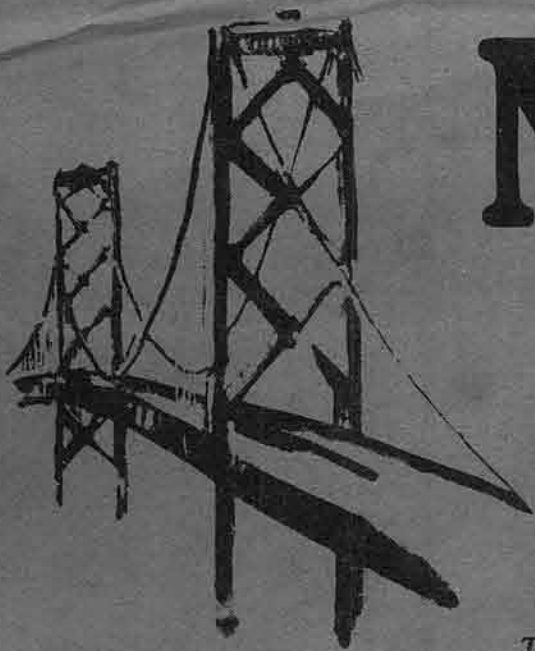


NOTEBOOK



Official Publication of the San Francisco Police Officers' Association
To Promote the Efficiency and Good Name of the San Francisco Police Department and its Members

VOLUME 21

SAN FRANCISCO, MARCH, 1989

204

NUMBER 3

Keys Wins

RUN-OFF ELECTION RESULTS

President

Bob Barry — 551
Mike Keys — 792

Treasurer

Dan Linehan — 565
Al Trigueiro — 780

Vice President

Paul Chignell — 684
Gary Delagnes — 659

Co. A

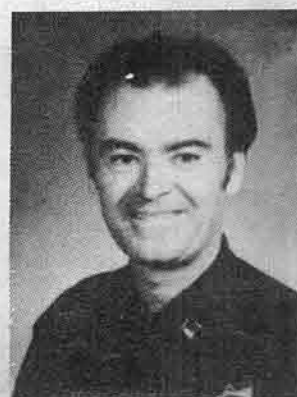
Frank Machi — 55
George Rosko — 80

Police Commission Supports Chief Jordan

At a March 8 hearing the San Francisco Police Commission voted to back Chief Jordan's decision not to bring charges against Officer Frank Achim for allegedly striking UFW official Dolores Huerta.

The Commission, by a 4 to 1 vote, decided not to force the Chief to bring charges against Achim. Jordan, who had vowed not to charge Achim even under threat of firing, said he was "extremely gratified" by the vote.

The sole dissenter was Commissioner Medina who, after the vote, called for a change in the Charter to bring sustained OCC complaints directly to the Police Commission, by-passing the Chief's office.



Dope Doings

by Sgt. Rene LaPrevotte

As you may or may not know, the SOB NTF is a street level task force that primarily handles the housing projects and related crack cocaine traffic (street level) in the projects. The nature of the beast is that our guys seldom get to see major quantities of dope.

On 12/19/88 members of the SOB NTF were surveilling the Potrero Hill Projects. Officer Jim Miller drove an unmarked vehicle through the area and received an "offer" from a suspect on Missouri Street. When officers moved in and arrested him, we found car keys in the suspect's pocket, but he denied having a car nearby. SFPD's Jim Miller noticed that there was a "Derringer" type remote vehicle alarm activator on the key chain. Miller pushed the button several times, and noticed the "chirp" of the alarm being activated on a 1971 Pontiac Firebird that was parked nearby. Closer inspection revealed that the remote push-button alarm activator was also locking and unlocking the car's power door locks. Suspecting that the suspect was using this vehicle for his base of operations, a search revealed nearly two pounds of crack cocaine and \$1524.00 in currency.

