McEachern**  
Landmark College

**Aine McGovern**  
Boston College

**Harrison Neff**  
University of California, Davis

**Melissa Olcomendy**  
Sonoma State University

**Marisa Pashby**  
Santa Clara University

**Francesca Puccinelli**  
Santa Clara University

**Danielle Rector**  
University of California, Santa Barbara

**Amanda Shiff**  
Diablo Valley College

**Anna Smith**  
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## Real Estate Update September 2013



Interest rates have moved higher, there is not much room for downside anymore. These are STILL historical low rates. Demand is still high compared to the supply of homes, but increases in interest rates might price out buyers and eventually decrease demand.

For Buyers, continue to be committed, adjust your expectations to how much house you can afford, factoring in the interest rate & continue to make sure your pre-approval letter is accurate and up to date.

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# SFPD Hosts Motorcycle Training and Skills Exhibition

By Ray Padmore

On Saturday, August 3d, the San Francisco Police Department and the Police Activities League held its inaugural Motorcycle Training and Skills Exhibition, “Motorcycles for Kids”. The event took place at A T & T Park, Lot A. The skills Exhibition consisted of motor officers from across California, Oregon, and Nevada competing for best completion times for a very intricate and detailed obstacle course.

The kids in attendance also had the opportunity to navigate a series of cone patterns, which tested

their skills and abilities to handle their bicycles safely. According to Commander Mikail Ali, “this was a well received and needed event. It demonstrated the need for continued training on perishable skills and in full accord with Chief Suhr’s commitment to training our officers to be experts in their respective assignments.”

At the end of the day, many new friendships were formed, skills sharpened, and a deep respect gained for police officers on motorcycles by the spectators in attendance. Proceeds from this event will benefit the kids from the San Francisco Police Activities League.



PAL Cadets provided valuable assistance at the event.

PHOTOS PROVIDED BY RAY PADMORE



San Jose police Sergeant Eddie Chan was the rider to beat.



Nearby to the competition, SFPD Bicycle Instructor, Ray Padmore, coaches future police motor officers in the techniques and proper safety of handling two-wheeled vehicles.



A que of police motor officer entrants from California and Nevada wait their turns for the practice rounds.



L to R: Commander Ali, a proud PAL Cadet, Chief Suhr, and Sgt. E. Chan of SFPD.



Competitors maneuver through the cone pattern.



Ceremony was provided by a United States Marine Corps Honor Guard.



SFPD's own Angel Lozano cuts around the cone.



Even a Solo-wanna-be had a chance to give the course a try! — Editor



# Vietnam Veteran Helicopter Pilots Association

By Pat Burke

Recently, members of the NYPD Emerald Society Pipe Band were invited to play at a Vietnam Veteran Helicopter Pilots Memorial Service in San Francisco, and a later reunion Dinner at the Hilton Hotel, on Union Square.

There was a huge attendance of VHPA veterans at the Annual reunion. Members of the NYPD are also members of the Vietnam Veteran Helicopter Pilots Association.

The NYPD Emerald Society Band made their SF HQ at Ireland’s 32 Bar and Restaurant where they amazed and entertained the patrons on three nights with their energetic and rousing songs. The SFPOA was a sponsor of the event. I’m sure that Jack Webb (SFPD ret.) and Brendan Daly (former partners of Ireland’s 32) were smiling down from Heaven to hear their beloved Ireland’s 32 being “rocked” with the vibrant music of the NYPD Emerald Society Band.

PHOTOS BY PATRICK BURKE



## Join Team WE RUN 9-1-1

By Shauna Leal-Markham  
Dispatcher 40, DEM

Before I worked at DEM a year and half ago I always lived a healthy life style. When I was assigned to work Midnights I found it harder to keep up the gym time and healthy habits. Working as a dispatcher is a very stressful and draining job. Sometimes we are so tired that we begin to let ourselves forget what our body needs. I decided I wanted to change that and knew if I was feeling stressed out all the time then others had to be feeling that way also. A few of us got together every 7M and worked out at the gym, but I felt like we needed something more fun to do outside of work with our coworkers. I decided to start team “WE RUN 911” to encourage my coworkers to want to get out and get exercise while at the same time raise money for charities.

We ran our first 5k race June 30th for the Live Ultimate Run in San Francisco. We helped raise money for the “No Child Goes Hungry” organization while at the same time having fun and living healthy. In August, our team was able to grow from 4 to 8 for the San Francisco Giants Race. This November I hope to double our team for the San Francisco 80’s Run through Golden Gate Park. My goal is to encourage my coworkers and the officers to join together to run at least 3 races a year for different charities and work up to running the San Francisco Marathon next year. If you are interested in living a healthy life style while having fun you should join team “WE RUN 911.” It’s a great bonding experience for dispatchers and officers to build friendships and remember we are on the same team. Email me if interested, [Shaunalealmarkham@gmail.com](mailto:Shaunalealmarkham@gmail.com)



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November 2013

# National Black Police Association (NBPA) Western Region Training Conference

By Fabian Brown  
San Francisco Sheriff Deputy

Please save the dates of November 14–17, 2013 for the National Black Police Association (NBPA) Western Region Training Conference. The conference theme is “Protecting Yourself At All Times On and Off The Job”. This is a great chance for all deputies to get some outside training, meet officers from other departments and hear some dynamic speakers. Scheduled speakers include Motivational Speaker Charles Evans, Sacramento Lobbyist Mel Assagai and Mike Rains the Attorney for Officer Mesherle, BART PD. This should be an informative and educational conference and all are invited to attend. Conference Registration: Members is \$250, Non-Members \$300, Retirees \$150. There

will also be a Prayer Breakfast held on Friday, November 15, 2013, 0830-1030 hrs. Keynote Speaker will be Reverend Staci Currant, doctorate of Jones Methodist Church, San Francisco. Tickets for the Prayer Breakfast are \$40 pp. Our fundraising event will be a Casino Night. There will be appetizers, cash bar and prizes to be won. Tickets are \$20 and can be purchased before the event or at the door. All events and the conference will take place at the Hilton San Francisco Bayfront, Burlingame CA. The NBPA has a local chapter, San Francisco Oakland/ Bay Area, which is open to all law enforcement officers. Check out the website at [www.blackpolice.org](http://www.blackpolice.org). For more conference information please contact me (Fabian) at [spacegirl1361@gmail.com](mailto:spacegirl1361@gmail.com) or Hans Anderson at [hansanderson12@comcast.net](mailto:hansanderson12@comcast.net)

## SFPD Officers, SFSD Deputies to be Honored

# Red Cross to Recognize Local Law Enforcement Heroes

By Fabian Brown  
San Francisco Sheriff Deputy

The American Red Cross is honoring two San Francisco police officers who were nominated, and will be honored in their respective category, for their actions, by the American Red Cross at the Annual Heroes Awards Breakfast. The American Red Cross Bay Area Chapter's Annual San Francisco County Heroes Breakfast will be held on Thursday, September 26, 2013, at the Sir Francis Drake Hotel, 450 Powell St., San Francisco, from 0800-1000 hrs. The tickets are \$50.00; yes, this is also a fundraiser event.

San Francisco Police Officers Matthew Cloud and Stephen Gritsch will receive the Life Saving Award. Upon responding to a request for a welfare check at Third St. and McKinnon Ave., they found a man holding a bloody baby wrapped in a sweatshirt. The baby was blue and not breathing. Officer Gritsch took the baby and immediately began CPR while Officer Cloud drove the patrol car to the hospital. Due to their actions the child was revived and survived. Congratulations on a Job Well Done!

The American Red Cross will also recognize the following San Francisco Deputy Sheriffs:

Sr. Deputy Anna Payne will be recognized for the Act of Kindness Award. For over 30 years Sr. Deputy Payne has raised funds, purchased toys, collected

donated toys from our department and mobilized deputies to wrap and then present the gifts to children at UCSF Medical Hospital and a Developmental School in the Tenderloin. Congratulations, Sr. Deputy Payne! Thank You for your dedication.

Deputies Supremie Wysinger and Matthew Brule will be honored with the Public Safety Award for their quick action in a dangerous situation. When notified of a disturbance across the street from the PUC Building, Deputy Brule went to investigate. The disturbance turned out to be a domestic quarrel which turned physical. Deputy Brule tried to stop and detain the two subjects when the man ran past Deputy Brule and began hitting the woman in the face. When Deputy Brule pulled the man off the woman, the man turned on Deputy Brule. Deputy Wysinger came to assist and together they were able to subdue and handcuff the man and provide first aid for the woman who went to SFGH. Congratulations on a job Well Done!

Please come out and support our co-workers. Tickets may be purchased online at [www.redcrossbayarea.org/heroes](http://www.redcrossbayarea.org/heroes).

*Fabian Brown is a Senior Deputy with the San Francisco Sheriffs Department. She is also on the Board of BALEAF, and the Region 10 Coordinator for the International Association of Women Police (IAWP) and the Leadership Board for the American Red Cross.*

# Mortgage Debt Forgiveness Relief Act Set To Expire December 31, 2013

By Keith Rockmael,  
POA Supporter and Homeowner Advocate

It seemed like just yesterday that underwater homeowners faced a conundrum to either short sale or wait things out to see if the market would improve. For many homeowners the market improved so much that they now sit right side up with actual equity in their home. Short sales have become equity (or what many people refer to as “normal”) sales.

Even with the hot sellers market, some Bay Area homeowners remain underwater. Because we passed the halfway point in 2013, homeowners have that same decision as before. With the Mortgage Debt Forgiveness Relief Act set to expire at the end of this year, homeowners on the fence must choose whether to short sale and take advantage of the tax break or try another option.

What would those other options be?

1) Although banks have been downplaying the loan modification option for some time, homeowners can still apply for either a HAMP (government guidelines) or one of the in-house lender modification programs. Usually the banks mirror the HAMP guidelines but some differences often exist. Either way, those choosing this option should consider using a non-profit counselor to advocate on your behalf, instead of dealing directly with the bank.

2) Refinance through HARP (Home Affordable Refinance Program). Homeowners with no late payments in the past 12 months who are underwater may be eligible to refinance through the HARP loan. Many guidelines exist including that the loan be owned by Fannie Mae or Freddie Mac. Those interested might consider working with a knowledgeable loan officer who doesn't necessarily need to work with your current servicer.

3) If the above options don't work, then a short sale may be the best bet. A short sale, handled correctly, will allow the seller to exit the home without any debts. The short sale can be particularly handy for homeowners with multiple liens and/or HOA liens. Depending on the status of your loans, a foreclosure may leave homeowners open to financial liabilities, while a

short sale many times allows a cleaner break.