A totally unrelated incident occurred on 2/1/89 when Sgt. John "Red Beard" Fowlie of the SOB NTF with his squad and several members of the "Parolee At Large" Unit of the Department of Corrections responded to Mazanita St. to serve a parole warrant. The parolee is suspected of being the ring leader of a family of drug lords that have cornered the cocaine trade on Hunter's Point Hill. When he was arrested, the officers noticed large stainless steel pails with white caked-on residue in the sink ready to be washed. Closer inspection revealed the residue was crack cocaine, which also was caked on several wooden spoons and other kitchen utensils. A search warrant was secured, and the search revealed seven pounds of crack cocaine in a locked safe. It should be noted that while he and another suspect were left unattended in the rear of a police car, they engaged in a very incriminating conversation that just happened to be recorded on a VOX micro-recorder left in the vehicle with the two suspects. When the cocaine seized from the Missouri Street suspect

(above) was fingerprinted, it revealed prints of the parolee's brother, which should result in a good old family reunion in the Federal Pen.

The very next day (2/2/89), Sgt. Rene LaPrevotte had a surveillance of the Randolph Street area of San Francisco's Oceanview District utilizing officer Mike Favetti in a surveillance vehicle. Favetti saw a subject drive through the area and alert the street sellers that the cops were in the area. Since the surveillance had been "snatched-off" by him, several cover officers effected a traffic stop with the intention of arresting the big mouth for interfering with an investigation. A quick warrant check revealed that he has a search condition as a result of a prior conviction. Office Bob Castillo noticed that he had a cellular phone, two pagers which were both beeping incessantly during the interview and \$745.00 in small bills. Concluding that he was not only the drug dealers' "Paul Reveré" but a seller himself, the officers decided to conduct a probation search as a result of his 10/35 search condition. The next problem was to determine what his real address was. Even THESE morons seldom provide the address of their stash pads to the cops. While searching his car, Castillo came upon some indicia that indicated an address in Daly City. When confronted with that address, the suspect turned an ashen gray and denied any knowledge of the address.

Having gotten lucky just the day before in Daly City, the officer called in Detective John Warren of Daly City PD. John IS the Narcotic Unit for Daly City, and agreed to accompany our officers to the Daly City address. The keys that the suspect had in his pockets opened both locks on the door to the apartment he professed no knowledge of, and a search was instituted. In the apartment was a 9mm pistol, ammo and indicia placing the suspect in the residence. Warren of DCPD looked in the refrigerator (no, not for refreshments) and found two kilos of white powder which subsequent analysis revealed to be Columbia's finest.

While seizures like these are small potatoes to the "upstairs Narcs", they represent quite a source of pride to a lowly street unit like the Task Force. It also shows what some intuitive patrol officers can do given the opportunity.

The Notebook Needs You

We need your articles to make this the best possible newspaper

Articles should be sent to:
Tom Flippin, Editor
SFPOA Notebook
510 7th Street
San Francisco, CA 94103

Deadline for April issue.
March 27, 1989

IN THIS ISSUE

Widows and Orphans	Page 2
Veterans' POA	Page 2
Around the Department	Page 3
W.O.N. News	Page 4
It's In Your Court	Page 5
Board Minutes	Page 6
Retired Members Column	Page 7
Cops for Christ	Page 8
Letters	Page 12
PAL	Page 12
Sports	Pages 13 - 15

Widows and Orphans Aid Association

The regular monthly meeting of The Widows and Orphans Aid Association was called to order by Pres. Tom Green at 2:05 P.M. Wednesday February 15, 1989 in the Traffic Bureau Assembly Room, Hall of Justice.

V. Pres. R. Kurpinsky excused. P. President M Lennon & J. Hegarty present. Minutes of last meeting — Approved as presented to member in writing.

REINSTATEMENT — VICTOR SHORT reinstated by

San Francisco Veteran Police Officers Assn.

FEBRUARY 1989

MEETING: Mr. Mel Lee, a Public Affairs Technical Specialist of the Internal Revenue Service, will be our guest on March 14 at 12:30 p.m. to tell us about the new, more costly catastrophic Medicare law. But come an hour early, visit with your buddies, and have a refreshment. Lunch is served right after the meeting.

PRESIDENT'S MESSAGE: At our last meeting we had a reunion of the 1928 police list as follows: Martin Casserly 93 years, Ralph Litner 89 years, John Minderman 85 years, Ernie Reinke 85 years, John Ahern 84 years and George Heeg 81 years. At our next meeting, 3/14/89, Mr. Mel Lee will speak on the Medicare Catastrophic Coverage Act of 1988... Our gourmet kitchen crew will serve corned beef sandwiches as the kitchen will be in use by the ladies preparing pasta gravy and meatballs which will be served the next day for the monthly luncheon. Anyone wanting to attend this luncheon will have a nice time and plenty to eat very reasonable... Our Secretary states that 260 members have not paid their dues. It would be great if we could have a 100% paid-up membership by next meeting... Member Bob Bertolsen reported that the American Cancer Society has been a tremendous help during his wife's illness... I hope to see all of you at our next meeting and don't forget the wearing of the GREEN. George T. Cathrell, President.

NEW MEMBER: Howard Arata. Welcome.

DEATHS: James P. Herlihy. Rest in Peace.

COMMITTEE REPORTS: Jim Cole thanked us, as he was re-elected as our rep to the POA. There will be several run-off offices within the SFPOA, including the Presidency... Tom Dempsey reported that 1) it's softball time again. Practice on Tuesdays and Fridays at 9 a.m. at the Crocker Amazon Park. Come out and get some exercise... Rudy Milon, a candidate for the SFPCU Board of Directors, asked the members to attend the February 14th meeting and vote for him. (5 candidates for 3 seats)

BILLS: Treasurer Ed Cosgrove gave the financial report and the membership approved it.

UNFINISHED BUSINESS: Second reading of the \$100 donation to the Immaculate Conception was approved.

NEW BUSINESS: President Cathrell suggested we start a network to assist members from the Santa Rosa area who don't drive anymore, to get to our S.F. meetings. John Burke volunteered to help coordinate the rides. Call John at 1-707-546-4250 (the 1 before the area code is a new requirement).

DUES: Please send your check for \$12 to us today. Include your blue card and a stamped self-addressed envelope. Let's get everyone paid for 1989 by March 1, 1989.

GOOD OF THE ORDER: Bob McKee asks that you pay the '89 dues to the Widow's & Orphans. If you haven't been billed lately, call him at 587-4570.

Attendance 113 George Cathrell, President

Membership 778 Gale Wright, Secretary

vote of Trustees. All dues fully paid.

COMMUNICATIONS — Following donations received and acknowledged by Secretary — DENNIS CAREY - for appreciation of fine work of the members of the Department; MRS. MICHAEL GAFFEY - in memory of David Flamm; FRANK DUNWELL - in memory of Al Weatherman; VETERAN POLICE - in memory of Charles Powell. COMMISSIONER PIUS LEE - Monthly salary as member of Police Commission.

Treas. Parenti presented the usual bill — benefits, salaries, supplied etc — APPROVED. Treas. Parenti reported the following deaths — JAMES P. HERLIHY — born in San Francisco in 1921, Jim worked as a carpenter before becoming a member of the Dept. in 1947 at age 25. He was assigned to Park Station, staying there for a short time, was then transferred to Mission staying for 3 years, then to Richmond for a year. Transferred back to Mission, Jim found a home there, staying until his retirement from service in 1971 at age 50. He was promoted to the rank of Sergeant. Jim was awarded the following: 1952 - C/C for assisting in the removal of persons from a burning building; 1954 - 1st Grade for shooting and arresting an armed robber in a tavern. Jim was 67 at the time of his death.