In a short sale, the Mortgage Debt Forgiveness Relief Act plays an important part of the loan forgiveness. The bank essentially “pays” the delinquent borrower the amount of debt forgiven, which is why creditors send Form 1099-C to the borrower showing the amount of “income” that he or she received as forgiven debt.

We conferred with CPA Robert Caplan about the Mortgage Debt Forgiveness Relief Act.

Mr. Caplan mentioned, “Homeowners should keep in mind that they can only apply this provision if it was to purchase or improve the property. The advantage is particularly important if they have not re-financed the hell out the house.”

If considering a short sale, a homeowner might worry about being a target for an audit but Mr. Caplan mentioned, “It appears that there is not a lot of auditing for relief indebtedness if you do your tax planning carefully.

To many people, it would seem logical to once again extend the Act but with the Congress scoring a 14 percent approval rating who knows if they will use logic to extend this program.

This sellers market will not last forever. Interest rates should climb. At some point, real estate inventory will probably rise. Those on the fence should consult with their financial planner, accountant or other professional who can look at the big picture to decide if now if the time to hold on or sell and take advantage of the Mortgage Debt Forgiveness Relief Act.

Any officer in need of a referral to a reputable loan modification counselor, non-profit agency, real estate agent or accountant can feel free to contact me at [Keith@Resourcerock.com](mailto:Keith@Resourcerock.com).

Keith Rockmael  
Real Estate Advocate  
Direct: 415-994-1322  
Efax: 415-651-9987  
[Keith@ResourceRock.com](mailto:Keith@ResourceRock.com)  
[Bayarearesource.com](http://bayarearesource.com) — website  
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The MEMBERS Financial Services Program  
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Rick Bruce, retired SFPD  
Tyson & Lindsey Bruce

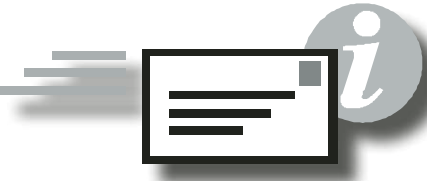
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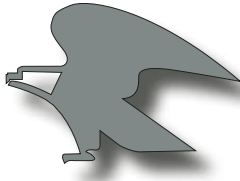
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POA MAIL



Dear President Halloran —

My name is Molly Delahunty, Lieutenant Brian Delahunty's daughter. I am requesting your time during your next board meeting to make a presentation. I am truly grateful for the help and support the POA has provided my family and me. In 2008, I received an academic scholarship that went towards my education at Gonzaga University. I ask for your continued support by joining me to help advance the research for blood cancer.

This fall, I am running in the Nike Women's Half Marathon with the Leukemia and Lymphoma Society's Team in Training. Not only am I participating in my first half marathon, but more importantly, I am raising money towards a cure for blood cancer. Team in Training participants have raised over \$1.3 billion for life saving cancer therapies that are saving lives, like my sister's.

March 2013, my sister, Meaghan was diagnosed with AML Leukemia at the age of 24. My sister's strength during her battle has inspired and encouraged me to participate in the half marathon. After many hospital stays, rounds of chemo, bone marrow biopsies, and finally a bone marrow transplant, my sister is now in remission.

Thank you for your time and I look forward to speaking with you soon.

Sincerely,  
Molly Delahunty

Hi Marty —

My son in law, Brent Bradford gave me your email.

My non-profit RoomsThatRock4Chemo is a member of the Local Independent Charities Organization. As a result, I have received numerous donations from the SFPD. However, they do not release the names of the generous donors. As a result, I would like to place a small ad in your publication to thank those who have contributed.

Mission Statement: RoomsThatRock4Chemo is devoted to creating positive and uplifting spaces that spiritually support cancer patients who are undergoing chemotherapy by revamping bland spaces into vibrant, warm and peaceful environments. By collaborating with interior designers, sponsors and the community with hospitals and clinics that provide chemotherapy, this work is making a real difference in the lives of cancer patients, their families and those involved in their care.

In gratitude to all that have donated to RoomsThatRock4Chemo. With your help, we are now in 11 facilitates world wide, and impact over 731,000 patient visits per year. For more information, to donate or volunteer, please contact us at <http://www.roomsthatrock4chemo.us/> [www.roomsthatrock4chemo.us/](http://www.roomsthatrock4chemo.us/), or 415-518-1716. If you need additional information, please feel free to contact me.

Nancy Ballard,  
Executive Director

Marty —

A client of mine pulled some of their spots off Labor Day...so...I added another 5 FREE spots to your schedule that day.

We'll be running the SFPOA — LABOR DAY spot...about 12 times on Monday, Labor Day...all free. Thanks again for supporting the Blessings in a Back Pack effort. I hope you've been getting some feedback. I was told the receptionist here has gotten a number of calls from KCBS listeners wanting to find out more about this program and have thanked the SFPOA and us for doing this.

Tim Griffin  
Senior Account Executive  
KCBS ALL NEWS 740 AM & 106.9 FM

Dear POA —

Thank you so much for the generous scholarship!

Sincerely,  
Charlene Commer "O'Malley"

Dear SFPOA —

Thank you and the POA very much for the generous contribution of \$750 from the scholarship fund. This is a great help for my school expenses.

Harrison Neff

Dear SFPOA —

Your kind expression of sympathy is gratefully acknowledged and deeply appreciated. Thank you very much for the flowers you sent.

With love,  
Dorothy Minalga

Dear SFPOA —

Thank you so much for all your kind thoughts and care during the loss of our family member. We really appreciate such beautiful flowers.

The Newman Family

Dear SFPOA —

Thank you so very much for your gift of flowers for my mom's memorial. The flowers and the thought behind them brightened our hearts. We, the family and I, are so appreciative of your kind act of condolence.

Sincerely, and always a POA member,  
Sylvia Harper

Dear POA —

Thanks for the tickets you sent/shared with us to the Giant's game. The youth had a great time! Awesome to be a part of a double-header. Magic Zone and Ella Hill Hutch Community Center thank you.

Sherye Davis  
Magic Zone

Dear SFPOA —

I'm deeply honored to receive the SFPOA scholarship award. I hope to spread my ideas of preventing gun violence for the rest of my educational career to my fellow NDNU classmates.

With sincere appreciation,  
Carissa Tang  
(Daughter of retired officer Tim Tang)

Dear SFPOA —

Thank you so very much for donating \$250 to my volleyball team! We were so grateful for all of your donations! Without your help, we wouldn't have gone and played in

the Junior National Championships!

Thanks, again, for everything! I wish everybody the best and to stay safe!

Sincerely,  
Sofia Aloise

Marty —

Attached to this letter is a copy of a thank you letter that was received at Central Station. The letter recognizes Sergeant Richard Jones and Officer Fred Crisp for their display of kindness and generosity while on-duty. The recipient was a special needs child approximately nine years old. What these two officers did was above and beyond what is asked of them every day. I ask that this heartfelt letter of gratitude be shared in an article inside the POA Journal.

Thanks,  
Lt. Ed Santos, Jr.

Dear Chief [Suhr] —

There are few events in life, at age 76, that would motivate me to write a letter of this nature, but outstanding compassion shown by the SFPD causes me to "put pen to paper," so to speak.

On a recent visit to the City by the Bay our grandson, Odin, who is special needs and does not speak, experienced a life-long memory and communication of heartfelt love from your police team, and the citizens of San Francisco.

We were fortunate to be visiting Union Square when the celebration of the cable car bell-ringing contest was happening. We met Officer Fred Crisp and Odin was quite taken by his uniform etc. They spent the next hour together as you can see by the photos enclosed. When we were about to leave, Officer Crisp asked where we were staying and we mentioned we were meeting relatives for dinner at Original Joe's.

When we arrived for dinner there was a package waiting for Odin containing police emblem stickers. Needless to say Odin was thrilled. Then as we sat for dinner, Sergeant Rick Jones appeared, showed his badge, asked for Odin, and presented him with a cap, multiple badges from around the world and, best of all a SF police shirt.

This small boy hardly removes the shirt and hat and was taken to our local police station to show them off.

Again, our heartfelt thank you to you and these exceptional officers who went out of their way to thrill a small boy.

All my best,  
Jon and Dixie Adams

Aloha Sergeant Rick Jones —

Thank you for all the attention and kindness you showed Odin.

Odin is a very proud boy in his uniform and was able to show off to our local Police Station. They were very impressed!

I have requested badges from the Hawaii Police Dept. and I will send

them later when I receive them.

Again, thank you for making our trip to San Francisco very memorable.

Sincerely,  
Odin Rudd  
Jon and Dixie Adams  
Kapa'au, Hawaii

Dear SFPOA —

I would like to formally send my thanks for awarding me the prestigious San Francisco Police Officers' Scholarship. The essay topic was interesting and thought-provoking, so much that I actually thoroughly enjoyed completing my application.

Gun violence is an outrage, and the policies to prevent future outbreaks are all across the board. However, education is the heart of the public school systems, and improving upon the foundation of the education tree can promote and grow healthy minded students. This essay made me recognize the importance of education, and the motivation to continue to a higher learning, no matter what grade level

I am utterly thrilled to receive this award. I thank you from the bottom of my heart, and I look forward to contributing back to the association in the coming years of success.

Sincerely,  
Daniel Joseph Feliciano

Dear SFPOA —

United Way of Central Oklahoma appreciates your generosity and support to the United Way May Tornadoes Relief Fund. Contributions will be used to meet the needs of those affected by the tornadoes. Your contribution of \$1,000 received on 7/15/2013 will assist in those efforts.

All contributions to the United Way of Central Oklahoma for the United Way May Tornadoes Relief Fund are tax deductible in the year paid. No tangible benefit was received in exchange for this contribution and this contribution will not be placed in a donor advised fund or supporting organization.

Your support to the Fund is very much appreciated and vital to the needs within the community. It is important to us to honor donor intent. If the below designation is not correct, please contact Kimberly Johnson at (405) 523-3518 in a timely manner. Again, thank you for your support.

Yours truly,  
Debby Hampton,  
President and CEO  
United Way of Central Oklahoma

Dear POA —

On behalf of all the young men here at Hanna Boys Center, thank you for your generous contribution.

This year's Golf Classic will be a wonderful day of sport and fun in a beautiful location in the heart of the wine country. Above all, your participation will support the courageous boys who have made the difficult decision to leave their families and friends and come to Hanna for life-changing help.

Again, thank you for your support of Hanna Boys Center!

Sincerely,  
Kris Van Giesen  
Hanna Boys Center





Dear SFPOA —

You have touched our hearts as we celebrate joyously together Helpers 60th Anniversary, my 60 years with Helpers and 75th Birthday.

Your gift fills our hearts with happiness since this is the first time Helpers has hosted a Black Tie Gala. Your kindness is beyond words.

Because of your belief in Helpers, we have discovered together more deeply the small, innocent, trusting child within us and within these precious people whom we have served. We have a message to give and we have a message to receive.

As Jean Vanier, the founder of L'Arche for those with disabilities says:

Celebration is being a eucharistic people who sing their thanks because they have been called together as one people in order to bring life to others.

We have discovered that the poor and the weak have called us together. Our mission is to give life, one to another, inside the Helpers Community. You, and our dear friends, have brought life to Helpers and life

to me.

We have been called together in community to be instruments of life to those whose voice is heard because of the symphony of our voices.

Thank you for celebrating our commitment to our precious friends, for honoring my greatest teachers — those who have suffered with developmental disabilities and who have brought joy to the world.

Mrs. Joy Venturini Bianchi  
Director

Helpers of the Mentally Retarded

Dear SFPOA —

On behalf of the Dominican Sisters, faculty, staff and especially the students of Immaculate Conception Academy, we thank you for your donation in the amount of \$500 for ICA's 6th Annual Gala, "Education That Works". Your donation helps cover the cost of education for our students who are from backgrounds of limited financial resources. It also helps support them as they continue maturing as women of faith, learning, community, leadership and vision.

Immaculate Conception Academy is celebrating 130 years on the corner of 24th and Guerrero Streets. ICA offers young women the opportunity of a quality, Catholic, college preparatory education. The Cristo Rey model in the Dominican tradition gives these young women the work experience needed to prepare them for success in college and beyond.

We are truly appreciative for your support. We couldn't do it without you!

Gratefully,  
Sister Diane Aruda, O.P.  
President, Immaculate Conception Academy

Church group to help build a new school building for the children that live in a certain community. As you may already know Haiti is a poverty stricken country. I am plumber with Local #38 and took a leave of absence from work to participate in this trip. I left my family with their support and traveled to Haiti on a humanitarian mission. The children of Haiti who will be attending the school also thank the San Francisco POA. If you would like to view the construction of the school, there is a very nice video of the trip on YouTube (cornerstone Haiti mission trip 2013).

Many Thanks,  
Iran Serrano  
(Brother of  
SFPD Officer Reynaldo Serrano)

Dear SFPOA —

I want to thank the POA for the financial contribution toward the self-funded trip I took to Haiti in July. I traveled to Haiti with my



If you are a Law Enforcement Officer Wife (LEOW), or significant other to a LEO, we want you!

The Contra Costa County Peace Officers' Alliance (CCCPOA) is a non-profit, charitable, social & supportive organization committed to law enforcement spouses and families.

The CCCPOA is comprised of law enforcement spouses representing any peace officer that works or resides in Contra Costa County, or as the spouse of a peace officer who does not have a local support association to join. We currently represent over 10 agencies, including San Francisco PD.

We are seeking new members, so come check us out!!!  
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Photo courtesy of Insp. Matt Perez

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# New Study: Courts Recognizing Stress Effects In Excessive Force Litigation

*Submitted by Michael Nevin, reprinted from Force Science News  
Chuck Remsberg  
Editor-in-Chief*

A new study clearly documents a “significant and important” trend in federal courts to consider the physiological and psychological impact of stress on officer performance in cases alleging excessive force and inadequate training.

“This finding,” says Dr. Bill Lewinski, executive director of the Force Science Institute, “is very encouraging to those of us who have fought for years to get the science of human factors to be part of the legal analysis in cases that challenge officers’ actions in life-threatening situations.

“Hopefully, this trend will only deepen as more judges and juries come to understand the true dynamics of decision-making in tense, uncertain, and rapidly evolving events like officer-involved shootings and other major applications of force.”

The study, the first of its kind, was conducted by Dr. Darrell Ross, a criminology professor, department head, and director of the Center of Applied Social Sciences at Valdosta State University in Georgia.

In a 23-page report in the journal Law Enforcement Executive Forum, Ross offers a valuable compendium of federal district and appellate decisions in cases involving such issues as furtive movements, mistaken perceptions about weapons, vehicles used to attack officers, and other common deadly force controversies.

He also provides specific recommendations for administrators, trainers, and investigators on how best to position their agencies for courtroom victories in cases where human factors may be pivotal.

### Lethal Force Case Pool

Drawing on databases maintained by Westlaw and Americans for Effective Law Enforcement (AELE), Ross analyzed 1,000 randomly selected cases published by federal courts from 1989 to 2012, involving police use of deadly force and allegations of constitutional violations under section 1983 of the federal Civil Rights Act.

This pool represents roughly 20% of the decisions written in such cases, he points out. He did not gather unpublished decisions, state-court rulings, complaints that were dropped by plaintiffs, or suits that were settled out of court.

Nearly 90% of the cases he analyzed arose from traffic stops, disturbance calls, warrant service, or investigations of a suspicious person. Nearly two-thirds of the incidents occurred in low lighting. “In 10%...the officer attempted less-lethal options prior to shooting; in 12%, physical control of the suspect was attempted; and in 86%, the officer used verbal commands prior to firing.” In the end, the officers on average had “less than two seconds” to react to what they perceived as a life threat, and on average they fired five rounds.

Of the suspects fired upon, 96% died, Ross writes. About one-third shot or pointed a weapon at police; 30% used a vehicle to attack (“a sizeable

number,” Ross says), others a personal or edged weapon. But in nearly one in five cases, “the suspect did not possess any weapon.”

Ross selected 1989 as a starting point for his research, he explains, because that’s when the landmark decision *Graham v. Connor* was made by the U.S. Supreme Court, recognizing the reality that officers typically must form perceptions and make split-second decisions under adverse conditions and based upon fragmentary information when confronting potentially deadly threats. Ross, a frequent expert witness in police litigation, did his doctoral dissertation on *Graham* in 1992, at Michigan State University.

That decision established the “reasonableness” standard for judging officers’ use of force and their “perception” of the circumstances. This, he writes, opened the door for introducing “the science of human factors... into the legal analysis of whether [an] officer used justifiable force.”

### Police Are Winning

Although cops often decry their experiences in court, especially in controversial OISs, Ross confirms that in fact police win federal cases significantly more often than not. Of those he examined, “[t]he police were awarded summary disposition in 78% of the cases,” thereby avoiding the need of a trial.

Of the 22% that did go to trial, “the police prevailed in 82%,” Ross found, with the courts ruling that for the involved officers to have believed they faced immediate or imminent threats was reasonable.

All these case decisions “involved circumstantial and environmental factors, suspect behaviors, and human factors impacting the [accused] officer’s perception and decision-making to fire his or her weapon,” Ross reports. “The collective totality of these variables significantly assisted the court or the jury in finding in favor of the police in a high number of cases.”

In short, he told Force Science News, “officers’ perceptions under the influence of stress have become a significant factor in courts reviewing police decisions about use of force.”

### High-Stress Influences

In his Forum report, Ross initially details the stress-related cognitive and physiological phenomena that commonly come into play in high-stress encounters. Well familiar to FSN readers and Force Science Analysis trainees, these include a “myriad” of perceptual alterations, lengthened reaction time, inattentional blindness, “instinctive decision-making,” and diminished accuracy of memory, to name a few. (In explaining these performance factors, he cites the research of, among others, Lewinski; Dr. Alexis Artwohl, a Force Science instructor; and Dr. Audrey Honig, a graduate of the Force Science certification course.)

Then Ross addresses the core of his study: the “identifiable patterns” in court decisions that reflect an understanding of such human performance dynamics. These patterns, in effect, delineate guidelines that can help officers to better understand appropriate use-of-force, aid administrators

in revising force policies and training methods, and assist investigators in conducting fair and scientifically informed investigations of force events.

### Furtive Movement

Ross groups the court-decision patterns into four categories, reflecting common focal points of use-of-force litigation. For each, he cites specific court decisions to support his conclusions.

First, “sudden furtive movements” by a suspect, such as abruptly reaching “toward a pocket or waistband area.”

Consistent with research by Lewinski and others, Ross writes, the federal courts have recognized that an officer “frequently operates behind the reactionary curve, which places him or her at a significant disadvantage.” Observing the suspicious movement, mentally processing its threat potential, and formulating a defensive response may take an officer from 0.5 to 0.75 seconds, Ross notes, allowing a determined assailant time to shoot or suddenly attack physically before the officer can react. Thus, defensive action “without full deliberation” becomes urgently necessary.

Courts acknowledge that an officer often “does not have the luxury to ‘wait and see’ what an aggressor may or may not do,” Ross writes. “A significant pattern of case decisions make[s] it clear that an officer may use lethal force based on...the perception that he or she is in immediate danger [because of] the suspect’s aggressive movements and behaviors....

“The courts note that it is not necessary that the [perceived] danger actually existed; it is sufficient that the [officer] resorting to self-defense... reasonably believed in the existence of such a danger.” Courts note that “an officer does not have to wait until a gun is pointed at him before the officer is entitled to take action,” Ross writes.

### Mistake Of Fact

“Frequently,” Ross reports, “an officer may have to quickly determine whether a subject is holding a weapon or something else.” Occasionally, police have shot people brandishing cell phones, pieces of pipe, or other objects mistaken for firearms.

Here, courts tend to consider how an erroneous perception can be formed under “tense, unpredictable, and fast-paced circumstances,” Ross says. Citing professional papers by Lewinski and Honig, for example, Ross itemizes some of the factors that courts may consider:

“Environmental conditions like lighting, distance, visibility, and reaction time, as well as emotional issues like fear, anxiety, and stress may cause and enhance perceptual distortions. Processing visual cues by the brain takes longer than auditory cues; and motion is perceived before color, and color is processed before shape.

“When an officer is forced to process these factors and others under pressures of time and the belief that his or her life is in immediate danger, a mistake-of-fact shooting may occur.” Contributing to the erroneous perception may be the officer’s “prior experiences, expectations, and contextual cues.”

In accepting the reasonableness of wrong perceptions, courts have ruled that “the Constitution does not require omniscience or absolute certitude to act in self-defense,” Ross finds. Officers “need not be absolutely sure of the nature of the threat or suspect’s intent in order to justify the use of reasonable force.”