CHARLES M. THUM — Born in San Francisco in 1909, Charlie worked as a coffee blender before joining the Department in 1939 at age 29. He was at Richmond Station for 4 years, Traffic Bureau a year, then Potrero, Richmond, Central until appointed a Sergeant in 1950 when he was assigned to Ingleside. From Ingleside to Mission, back to Richmond, to City Prison until assigned a Day Watch at Mission where he remained until his retirement for service in 1969 at age 60. Charlie received the

Health Service Report

by Jim Deignan, Co. A
Health Service System Representative

The past year has seen some positive improvements in employee benefits. We were able to implement the IRS 125 Plan. This new plan allows you to pay pre-tax the amount you pay for medical premiums through the Health Service System.

Many city employees have already taken advantage of the IRS 125 Plan, which is being implemented through Colonial Life and Accident Insurance Company. Two new dental plans are being offered through Colonial at this time. One is a fully insured dental plan through Colonial which allows you to choose your own dentist. The other dental plan is Denti-care which is a pre-paid plan which allows you to choose from a panel of dentists. Also a disability plan is being offered to all city employees.

I would like to take this time to mention a complaint I am receiving regarding the dental plans Safeguard and Denti-care. In selecting one of the pre-paid dental plans, either Safeguard or Denti-care, the employee must designate the dentist of their choice from the panel provided by either dental plan. At the time the employee signs on with one of the dental plans, some employees are taking one of the plans and not designating a dentist, which results in the plan assigning the employee to a dentist at random from the panel. If you do not choose a dentist be sure and find out who you are assigned to.

If you do not and try to visit a dentist on the panel, one that you are not assigned to, you can be refused service or asked to pay out-of-pocket by the dentist for services rendered, which then causes the employee additional complications in trying to recover the expenses from their dental plan.

We are also aware of a lack of dentists participating in Marin County and are working with the plans to rectify this problem. In addition three dentists dropped off of the Denti-care panel or are refusing any additional city employees. Denti-care is in the process of trying to retain additional dentists.

An additional benefit we were able to enact was the involvement of clinical psychologists and counselors who are not medical doctors in City Plan I. These professionals have training and expertise in police family crisis, post shooting trauma and other police related stress and psychological problems. These psychologists and social workers are versed in many other mental health areas and are available to all city employees.

The need for these professionals was brought to my attention by Vicki Quinn and Morgan Peterson. The employee assistance program found an increasing need by police officers and/or family members for professional specialized counseling which our members were not receiving from psychiatrists provided by City Plan I. So through the efforts of Vicki Quinn, Morgan Peterson and Captain Murphy, coupled with the efforts of H.S.S. Commissioner Zvanski, Krueger, Deignan and Paretchian, we were able to add this valuable benefit.

Open Enrollment

Open enrollment for the Health Service System is the month of May. This is just a reminder to members that May is your month to add dependents to your plan or to change plans. All of the medical plans' contractual rates offered to city employees are going to increase, due to

following awards — 1945 - 1st Grade for arrest of 2 armed prowlers; 1954 - 2nd Grade for arrest of 2 suspects in an armed burglary of a service attendant; 1957 - C/C for disarming and arrest of a man threatening patrons in a tavern. He was 79 when he passed away.

REPORT OF TRUSTEES — Mrs. Duluk, Security Pacific Bank, reported that due to the market and the fact that our portfolio had a good diversity of equities, and our govt. bonds were doing nicely there would be no changes in our portfolio. Last U.S. notes are paying over 9% and at the present, short term notes are paying higher interest than long term, due to Federal Reserve keeping up the interest rates. Mrs. Good-Swan, handling the book work on our account, reported that the yearly letter had been mailed and should be received before this appears in The Notebook.

NEW BUSINESS — Bro. Hegarty moved, 2nd Hardeman, that the Treasurer go through the forms and notify any member who has none on file or wrong beneficiary. After much discussion, motion was withdrawn, with the Secretary ordered to place such a notice in The Notebook.

GOOD OF THE ASSOCIATION — Pres. Greene set the next regular meeting for 2:00 P.M. Wednesday, March 15, 1989 in Traffic Bureau Assembly Room, Hall of Justice.

ADJOURNMENT — There being no further business to come before the membership, the meeting was adjourned at 2:35 P.M. in memory of the above departed Brothers.

Fraternally,

Bob McKee, Secretary

Notice to all members — If you have been divorced, recently married or spouse has died, your beneficiary should be changed. Contact Bill Parenti — 681-6133, 733 Laguna Honda Blvd., SF 94127 or Bob McKee 587-4570, 147 Moffit St, SF 94131.

rising health care costs. Please note and read the Health Week news article (Growth In Health Plan Costs, see Notebook, next month) I have included in my report. Be sure and compare plans to see that you are contracting with the plan that best serves you and your family.

Remember May is also your month to sign up for a dental plan or to delete a plan or change plans.

More on the IRS 125 Plan, just a reminder: You do not have to subscribe to any insurance plan to take advantage of the IRS 125 Pre-Tax savings. All you have to do is sign the election form indicating that you want your contribution to be pre-tax and you will receive the net savings in your pay check.

Next month I will report on the contractual increases in Plan I and our other HMO providers.

The San Francisco Police Officers' Association NOTEBOOK

USPS #882-320

PUBLISHED MONTHLY \$10 PER YEAR

OFFICIAL PUBLICATION OF THE SAN FRANCISCO POLICE OFFICERS' ASSOCIATION
510 7TH STREET, SAN FRANCISCO, CA 94103
(415) 861-5060

EDITOR
Tom Flippin

PHOTO EDITOR
Don Woolard

SFPOA BOARD OF DIRECTORS

PRESIDENT	Bob Barry	Co. H	Cliff Java
VICE PRESIDENT	Ron Parenti	Co. I	Mike Conway
SECRETARY	Reno Rapagnani	Co. K	Gerry Doherty
TREASURER	Dan Linehan		Ben McAlister
Co. A	Paul Bertsch	HEADQUARTERS	Henry Friedlander
Co. B	Bill Davenport		Steve Johnson
Co. C	Bill Coggan	TACTICAL	Bill Taylor
Co. D	Dan McDonagh	INVESTIGATIONS	Paul Chignell
Co. E	Ed Garcia		Alex Fagan
Co. F	Mike Gannon	MUNI	Tom Flippin
Co. G	Lon Ramlan	RETIRED	Jim Cole

ASSOCIATION OFFICE 861-5060

ADDRESS ALL CORRESPONDENCE TO: Editor, SFPOA Notebook, 510 7th St., San Francisco, CA 94103. No responsibility whatever is assumed by the San Francisco Notebook and/or the San Francisco Police Officers' Association for unsolicited material. THE SFPOA NOTEBOOK 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.

ADVERTISING:

Nancy Huffaker
(206) 892-4710
(Collect calls accepted)

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, 510 7th St., 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.

POSTMASTER: Send address changes to SFPOA Notebook, 510 7th St., San Francisco 94103. 2nd Class Postage Paid at San Francisco, CA

Serving the transportation needs
of San Francisco police officers
for over 10 years

JEFF ALLEGRO, PRESIDENT

Mendocino
Volkswagen



2400 North State Street • Ukiah • California • 95482
1-800-527-9781



APPTS. 665-2924
8:30 TO 5:00
TUE. - SAT.