### Vehicular Attacks

“An emerging trend associated with a number of shootings is the suspect using a vehicle as a deadly force instrument against the officer,” Ross writes. In this circumstance, “an officer is extremely vulnerable, and the ability to cognitively process a decision to react and to protect his own or another’s safety can be severely compromised.”

Again, Ross finds, courts have been empathetic with a targeted officer’s desperate need to instantly form a perception of threat and to react accordingly, even though the suspect’s vehicle may ultimately turn or back up as well as continue directly at the officer.

Ross cites nearly two dozen cases in which courts have granted qualified immunity to officers who shot suspects who “used or threatened to use [a vehicle] as a weapon.”

### Lethal Capability

The cases Ross studied acknowledged firearms as deadly weapons, of course, but also accepted tire irons, bats, pipes, bottles, fireplace pokers, axes, golfclubs, hatchets, mechanical tools, edged weapons, police batons, pieces of concrete, and flashlights, “to mention a few,” as having lethal capability as well.

Whatever the deadly instrument, courts are recognizing that in an attack an “officer is at a distinct time disadvantage and behind the perceptual processing and reactionary curve,” Ross writes. “Even if the barrel of a gun is pointed down and away, a quick movement to raise, aim, and fire it... can occur before the officer can react.”

In a “significant” number of incidents, Ross reports, courts have found officers “justified in using preemptive force” because of the time crunch. “In a majority of incidents, the courts opined that the officer is not required to wait and see what a suspect may do, as the officer is a fraction of a second (or more) behind the suspect’s actions and such a disadvantage places the officer in a position of immediate harm, which justifies the use of lethal force.”

### Recommendations

Based on his parsing of court decisions, Ross recommends the following:

Policy revision. Administrators should revise use-of-force policies to conform with “the philosophy of Response to Resistance,” which bases force responses on the subject’s actions. Policy should state that the reasonableness of force will be “assessed in conjunction with the officer’s perception [of the threat] at the moment force was used” and “within the totality of circumstances,” as prescribed by the *Graham* decision.

Language which directs an officer to “use the minimum amount of force or

continued on next page



# After 74 Year Drought, Kansas City Officers Allowed To Engage In Political Activity

KANSAS CITY, MO — It's been a long time coming, 74 years to be exact, but members of the Kansas City Police Department can voice their political views once again.

Officers have been banned from that First Amendment right since the 1930s.

At that time, Kansas City Mayor Tom Pendergast ruled the city as a corrupt political boss, doling out jobs in the department along party lines, and using the police to intimidate voters.

The state stepped in and took over the department, and in the process, stripped department employees of the right to openly express their political views.

Now, after nearly a decade-long effort, Missouri Gov. Jay Nixon has restored the workers their political voice, signing Senate Bill 216 into law.

"We can enjoy the basic rights that every other American citizen can enjoy," said Brad Dumit, president of the local Fraternal Order of Police.

According to the law, as long as they're off duty and out of uniform, Kansas City Police Department employees can openly support, or oppose, political candidates.

"We can put up a yard sign or put a bumper sticker on the car without ramifications," Dumit said. "In the past, we could have been fired."

The law also allows employees to donate to political campaigns, serve on political committees, and advocate for candidates.

For his part, Dumit says he's pleased they won the fight, but believes it's a right his members should have already had.

*From KCTV5.com*  
*The post After 74 Year Drought, Kansas City Officers Allowed To Engage In Political Activity appeared first on Labor Relations Information System.*

# Albuquerque PD Officer Fired For Ties to Blog

ALBUQUERQUE, NM — Five years ago, officer Dawne Roberto was being called a hero for rescuing two people trapped in a burning car.

On Tuesday, Roberto was fired from her job after 14 years on the force.

While APD wouldn't say why Roberto was let go, her attorney John D'Amato says it's all because of ties to the "Eye On Albuquerque" blog, a blog that's been highly critical of APD brass and Mayor R.J. Berry's administration.

D'Amato says Roberto severed all ties with the blog two years ago and

told APD who the people behind the site were. He says she never wrote anything disparaging for the blog. Even so, D'Amato says Roberto's work computer was taken to see if she was working on "Eye On Albuquerque" on the clock and she was fired for "being untruthful" and violating APD's social media policy.

The APD's social media policy was established two years ago after officer Trey Economidy came under fire for listing his Facebook occupation as "human waste disposal."

Economidy was suspended for those comments, but Detective Pete Dwyer was fired for similarly controversial comments made on Myspace and Twitter.

APD Chief Ray Schultz has previously defended the policy as necessary, but on Tuesday, Albuquerque Police Officers Association president Stephanie Lopez said that policy has been applied inconsistently.

"I've seen officers that have received a huge suspension from social media sites and then I've seen other officers

that have received 20 to 30 hours of suspension if anything at all," Lopez said.

The union will appeal Roberto's firing.

"Eye On Albuquerque" has mentioned Roberto in two of its postings, the most recent time two years ago.

*From KRQE TV*  
*The post Albuquerque PD Officer Fired For Ties To Blog appeared first on Labor Relations Information System.*

## Force Science® News

continued from previous page

the least intrusive amount should be removed from existing policies." Every federal court, Ross says, "recognizes this point."

Training focus. Because excessive force complaints are commonly coupled with claims of failure to train, Ross emphasizes the importance of modernizing training. To meet today's standards, he writes, training must be realistic, frequent, intense, and "designed to replicate field stressor variables and environmental conditions" and incorporate decision-making and human performance factors.

That means moving beyond stale qualification routines into dynamic scenarios and Simunitions exercises that "help officers understand how to recognize assault cues, cognitively process them, make solid decisions, perform under stress and be able to articulate their decision process."

He believes that training for field officers and command staff alike should include regular updates on court decisions related to use of force. Sworn personnel "need to be aware of how the courts assess lethal force decision-making in the field" and how they evaluate the impact of human factors in life-threatening circumstances.

In conversation with FSN, Ross pinpointed the need at academy and in-service levels for training related to vehicular attacks on officers, "a subject that hasn't really been addressed much" despite its significant representation in the cases he examined.

Investigative enhancement. Along with other important training, Ross considers it vital that "[a]dministrators and investigators who are tasked with evaluating an officer's use of lethal force" have a solid education in human performance factors "associated with survival stress."

This includes gaining a thorough

understanding of such things as cognitive processing, threat and assault cue recognition, perception formation, perceptual alterations under stress, reaction time principles, time-compressed decision-making, and the impact of stress on memory.

As Force Science also teaches in its certification course, he recommends that for best recall OIS interviews should be conducted after involved officers have had one or two sleep cycles and should follow a cognitive interviewing format.

**New Study Underway**

Ross told FSN that he is midway through a new study that may impact law enforcement policy, training, and procedures.

With the cooperation of more than 20 departments, he is exploring the results of proning out resistant subjects during the arrest process. His findings, he believes, will suggest whether so-called positional asphyxia, an alleged fatal consequence of a violent suspect's breathing being compromised when restrained face-down, is truly a menace or a myth.

Data collection will end in December, Ross says, and he hopes to present preliminary results at the annual ILEETA conference next March. (A more limited study of the subject in Canada by Force Science instructor Dr. Christine Hall has revealed no exceptional link between prone positioning and injuries or deaths.)

Ross is author of the book Civil Liability in Criminal Justice, now in its sixth edition. His full report on his court decision study, titled "Assessing Lethal Force Liability Decisions and Human Factors Research," includes more than 100 pertinent case citations for ready reference.

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## Miami FOP Commercial Encourages PD Hopefuls to Apply Elsewhere

MIAMI (CBS4) — The Miami Fraternal Order of Police has come out swinging at the Miami Police Department in a commercial being circulated on the Internet.

The 16 second commercial was uploaded to the FOP's YouTube channel on Wednesday evening with the headline "Don't Apply To The Miami Police Department."

In it, several Miami Police officers are shown as a voice over dialogue says, "Are you looking to advance you career? Do not apply to be a police officer in the City of Miami. There are no educational incentives, no promotional incentives, and no raises. Work for a department that values their public safety employees. Know the facts before you apply."

In a statement sent to CBS4 News, FOP President Sgt. Javier Ortiz said "Our goal is for police candidates (as

well as our own Miami Police Officers) that are qualified to be hired by police departments that appreciate their employees. The City of Miami has no plan to raise the number of police officers in our City. In the next 36 months, we will lose approximately 200 police officers due to retirement and transitioning to better police departments."

Ortiz said they have also been attending recruitment drives and giving out information flyers about other South Florida law enforcement agencies for candidates to apply for.

When reached for comment, a spokesperson for Miami Mayor Tomas Regalado said the mayor had no official statement, but mentioned they do have thousands of applications for police officer positions.

The FOP plans to air the commercial on network television next week.

### Behavioral Science Unit (BSU)

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# NYPD Union Warns Members to Avoid Legal Risks of Stop-and-Frisk

NEW YORK, NY — NYPD beat cops posted a police-union warning in every precinct yesterday instructing officers not to go above and beyond the call of duty — or risk losing their jobs because of the new stop-and-frisk laws, The Post has learned.

“All officers should take action if he or she sees a crime in progress, or if he or she sees that his or her life or the life of another person is in danger . . . [But] all officers should be careful not to initiate any law-enforcement action that could be construed as violating the new legislation and subject the officer to legal action,” read the memo by Patrolmen’s Benevolent Association president Patrick Lynch.

Several rank-and-file cops said yesterday that they plan on following Lynch’s advice rather than risk their careers.

“We are being told not to look for perpetrators of crimes because then we are opening ourselves up to a lawsuit and the job isn’t going to represent us,” a police source said.

“Crime is about to skyrocket. We are going to show up and take reports. This was the safest city in the country . . . Now most crimes will go unsolved.”

Another source added: “These rookies are just getting on the job out of college. They’re not going to risk their pensions. Arrests are going to drop, and crime’s going to soar.

“It really puts a wrench into law enforcement. They’re going to be second-guessing everything they do.”

Another cop agreed that fear of being sued will hinder investigations — even in rape cases.

“If someone gets raped and says it was a black male, I’m going to be handicapped to stop someone because I could get sued for racial profiling. So

now I’m just going to take reports,” the cop said.

Even the bad guys have gotten the memo.

“Perps on the street are saying, ‘If they’re not going to stop me, I’m going to start carrying [my gun] again.’ That’s the word on the street,” said one police source.

“The number of stops is going to go way down, and crime is going to go way up. Shootings and murders are going to come back big time,” the source said.

“Now all these guys who weren’t carrying guns are going to carry again, because they know we can’t stop them. The first thing a perp is going to say is, ‘You can’t stop me, I’m going to sue you,’ a second source agreed.