Parkside Grooming & Supplies

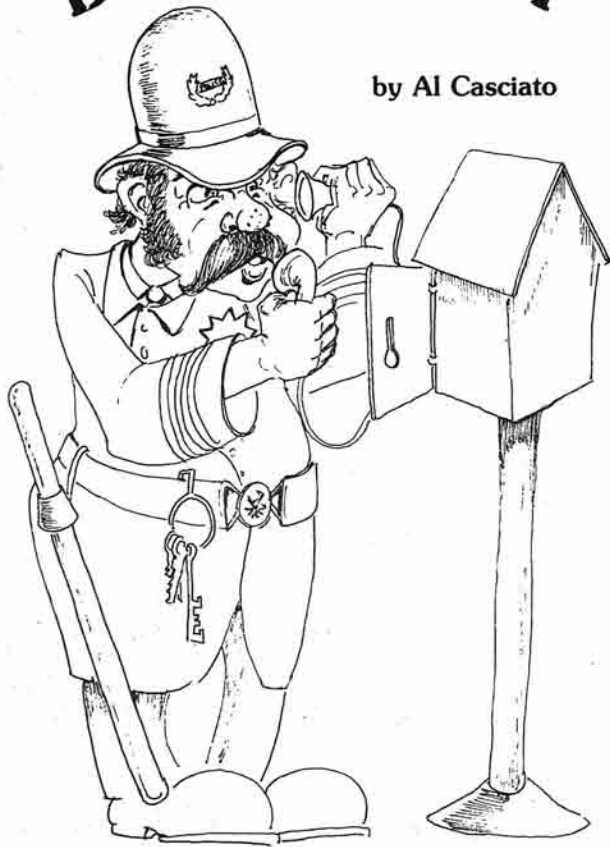
ALL BREED GROOMING

OWNER
MALINDA

2239 TARAVAL STREET
SAN FRANCISCO, CA
between 32ND & 33RD AVES

AROUND THE DEPARTMENT

by Al Casciato



Radio Cars are at a premium. It is estimated that the patrol fleet will be down 25% by September. We must take extra care of what we have, not that we haven't, but we will soon be responding to calls on our hills in veh's that have 70,000 miles of city driving put on 24 hrs. a day, 7 days a week. Worn out puppies that may or may not be safe. Be careful.

Mike Cosio was responding to a call when he heard a loud noise emanating from the front of the radio car. Investigating, he found that one of the push bars was dragging due to a bolt having worked itself loose. Knowing that if he took the car to the Police Service Station it would be downed for several hours. Mike decided to go to a nearby hardware store buy a bolt and fix it himself. While standing in line waiting for the cashier a man inquired of Mike what the bolt was for. Upon being told the story the man replied, "we'll have to see about more cars in the budget!" Introducing himself, Supervisor Hongisto. Well at least we know the Board of Supes is aware of our vehicle problem.

Births:

To Ric and Paula Schiff, Co. D, twins on 2/4/89 at 1955 and 2000 hrs. respectively. The identical twin ladies (though not in weight) are Crystin Alice, 5 lbs. 1 oz., and Gwendolyn Katherine, 4 lbs., 7 ozs. Since the Schiffs were caught off guard regarding gender, the babies were referred to as A and B for the first week. All are doing fine and were even sent home after two days in the hospital.

Co. B's Debra Anderson delivered on Feb. 15 a 9 lb., 20½" future defensive tackle named Larryett Drann Anderson, Jr. Larryett Sr. assigned to the Police Garage was busily helping arrange all the gifts and flowers that were delivered by Jr.'s adopted aunts and uncles of the Southern Station. All are doing fine and send thanks to all who sent gifts and stopped by.

Sports Tidbits:

The Golf Clubs Larry Rutti scored a birdie Feb. 24 while playing the Franklin Canyon Course. Being a historical first the putter has been mounted and framed.

Softball Season starts later this month. Over the years the league has had its ups and downs and with the hiring freeze this year some teams had to be disbanded for lack of players. There's still time for some old timers to come out of retirement and save a team or two until the next rookie corp arrives. Commanding officers are also challenged by Commissioner Amiot to play on thier company's team or to at least show up and cheer them on. It's great for morale.

Talk about frustration, Assistant D. A. Jim Costello tried a criminal through a very difficult jury trial. After finally securing a guilty verdict the sentencing day finally arrived for this very slippery fellow. All were ready in the courtroom when in waltzed the defense attorney to state that his client would not appear. Seems he had died the night before. Why couldn't it have happened prior to the trial starting, wonders Jim.

A visitor to City prison was recently arrested by the Deputies for passing drugs to an inmate. As he was being led away he was heard to say "you got no proof,

where's the camera?" Sounds like the type of case Jim Costello will be assigned to.

Sick Call:

Richmond Station's George Swartz recovering from a heart attack that occurred after having wrestled with a drunk. George is a young 36.

Vic Wode, Co. G, is home recovering from Triple bypass surgery.

Calls and visitors appreciated by both.

Embarrassment for who? The city or us when we tell citizens that the San Francisco Police Department is the 55th lowest paid department in the STATE — Look for more details on this subject from P.O.A. secretary Steve Johnson.

Surviving Occupational Stress

by Lawrence N. Blum, Ph.D., Inc.
Clinical Psychologist, License Number 6896

Editor's Note: This article is taken from a workbook by Dr. Blum (with his permission). The workbook is used in connection with an Academy Class taught to lieutenants, which soon will be offered to sergeants and line officers. Specific exercises on reducing stress have been deleted because of space considerations.

Stress is a normal part of everyone's life. For police officers, stress can be caused by the routine aspects of the job, organizational frustrations, as well as the potentially lethal incidents that officers are exposed to.

While we usually think of stress as a negative force, it is actually an essential part of life. For police officers, stress also serves as a survival tool. It helps you maintain alertness, and, when needed, that "pumped up" arousal that serves you well in the line of duty. You know the risk of letting down your guard on a call, and it is stress that keeps you thinking sharp, aware of the alternative problems you're confronting, and making immediate decisions as to your next course of action.

Problems Caused By Stress

Traditional police attitudes toward stress are familiar to you: "If you can't handle it, you're a wimp and should get out of police work. You're losing it..." therefore, when police officers begin to experience such effects as nervousness, inability to make decisions, loss of memory, confusion, forgetting addresses, tearfulness: they will normally hide these difficulties from everyone, and feel like they are no longer able to handle situations they used to easily resolve.

Problems in getting along with others (especially family members), poor judgment, self-destructive behaviors, and health problems can develop when the stresses you absorb are not processed and resolved properly.

Note: The ability to resolve stresses is just as necessary to officer survival as the vest or Sam Brown. Most of the errors made by officers which caused their death on duty were instances where the officer was pre-occupied with other matters, or misjudged the danger due to a need to "stuff down" distressing emotions.

The key point to be made is that the "stuffing down" or ignorance of distressing emotional reactions is the cause of the problems — not just experiencing these emotional reactions. Secondly, while the OUTER COP is trained and conditioned NOT to be upset by, e.g., TC victims, victims that remind the officer of his wife or children, kissing a hooker to avoid being "made," not being

Police/Fire Memorial Mass

Sunday

April 9th, 1989

11:00 A.M.

Saint Cecilia's Church

Located at 17th-Vicente, S.F.

Mark your calendars now

Plan to attend with

your family & friends

able to to "turn off" the adrenalin after work, needing fear to be vigilant: the INNER COP WILL experience distress from any of these (and other) events.

The OUTER COP will attempt to cover up these emotions so he will appear to be in control: the INNER COP will feel the distress.

Emotions And Stress

Your duty assignment puts you in situations where you are likely to experience highly charged emotions. Your training and your need to perform effectively require that you respond to these situations without getting emotionally involved. In some cases, your survival, or that of your partner, requires that you set aside any emotional reaction you may have had in the past so that you can handle the current situation.

Emotions

Emotions are what makes us human. That special ability to feel, no matter what the feeling is, is what separates us from the psychopaths and other "Adam-Henries." Emotions are neither good nor bad, they just are. In order for the cop to survive emotionally, it is essential to acknowledge that feelings exist, to allow yourself to be CONSCIOUS of your feelings so that you can deal with them successfully.