The sources said most cops want to pursue criminals and make stops, “but now they think if they do, they’re going to get sued and the department won’t have their backs. So now they’re not going to do squat. The situation is just too volatile.”

New bills passed by the City Council — following an override of Mayor Bloomberg’s vetoes — create an inspector general and allow citizens to sue cops in state court under an expanded definition of racial profiling.

“I’m not stopping a soul,” said another police source. “Let the perps play. We put our lives on the line every day for criminals. You think any cop with a functioning brain is going to risk getting a lawsuit or losing their pension?”

Stop-and-frisks were already on the decline before the measures, which could bring the effective police tactic to a virtual halt.

New figures obtained by The Post show there were 58,088 stop-and-frisks

recorded in the second quarter of this year — the least of any quarter since at least 2005.

Mayor Bloomberg yesterday threw up his hands in defeat after fighting the bills for nearly a year.

“The fact that they overrode the vetoes wasn’t a surprise. It’s election-year politicking rather than common sense in terms of what’s right for the city, and the next mayor’s going to have to deal with whatever laws there are,” Bloomberg said on his weekly WOR radio show.

“In the meantime, my job is to keep bringing crime down. We’re just going to keep doing everything we can to, within the law, keep people safe.”

Bloomberg said he intends to file a legal challenge to the racial- profiling bill that allows for state lawsuits.

But he didn’t give his usual warnings about the bills leading to a crime spike. And he said he’ll leave it up to his successor to make things right

“I can’t tell the next mayor what to do, and I shouldn’t tell the mayor what to do,” he said. “I’ve fought as hard as I can.”

But Bloomberg is appealing a federal judge’s order for an independent monitor of the NYPD. The judge ruled that the NYPD engaged in “indirect racial profiling” by making hundreds of thousands of unwarranted stops of blacks and Hispanics.

All of the Democratic mayoral hopefuls except for Anthony Weiner have said they’d drop the appeal of the federal decision. All three Republican contenders have vowed to continue Bloomberg’s fight.

Cops on the beat already have the following mountain of oversight:

- \* Civilian Complaint Review Board: Investigates complaints of alleged mis-

conduct with subpoena power.

- \* Commission to Combat Police Corruption: City agency that monitors and evaluates anti-corruption programs and practices.
- \* NYPD Internal Affairs Bureau: Reviews allegations of police misconduct and can recommend disciplinary action.
- \* NYPD Quality Assurance Division: Monitors compliance with department procedures through audits.
- \* Investigation Review Section: Part of the NYPD Chief of Patrol’s Office, investigates complaints not handled by IAB and CCRB.
- \* Prosecutors: The city’s five district attorneys, two US attorneys and the state attorney general have jurisdiction to conduct criminal investigations into allegations of police wrongdoing.
- \* Justice Department Civil Rights Division: Prosecutes allegations of police misconduct relating to civil-rights violations. Supervisors: Sergeants, lieutenants, precinct integrity officers and precinct commanders all review and evaluate the performance of officers.

A federal judge and the City Council have added these two extra layers of oversight:

- \* Inspector General: Investigates and reviews NYPD operations, policies and practices, including stop-and-frisk.
- \* Federal monitor (Peter Zimroth): Oversees compliance of a federal judge’s ruling reining in stop-and-frisk, including training, supervision, monitoring and discipline.

*From The NY Post*  
*The post NYPD Union Warns Members To Avoid Legal Risks Of Stop-And-Frisk appeared first on Labor Relations Information System.*

## Into the Kill Zone: A Cop’s eye view of deadly force (2004) by Dr. David Klinger, LAPD (Ret).

Book Review by Anne Bisek, Psy.D.

Have you ever seen a madman hold a butcher knife over your partner who was lying on her/his back? Have you ever seen a knife inches from your partner’s throat?

In 1981, David Klinger was 23 years old, and four months out of the LAPD police academy in that exact scenario when he shot and killed Edward Randolph. Klinger left the LAPD 18 months later and moved to the state of Washington to work as a patrol officer. His police career ended in 1984.

Klinger remained interested in the lack of research in deadly force (at that time), and went on to earn a doctorate in sociology at the University of Washington. This book, *Into the Kill Zone*, is the result of his interviews with 80 officers from 19 different police departments in four states who encountered deadly force. The book is not 80 stories of deadly force from start to finish; rather the chapters are categorized into various themes.

The first two chapters introduce the officers personal lives, expectations about using deadly force before they



Dr. Anne Bisek, Psy.D.

took the job, and their experiences at basic training. Chapter three covers situations where officers could have justifiably pulled the trigger but did not.

Pulling the Trigger, chapter four, describes the context of the shooting including: officer down, SWAT call

outs and SWAT preplanned operations. Klinger describes the different views that involved officers can have of the same shooting. Changes in the five senses can occur; including vision and hearing.

A SWAT officer describes time distortion as a split second in which events seem to happen in slow motion. The tunnel vision he experienced allowed him to see tiny details such as, “...the ram man’s pant leg pop up as the round went through [his] leg.” Another shooting took place in a small attic where three officers were firing, one with an M-16, yet the officer describes, “...if I had been on the firing line I’d have been deaf from all that noise. But all I heard were some pops.”

Sometimes the way that memories are processed in life and death situations mean that two officers’ memories may not match, but that these differences in recollection do not prove two officers are lying about, hiding or forgetting important details. It is possible that details, which are not relevant to an officer’s survival, may not be encoded in the brain at all.

Chapter five, When the Smoke

Clears, describes the wide range of officers’ experiences with the official investigation, media involvement, their loved one’s reaction and going back to work.

Reactions to an OIS may vary; an officer can suffer with psychological symptoms after one shooting, but view the next shooting in positive light. Such views can include being grateful for effective training; experiences of validation for “doing my job;” satisfied that one dirt bag is off of the street; and relief that no one else was hurt. It can be awkward to face neighbors or colleagues who expect a negative reaction following a shooting. I conclude from this book, and from the variety of OIS experiences I have heard of in my private practice that there is *no* one way someone *should* react to an OIS.

Dr. Bisek is a licensed clinical psychologist in Fremont CA. She works with first responders, the military and their families. Dr. Bisek has been a member of the SFPD Psychological Professionals Group since 2000. She specializes in calls for service involving the death of a child. For more information on this topic please visit [www.whenachilddies.com](http://www.whenachilddies.com)



Book Reviews

— by Dennis Bianchi

# American Gun: A History of the U.S. in Ten Firearms

By Chris Kyle  
Reviewed by Dennis Bianchi

The author of this book, Chris Kyle, was a United States Navy Seal and considered the greatest sniper in the history of the United States Military. A native of Texas, he was clearly proud of his background, his love of family and country, and his knowledge of weaponry. He was the author of a New York Times best-selling book, *American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History*. He served four combat tours in Operation Iraqi Freedom and elsewhere. For his bravery in battle, he was awarded

## Bad Monkey

By Carl Hiaasen  
Reviewed by Dennis Bianchi

Carl Hiaasen began his writing career as a journalist for the *Miami Herald*. According to an unidentified author, “since 1985 Mr. Hiaasen has been writing a regular column, which at one time or another has ticked off just about everybody in South Florida, including his own bosses. He has outlasted almost all of them, and his column still appears on most Sundays in The Herald’s opinion-and-editorial section. It may be viewed online at [www.miamiherald.com](http://www.miamiherald.com) or in the actual printed edition of the newspaper, which, miraculously, is still being published.” His wit and ability to write clever crime novels, set in Florida, filled with witty wise cracks and clever turns in plot, have produced best-sellers for decades. With *Bad Monkey*, he seems to have become even better.

Andrew Yancy had been a Miami police detective but lost his job due to questionable behavior and is now working as a health inspector for the Monroe County Sheriff’s Office, with hopes of making his way back to his former position. How he comes to have in his possession a red Igloo freezer box containing a severed arm with its middle finger prominently extended makes for a great opening chapter. I’ll give away only one line of the action. When a member of a chartered fishing party becomes understandably upset when he snags the arm from the waters on his fishing line, outside the Florida Keys, the captain attempts to soothe his anxiety with the words, “Well, son, we’re in the memory-making business.” The arm finds its way to the local police who want no part of this unexplained appendage. The new sheriff for whom Andrew works wants the arm delivered back to Miami for analysis and the hope that it becomes the Miami Police Department’s problem. Andrew is told to deliver it, much against his will. One thing leads to another and Andrew becomes suspicious of the findings of the Miami police and believes that he can solve the mystery, which will, hopefully, lead to his leaving his job as a roach inspector and put him back in the business of solving homicides.

Andrew may disagree with many cops in Miami but he has found

two Silver Stars, five Bronze Stars with Valor, two Navy and Marine Corps Achievement Medals, and one Navy and Marine Corps Commendation. On February 2, 2013, he was ironically and tragically shot to death at a firing range while attempting to assist in the rehabilitation of a returning veteran.

I am not a gun enthusiast. I had not fired a gun of any type until I joined the San Francisco Police Department in 1970. I found them interesting as pieces of engineering and mechanical cleverness. I had, what I believe, was very good training. The idea of a gun as a tool of my profession was clearly explained and accepted by

himself attracted to the Dade County Medical Examiner. He is on the rebound from an affair with a woman who is wanted in another state on several criminal charges. He quickly attaches himself to the ME, who finds love making to be greatly enhanced if performed in the autopsy room. This is a Hiaasen novel running at full power. There is a voodoo princess, a Dragon Queen and of course a rather unusual monkey.

There is some biting criticism of local building codes in the Florida Keys and a sexual battery performed with the use of a Black and Decker vacuum with a rotating head. And in the middle of all of this craziness, Mr. Hiaasen makes a point or two. Greed is a vice and it often leads to self-destruction. As hapless a character that Andrew Yancy may be, we find ourselves pulling for him as the case progresses and the mystery nears resolution. And it’s a darn good mystery. The reader is given the opportunity to try and figure out who did what and why in the middle of all the hilarious action. This is a book that begs to be read while at the beach or a pool, perhaps with a boat drink in hand.

### An aside on the death of Elmore Leonard.

Many mystery and action writers owe a debt to Elmore Leonard, who died August 20, 2013. Mr. Hiaasen, the author of the above reviewed book, would readily agree that Mr. Leonard will be hard to replace. Mr. Leonard’s writing spanned decades of not only modern action and mystery, but several Westerns as well, including the famous short story, *The 3:10 to Yuma*, which was twice made into a movie. For those of you who are working as writers and needing a bit of inspiration, think about the following: Mr. Leonard didn’t have a best-seller until he was 60-years old. His first crime novel, *The Big Bounce*, was rejected 84 times before being published in paperback. And for those of you who have never read an Elmore Leonard book, I recommend you do so. 46 novels await you, along with essays, including a set of rules for writers. He was once quoted as saying, “If it sounds like writing, I re-write it.” A local critic named him The Chaucer of Crime. That’s a bit too strong for me but he certainly was a fun and prolific writer.

me. The author, in contrast, grew up knowing a great deal about firearms, learned to properly use one as a boy, and obviously attained exceedingly high proficiency with many. I found him to be a delightful enthusiast and a darn good teller of tales.

Some readers may find Mr. Kyle’s style a bit too folksy. From time to time there is a feeling of sitting with friends at a coffee break as a “good ol’ boy” spins a yarn to his pals. But Mr. Kyle was not just spinning yarns in this book. He is educating the public not only about guns, but about several historically important incidents in our country’s history.

Many of the *Ten Firearms* the author selected are discussed in the sense of their importance to different wars the United States has been involved in since our formation as a country. He also makes mention of the types and uses of guns in non-war settings such as police work, and weapons used by criminals. Mr. Kyle does all of this without a political agenda. Rather, he writes in a straight forward manner about how guns of different eras worked - or didn’t work in some cases. An example explained in the book is the difficulties that both Union and Confederate soldiers had while fighting with rifle-muskets as compared to the later use of the Spencer rifle. He writes, “A number of soldiers on both sides expressed the opinion that the Spencer or another multiple-shot, easy-firing gun would have turned the tide earlier on...Mr. Bruce (Pulitzer Prize winner for history writing) put it this way ‘If a large part of the Union Army had been given breech-loaders by the end of 1862, Gettysburg would certainly have ended the war.’” It is this combining of knowledge of guns and history that makes this book such a great read.

The author throws in a few valuable philosophical tidbits that have nothing whatsoever to do with guns. “You can’t win a war in your head, but if your head ain’t right, you’ve got no chance at all.” And another, “Whether they’re used in war or for keeping the peace, guns are just tools. And like any tool, the way they’re used reflects the society they’re part of. As times change, guns have evolved. If you don’t like guns, blame it on the society they’re part of.”

About the guns: Mr. Kyle selected the American Long Rifle from the Revolutionary War, the Spencer Repeater, the Colt Single-Action Army Revolver, Winchester 1873 Rifle, M1903 Springfield, M1911 Pistol, Thompson Submachine Gun, M1 Garand, .38 Special Police Revolver (a chapter where he covers many other revolvers and semi-automatics used in police work today) and, lastly the M16 Rifle and M4. There are certain readers of this publication who will, no doubt, be familiar with many or, perhaps, most of these guns. What may surprise even those readers are the settings in which Mr. Kyle places each weapon and the stories attached to them. He explains how the Thompson Submachine Gun moved from being a weapon designed for warfare, clearing out trenches and nests of the enemy, to become a standard piece of equipment sported by



Dennis Bianchi

American gangsters such as Al Capone and “Baby Face Nelson.” There is a very succinct but exciting description of the attempted assassination of President Harry Truman and how proficiency with a gun is mandatory if one decides to use it. He informed me of just how enthusiastic Abraham Lincoln was about guns. “Abe Lincoln was a gun buff and a technology whiz... Lincoln took presidential involvement with gun technology to a new level. Fiddling with another experimental repeating gun on his firing range one day he shot off a few round, then announced, ‘I believe I can make this gun shoot better,’ He produced a hand-whittled wooden sight from his vest pocket, clamped it on the rifle, and let loose at a piece of congressional stationery pinned more than eighty yards away. He hit the paper almost a dozen times.”

The conversations about ammunition size and speed is not too technical for the average reader to understand.

In the epilogue the author sums up the purpose of the book. “Pick up a rifle, a pistol, a shotgun, and you’re handling a piece of American history. What you hold is not just a finely engineered instrument, but an object that connects you to people who fought for their freedom... Each gun has its own story to tell, its own connection not just to the past, but the American spirit.” I believe Mr. Kyle has written a book that tells that story extremely well. And he did it simply and colorfully. As he writes later in the book, “You can get a little fancy talking about guns. You become a bit starry-eyed thinking about history. You can forge the rough spots. That’s not fair. Real life has been messy, bloody, complicated. Not a straight line. That doesn’t mean it hasn’t been triumphant, victorious, glorious, and wonderful along the same way.”

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Long-Term Investing

# Over The Hill at 55: Invest in Your Health, Personal Development and Re-Invent Yourself

By Edwin K. Stephens,  
The Stephens Group

Inspiration and genius — one and the same.  
—Victor Hugo

It is always in season for old men to learn.  
— Aeschylus, Age

Can a person who has retired decide to invest both time and money in themselves after age 55, pursue a second career or vocation and re-invent themselves?

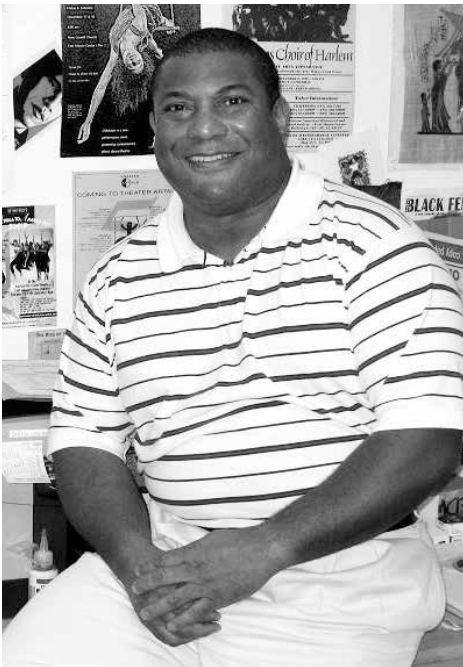
**Answer: Absolutely. Growing older and wanting to be productive in life is not a disadvantage. Instead, growing older is an advantage because wisdom and experience are earned, and ultimately, prized.**

Americans Health and Life Expectancy

It is official. I have arrived. The writer of this article will be 55 years old on September 16, 2013. And, now that I am an official member of the *junior/senior class*, I have had to make some adjustments in my active former lifestyle brought on in part by a pair of bad hips that need to be medically replaced.

However, life is good. It is said that for every door that closes in life, a new one opens. If one has a positive outlook, a good attitude and a willingness to make adjustments and embrace those changes that happen, often, it is conceivable that your new journey may be richer than the life that you earlier led. Do I feel over the hill now that I am turning 55 with a bad set of hips? No. My crutches have helped me to view life through a different prism. And, I have established a new identity. People are nicer to me. And, when I get my hips fixed, I do intend to continue to use my crutches. Just kidding.

There are many law enforcement, police and other public safety officers who have served more than thirty years in their careers. And, they are now retired or are preparing to retire



after fulfilling a committed and distinguished service to their community. In many cases, these individuals do want to stay active and use their collective knowledge gained through a life of work in law enforcement to pursue a second career or other vocation. To these individuals I say, what will be your legacy? Is there a second act? And, if so, how will you re-invent yourself?

In *The State of U.S. Health, 1990-2010* published by the Journal of the American Medical Association, Dr. Howard C. Bauchner, the journal's editor in chief said this is "a landmark study, the first comprehensive box score of American health that's been published." In this ground breaking study on Americans lifestyles and health habits the University of Washington researchers had some profound observations on the average health of Americans.

Dr. Christopher J. L. Murray, director of the University of Washington's Institute for Health Metrics and Evaluation, and one of the study's lead authors noted that "The United States spends more than the rest of the world on health care and leads the world in the quality and quantity of its health research, but that doesn't add up to

better health outcomes." Dr. Murray further stated, "The country has done a good job of preventing premature deaths from stroke, but when it comes to lung cancer, preterm birth complications and a range of other causes, the country isn't keeping pace with high-income countries in Europe, Asia and elsewhere."

On 7/10/13, Ms. Patricia Sullivan staff writer at the Washington Post noted that life expectancy in the United States is going up, but chronic disabilities, including many caused by bad food choices, smoking, obesity, physical inactivity and alcohol abuse, account for a larger portion of health issues in the United States than in its economic peers around the world.

Americans born in 2010 could expect to live 78.2 years, up from 75.2 years in 1990, but that ranked 27<sup>th</sup> among the 34 nations considered it economic peers. Ms. Sullivan noted that the United States also ranked 27<sup>th</sup> in high body-mass index, and indicator of obesity, and 29<sup>th</sup> on blood sugar. The leading cause of death for Americans remains heart attacks, or ischemic heart disease, and the risk factors for that include poor diet, lack of exercise and tobacco use.

Dr. Thomas R. Frieden, director of the Centers for Disease Control and Prevention stated that "The good news is these are things we can do something about." The physician further added "If you look at the country-by-country charts, it shows in communities where they took improvements in health seriously, they were able to see dramatic improvements."

Dr. Frieden noted that the United States is among the last of its economic peers in offering universal health care, and it is late in making societal changes to address the risks that needlessly shorten lives. Dr. Howard C. Bauchner said that "We can't forget that poverty drives health care." In 2010, 678,282 Americans died because of dietary risks, outpacing the 465,651 who died that year of smoking-related diseases. High blood pressure, obesity, physical inactivity, high blood sugar and high cholesterol claimed 1.4 million others.

Dr. Ali Mokdad, a University of Washington professor who also worked on the health study noted, "Unhealthy diets and a lack of physical activity in the U.S. cause more health loss than alcohol or drug use." Fortunately, most police and law enforcement officers are required to maintain a relatively healthy lifestyle in order to perform their duties.

Finding Your Element

Sir Ken Robinson, PhD. is an internationally recognized leader in the development of creativity, innovation, and human potential. He is the best-

selling author of *The Element* and *Out of Our Minds*.

Dr. Robinson's newest New York Times bestseller is *Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life*. In his latest book, he gives case studies of people who have re-invented themselves several times after pursuing successful careers.

In short, *Finding Your Element* is a highly personal process that has different outcomes for all. But the process itself is based on three **elemental** principles that apply to everyone. Those three **elemental** principals are as follows;

Principal #1: Your Life is Unique. Principal #2: You Create Your Own Life and Principal #3: Life is Organic.

It is emphasized in Principal #1 that *Finding your Element* involves understanding the powers and passions that you were born with as part of your unique biological inheritance. And, reflecting on your own cultural circumstances—on opportunities for growth that you want and need now.

In Principal #2 Imagination is the source of creativity. Creativity is about putting your imagination to work. It is applied imagination. It is from our collective powers of creativity that the most important human achievements have flowed: in the arts and sciences, in all the languages we speak, the technologies we make, and in the ideas and cultural values we believe in.

Finally, Principal #3 Life is Organic. Most peoples experiences in life is a constant process of improvisation between different interests and personality on the one hand and circumstances and opportunities on the other. The one affects the other. It is said that many of the opportunities you have in your life are generated by the energy you create around you. *Finding your Element* means being open to new experiences and to exploring new paths and possibilities in yourself and in the world around you.

Striking a Delicate Balance

It is the hope that as we age and mature, along with the wisdom that we acquire from our life experiences attention is also given to our physical, mental, spiritual growth and health. If a person wants to improve or re-invent himself there are plenty of opportunities to do so. Life is a journey and not a destination. It is a series of choices and striking that delicate balance is not often easy or clearly identified.

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# Fiber for Fat Loss

By Rich Thurman

So you’ve been working out at the gym for months now; you’ve increased your protein intake and you’ve been doing cardio like a madman or woman, but you’re still not getting the fat loss results that you desire. This is happening to countless people around the world as they strive for that dream body and those six pack abs. As a personal trainer and strength coach in San Francisco I can’t tell you how many people tell me that they want to lose inches around their midsection, get rid of their man boobs or lose those cottage cheese thighs, but never take the time to look a bit closer at their diet. As they say, you can’t always have the cake, eat it too and expect to look like an abs model.

You see, exercise alone will never get you the fat loss results you desire. It is only through exercise and well balanced nutrition that you will be able to shed those extra kilos and lose body fat. So when I make professional recommendations as a personal trainer regarding diet, one of the first things that I instruct a client is that they need to increase their consumption of whole foods; mainly fruits, vegetables and lean cuts of meat.

Most of us frown at the site of vegetables and many of us were conditioned from an early age to dislike vegetables as our parents typically had no idea how to present them or prepare them. They simply put them on the plate as an afterthought. We were commanded to eat them and were told that if we didn’t eat them we couldn’t have desert. So what do we do as adults? We say, my parents aren’t here to tell me what to do so I’ll skip the vegetables and go straight for the desert.

But here lies the problem in our quest for Fat Loss. The dietary fiber which comes from vegetables is a key component for not only your body’s overall health but it’s also a strong supporter of fat loss. Many of us have been told before that fiber will help

fight against heart disease, cholesterol, diabetes and colon cancer, but there is much more to fiber than meets the eye. Here are a few ways that fiber can help you to your fat loss goals.

**Fiber controls appetite.** Insoluble fibers do not dissolve in water and absorb large amounts of water while traveling through your digestive tract. It tends to add bulk and will give you a full feeling of satiety. This will assist you in consuming less calories overall and contribute to overall fat loss and weight loss.

Research shows that fiber lowers estrogen levels, which in men is tremendously important in helping prevent prostate cancer. But estrogen also contributes to the body causing it to store more fat and works contrary to your fat loss goals. This is also a reason why women tend to carry more body fat than men. Men also have estrogen within the body and it may be lowered by increasing the amount of fiber in the daily diet.

Fiber has been shown to improve protein absorption by slowing the rate of protein moving through the body and allowing your body a longer period of time to digest and absorb it.

Insulin is also a major factor if fat loss or fat storage. Fiber works by slowing the process of sugar absorption so that the release of insulin into the bloodstream is also slowed. Insulin contributes to the storage of excess body fat so the lower the insulin spike is the better off your body fat will be. Not to mention, high levels of insulin contribute to Insulin Resistance and in turn Diabetes.

If you’re not consuming fiber then it’s time to get on it. The average person consumes well below a suitable level of fiber per day. There are no



specific guidelines but research has shown that 25 to 30 grams and even up to 40 grams of fiber per day is a good level. Unfortunately, most people are consuming less than 15 grams per day of fiber.

Now don’t run out and jump to 30 grams immediately. Take your time and work your way up. Increasing fiber immediately can have adverse reactions like gas, irritable bowels, bloating, etc. Increase slowly and give your body time to adjust.

Also be sure to divide your fiber intake throughout your meals. If you are on a 5 to 6 meal a day plan which includes snacks, try to get 5 to 6 grams of fiber with each.

Make sure to get both types of fiber, insoluble and soluble. To lower body fat insoluble fiber is recommended. Whole grain cereals (like whole rolled oats) and apples are a good choice. Psyllium Husk can also be an excellent source of insoluble fiber.

Like I have said in many of my previous articles, fat loss doesn’t happen

overnight. For fat loss you will need a bit of patience. Try not to set your expectations too high. Give it at least 30 days before you start to see the long term external benefits of fiber, but realize that from day one you have started the cleanup process from the inside out.

To get active in The City, check out our early morning training sessions and get your FREE TRIAL SESSION at [www.TeamXOFit.com](http://www.TeamXOFit.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 15 years of experience in sports, health and fitness. Rich began his career volunteering hundreds of hours with City College of San Francisco Athletic Training, working in Physical Therapy clinics and The Olympic Club of San Francisco. He’s conducted group exercise and fitness workshops worldwide from the US to Asia and worked with athletes from high school to the Olympic/ Professional level.*

*Rich is owner of Xodus Fitness ([www.TeamXOFit.com](http://www.TeamXOFit.com)) which provides group fitness training and workshops. He is the primary author and administrator of the The Fitness Library. ([www.TheFitnessLibrary.com](http://www.TheFitnessLibrary.com))*

*To contact Rich for any professional services, inquire at 415.990.4874 or [info@xodusfitnessSF.com](mailto:info@xodusfitnessSF.com)*



# Six Reasons to Drink More Water

By Officer Scott Kiesel #4122  
SFPD Physical Fitness  
Coordinator

I get asked at times, what else can I do to be more flexible? One simple answer other than stretching is drinking more water. We all know drinking more water is good for us, but why? Here are six good reasons to drink more water.

Drinking water helps maintain the balance of body fluids. Our bodies are 60% water. The function of bodily fluids is most important to the transportation of nutrients and maintenance of body temperature.

Water can help control calories. While water does not have any magical effect of weight loss substituting it for high calorie beverages can easily help.

Water helps energize muscles. Cells that do not maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. It is a good practice to drink about 17 ounces of water about two hours prior to any exercise. When your muscles are properly hydrated they are more flexible.




Water helps keep your skin looking good. Our skin contains plenty of water. When water is lacking, your skin can look more dry and wrinkled.

Water helps your kidneys. Bodily fluids transport waste products in and out of cells. The main toxin in the body is blood urea nitrogen, a water soluble waste that is able to pass through the kidneys and excreted in urine. If you chronically drink too little you may be at a higher risk for kidney stones.

Water helps maintain normal bowel function. Adequate hydration keeps things flowing along your gastrointestinal tract and prevents constipation. Adequate fiber and fluid are the perfect combination for good gastrointestinal health.

It is not a bad thing to always have a bottle of water wherever you go. Drinking water can improve your overall health. Keep these points in mind as you go about your day and your body will thank you.

Source: [webmd.com](http://webmd.com)



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**3rd Annual Fallen Officers  
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**Solano County**

**Hosted by the City of Fairfield and  
Fairfield Police Officers’ Association**

**October 12, 2013**

**Art Koch Training Facility, Fairfield.**  
**Families Welcome.**

**Registration 7 am Competition Starts 8 a.m.**



# Sports



## Nick's Notes

By Nick Shihadeh,  
Journal Sports Editor

### Soccer Club Takes Bronze in San Diego

CHECK IT OUT: I received an email from **Pete Richardson** (Hondas) recently about the accomplishments of the SF Police Men's Soccer Club in San Diego for the Police/Fire Games back in June. The club used to boast a stronger representation of three teams in such an event, but this time around only the C Dogs Team (over 35 yrs) represented the department. This is the way things were according to Pete:

"This year, the SFPD soccer club traveled to San Diego to compete in the Western Police and Fire games. Unlike prior years, there were so many of our members who had prior commitments, that we seemed doomed before the tournament even began. At times, during our many practices, we thought maybe it would have been easier if we just sat this year out.

A small dedicated group in our club made the decision that this was not going to happen. The reputation of this club, built by so many who have played both past and present made the decision quite a simple one for us. We were going to compete even if the cards were stacked against us. We were the SFPD soccer club, of course we'll be there.

Our first game was against the U.S.

Feds. Keeping our club's tradition, we showed up a little late to see a Federal team already dressed and ready to go, with a full roster "to boot.". As we dressed into our uniforms, we watched as the Feds gracefully warmed up on the field exercising in sync with one another. Our team took the field and **despite not much of a warm-up** played some awesome soccer.

**Justin Erb** played solid defending the net as goalie, taking command of any and all balls that fell into the goal box. The defense played great with **Dan Cunningham**, our veteran **Mike Becker**, **Fabian Fowler** and **Eric Solares** making the Feds' opportunities few and far between. One opportunity came when a forward attempted to penetrate Becker's crafty defense. After losing position on the ball, the forward threw an elbow into Becker's face, causing a nasty cut (not seen by the ref of course). **Becker might've lost the battle with the cut, but he sure won the war on that one.**

**Chris Anderson**, **Gary Watts**, **Bobby Vernengo** and **Oscar Padilla**, all played strong and smart and began dissecting their midfield and defense. With hustle from our forwards, **Steve Glickman**, and our newcomer, **Alex Popov**, we won the game 3-1. Goals came from Padilla, Popov and a blast into the net by **Carl Ueber**.

The following day, we were faced with the L.A. Sheriffs. This team looked stronger and fitter than the Feds. We knew right off the bat, this would be a battle. It appeared, as always, that the Sheriffs had made this trip solely to beat up on the SFPD club.



With our numbers down this year, the guys knew they had to leave it all out on the field. As I watched our team battle throughout this game, I realized how and why our reputation is what it is. Our guys stood toe to toe with a group of athletes that were strong and fast. Whether it was the determination of a bandaged veteran player like Becker, the speed of Glickman or just the skill of our midfielders, SFPD held the sheriffs to a 2-2 tie. A powerful throw in from the sidelines by Vernengo and a penalty scored by Padilla were the goals scored. The C-Dogs played with heart and grit throughout this game.

With a win and a tie under our belt, the battered few were now faced with having to play a combo team consisting of the Sacramento PD and the San Mateo County Sheriffs. With key players already worn down (such as Cunningham, Glickman, Ueber and Reynoso), the team just couldn't get over the hump in this match. Only down 1-0 at half time and battling a hungry team, we just couldn't hold off the shear numbers game. We ended up losing and this loss to Sacramento/San Mateo dropped us to a 3rd place position in the final standings. Hard luck!

The players should all be proud of the way they performed. They repre-

sented the heart of our club. Thanks so much for all the families who made this a very special trip. **Ramon**, a special thanks for the awesome barbeque. Last, but not least, thanks so much to **John Sheehan**, **Kevin Healy** and the POA for all their support."

Thanks for that Pete. It was a good description of a gallant effort by our guys. As usual the men's soccer club represented the department well with heart and soul as they have done for the past 35 years. Congrats on the bronze medal and good luck in Las Vegas in October for the North America Police Soccer Tournament.

### This and That

A reminder that the anual **Isaac Espinoza Memorial Softball Tournament** is taking place the weekend of Sept. 14th and 15th at Westlake Fields in Daly City near Joe's of Westlake. This is, of course, a fund raising tourney to go toward the college fund for Isaac's daughter Isabella. If interested in entering a team or donating money, please contact **Marc Marquez** at the Academy (415-401-4600) or **Kevin Worrell** at Central Station (415-315-2400).

That's all I have for now, stay well and safe and So See Ya next month...



Front Row (L to R): Dan Cunningham, Steve Glickman, Chris Anderson, Percy Hernandez, Robert Vernengo, and Carl Ueber. Back Row (L to R): Coach Pete Richardson, Oscar Padilla, Erick Solares, Alex Popov, Gary Watts, Mike Becker, Ramon Reynoso, and Justin Erb. Not pictured, Fabian Fowler.

*This is a Social Event Only, Hosted by an Individual. It is not a Fundraising Event*

## PEDRO TOURNAMENT

Retiree Bob Brodnik

is Hosting a Pedro Tournament!

**Saturday, October 5, 2013**

*Contact Bob Brodnik for Further Details*

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First Annual SFGG HS

### Legacy Tour Golf Tournament

The parents and coaches of the San Francisco Golden Gate Rugby Club's high school teams are hosting our first annual "SFGG HS Legacy Tour Golf Tournament". The goal of this tournament is to raise money not only for our Ireland 2014 tour, but also for our permanent tour fund that will allow us to fund future tours.



**Thursday, September 26 2013**  
**Presidio Golf Course**  
**Check in at 11– pm Shot Gun Start**



\$200 per player includes; 18 holes of golf with a shared cart, a boxed lunch, dinner

Corporate sponsorship \$1,000; 4 players (with same amenities as listed above) as well as company logo on solicitation materials, signage on tee and an SFGG Ireland 2014 tour polo shirt and baseball cap for all four players

Longest Drive Contest, Close to the Hole Contest, and Raffle During Dinner

Emcee Paul Tonelli 107.7 The Bone

Please RSVP to Steve Roche – [stevemroche@comcast.net](mailto:stevemroche@comcast.net) - 415.572.9547  
The Ireland 2014 Honorary Tour Committee

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2nd Annual

Charity Bowling Challenge

Thursday, September 12, 11 am to 3 pm

Mission Bowling Club, 3176–17th St.



Join us as SFFD Station #7 battles SFPD Mission Station.



Tickets are \$5.00 at the door, and include 1 raffle ticket.

dditional raffle tickets for sale on site.

New, unopened toys will also be accepted in-lieu of cash.

All proceeds to benefit the SFFD Toy Program & the Mission Station Christmas Toy Give Away.

The Mission Bowling Club is donating their staff and venue to host this charity event.

Please visit their website at [missionbowlingclub.com](http://missionbowlingclub.com). The bar and restaurant will be open during the event.

Come enjoy a beverage and cheer on your favorite team!

If you can't attend, but still wish to contribute tax deductible money, toys, or raffle items, please contact:

Sgt. Matt Rodgers — SFPD Mission Station at [meat1914@gmail.com](mailto:meat1914@gmail.com)

or FireFighter Doug Manguiat — SFFD Station #7 at [firemango007@gmail.com](mailto:firemango007@gmail.com)

San Francisco International Airport

Charity Golf Tournament — Monday, October 7

11 :30 AM Shotgun Start • (Registration starts at 9:30 AM)

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\$250 per player

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You can bring your own team. Singles and two person teams are welcome. We will pair you. We can only accommodate the first 72 teams or 144 golfers. Each golfer must submit their August 2011 handicaps or their average score.

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Dinner Guests: Non-Golfing Guests-\$60. *You must indicate any additional dinner guests on your entry form.*

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

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

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

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I am looking to purchase four deactivated SFPD unit patches for my collection: San Francisco Housing Authority Police, San Francisco Harbor Police and San Francisco Port Police; San Francisco Police with the reserve tab over the patch. Please phone Dave Bardoni 707-632-4138 and leave a message

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

POA Journal Deadlines	
Oct. 2013	Sept. 25
Nov. 2013	Oct. 25
Dec. 2013	Nov. 22
Jan. 2014	Dec. 23
Feb. 2014	Jan. 24

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!

Thinking of a cool treat for September? Make yourself a cold bowl of ice cream and solve this puzzle containing cool treats!

Y	R	Y	A	H	C	K	G	V	N	C	K	A	X	C	CHOCOLATE	PINT
R	Y	W	A	F	H	G	A	S	N	L	O	S	O	R	CONTAINER	SMOOTH
I	M	R	S	A	O	I	L	X	T	A	X	N	N	F	DISH	SPOON
A	D	S	R	B	C	M	L	F	C	U	T	A	E	Z	FREEZER	SYRUP
D	W	O	O	T	O	A	O	H	R	A	N	C	C	X	HOMEMADE	TREAT
H	I	J	V	T	L	S	N	E	I	Z	L	K	V	H	PARLOR	CONE
T	K	D	A	H	A	N	Z	N	H	T	O	O	M	S	SCOOP	DESSERT
A	R	E	L	K	T	E	E	D	A	M	E	M	O	H	SOFT	FLOAT
E	R	E	F	V	E	R	T	O	P	P	I	N	G	T	SWEET	HARD
T	A	F	S	R	A	S	A	A	D	U	F	D	A	N	TOPPING	NUTS
S	K	D	F	S	P	N	R	N	I	S	R	O	X	I	COLD	QUART
A	C	U	N	O	E	L	I	O	S	A	L	Y	W	P	DAIRY	SNACK
T	K	O	O	U	O	D	N	L	H	F	B	D	S	L	FLAVORS	SUNDAE
B	Y	N	O	R	S	I	U	T	L	Q	U	A	R	T	GALLON	TASTE
T	L	E	M	P	T	E	E	W	S	A	C	O	L	D	MELT	VANILLA



# Wilderness Program Summer 2013



By Michael Rivera,  
Wilderness Adventure Program

Over the years, I have had the privilege of taking our youth out on wilderness adventures and watching them develop and grow. Many that I met when I started with the program nine years ago are now young adults and are doing very well. One young lady, Jacquelyn Fuller from Willie Mays Boys & Girls Club, has just finished her first year at Dillard University in Louisiana and returned for the summer to work with youth at Willie Mays Boys & Girls Club, giving back to the community that gave to her. She is looking at attending NYU Law School. Jacquelyn is a shining star from her community. We wish her well.

Youth from Bayview, Sunnyside, Visitation Valley, Gilman Rec, and Alice Griffith wait in anticipation every summer for the return of the Wilderness Program, as they know we take them hiking, river rafting, and kayaking. Many times during the school year, I will be in the schools' halls and will hear form behind me "Of-ficer Mike you taking us river rafting this summer?" "Of course," I reply nervously as I turn to see if I recognize the youth. As their appearance changes rapidly as they grow, it is usually a struggle for me to remember them. I reacquaint myself with them knowing full well they see the uncertainty on my face, and after a short chat, the ritual hi-five and an agreement to meet in the summer.

At the beginning of this summer, I was in the Willie Mays Club House and a youth walked in, must have been all of 6' 4". We look at each other and of course he knew me right away. As I was struggling to recognize him he said, "You don't remember me, do you?" To my embarrassment, I could not remember his name; I did, however, know his face. The first time I met him he was looking up at me, the last time I saw him we were looking eye to eye, and now as I approached to reacquaint myself with him, I was tilting my head back to look up to him. This is just not fair.

This summer, the Wilderness Program provided a number of different trips to San Francisco's at-risk and low-income youth. Our youth came from the Willie Mays, Sunnyside, Visitation Valley, Mission, and Columbia Park Boys & Girls Clubs, as well as the Samoan Community Development Center, YMCA Malcolm X Academy, City of Dreams, Alice Griffith Housing, and Gilman Rec-Connect. We have taken our youth on day hikes to the Presidio, Marin Headlands, Mt. Tamalpais, and Skyline Open Space in Palo Alto, river rafting on the South Fork of the American River and kayaking in Richardson Bay, Sausalito.

It has been a wonderful and exciting summer for all participants, especially for those that, for the first time, were able to explore new locations and activities that challenged them both physically and mentally taking them outside their comfort zone. Their lives are forever enriched for the experience.





# Focus on the Airport Bureau



PHOTO BY VAL KIRWAN

## Officer Calvin Lew and “Phoeby”

By Val Kirwan, Airport Bureau Rep

A member of the 181st Recruit Class in 1995, Calvin has served at Northern and Tenderloin Task Force before transferring to the Airport in March of this year. After completing his K9 handler training at Lackland Air Force Base in June, he was teamed up with his K9 partner “Phoeby.”

Phoeby is a 2-year old female Weimaraner, one of just three of that breed in the TSA program nation-wide. She lives with Calvin and his family. Her favorite toy is a Kong.



PHOTO BY PATRICK BURKE

## National Night Out — America’s Night Out Against Crime

Forwarded to the Journal by Pat Burke

Here are a photo from the National Night Out — America’s Night Out Against Crime.

Sgt. Ron Meyer coordinated a very successful Park District Event at the Boys & Girls Club on Page Street. Note all the Police Districts participated.

“The National Night Out held in the Park District was a huge success.” said Ron. “The NNO is a yearly event designed to raise Crime Prevention awareness, strengthen neighborhood spirit and unity, and foster community/police partnerships.”

“This year, in San Francisco, we partnered with over a dozen allied agencies for a very successful event.”

More information can be seen at <http://www.natw.org/>.

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8/26 – 9/1



### SFPOA Joining Forces with CBS To Help Feed Hungry Children

The San Francisco Police Officers’ Association joins CBS in an effort to feed 300 San Francisco children for the next three years. The SFPOA is involved with over 100 charitable organizations and contributes to companies and causes that further the goal of making San Francisco a better place.