Of course, there are many times when you must temporarily repress emotions in order to perform your job, just as there are realistic fears that if the wrong people at the wrong department know you are hurting, it will be used against you.

However, if emotions are repressed continuously, serious problems will develop. They can ultimately defeat the INNER COP, causing emotional, behavioral, relationship and health problems in your personal life *without you knowing that this is happening.*

The best way to avoid the negative consequences of repressing emotions is to acknowledge your feelings, to let them emerge *once the environment is safe*, with people whom you trust will respect and understand you.

Vulnerability And Trust

When you communicate your feelings, particularly those that you are uncomfortable with, you will probably experience feeling vulnerable. Such sharing is difficult because you may fear that the person with whom you communicate could turn around and hurt you by violating your trust. In order for the INNER COP to survive, however, you must find someone you can risk trusting, and you must take the risk of communicating your distressed feelings with someone.

Recognizing, acknowledging, and taking care of

(See STRESS, Page 11)

SERVING ALL OF MARIN
AND SONOMA COUNTIES

KEEP IT ALL IN THE FAMILY
WITH A MOTHER-DAUGHTER TEAM!

JUST ASK THESE FELLOW OFFICERS HOW:

OFFICER JOHN CLEARY - TRAFFIC DIVISION
OFFICER MIKE CLEARY - PARK STATION
OFFICER TOM CLEARY - NARCOTIC TASK FORCE

INDIAN
VALLEY
REALTORS

DONNA FALZON
Real Estate Broker

DEBBIE FALZON-ASHBURN
Licensed Realtor Associate

859 Diablo Avenue, Suite A Novato, California 94947 (415) 897-9905

W.O.N. News

by Lois Perillo

February marked the end of the W.O.N. representatives' six month term.

Nominations for the new reps will be taken at the next W.O.N. business meeting in March.

Valerie Agard, Lea Militello, Belinda Kerr and Lois Perillo will continue as reps until the March elections.

Meanwhile, a committee structure was implemented that has increased membership participation and lessened each reps' time commitment.

The reps are liaisons between the Administration and the membership. They coordinate meetings, while interfacing with the committees.

All committees welcome new participants and ideas.

The Education/Workshop Committee is currently producing the Career Information Workshops (i.e., the Sergeants' and Inspectors' Panels).

The committee is also a resource for outside agency training and will provide information on lateral movement within the department (i.e., Crime Scene Investigation, Photo Lab, Specialist, Narcotics, Vice, and Academy).

Contact Officer Rose Melendez of Recruitment & Retention at 553-1997 or Inspector Carrie Lucas of General Works at 553-9103.

The Media Committee writes, edits and produce W.O.N.'s newsletter, *The Blue Line*.

Reader submissions are encouraged in the form of a completed article or idea.

Contact Officers Lois Perillo or Phyllis Ford at Mission Station, 553-1544.

The Media Committee also publishes articles and W.O.N. News in the POA Notebook.

The Operations Committee maintains membership records, oversees the checking account and W.O.N.'s post office box.

Contact Officer Belinda Kerr at Park Station, 553-1061.

Gatherings and parties are produced by the Social Committee.

Contact Officer Alexis Goldner at Mission Station, 553-1544.

These committees are open to ALL W.O.N. members and participation is encouraged.

IAWP Conference

"These conferences give you a sense of women's impact in law enforcement. You realize it's not just you and your partner out there," said Carrie Lucas at a talk about the International Association of Women Police.

Lucas, who is an inspector at the General Works Detail, attended the 1988 IAWP Conference in Atlanta, Georgia with Linda Wittcop of Park Station and Dorothy Shurtleff of Potrero Station. They spoke to over twenty women at W.O.N.'s February meeting about the conference.

"The opening ceremony was impressive," said Lucas.

Zaire

by John Ehrlich,
Foreign Correspondent

Zaire has a bank rate of 263 Zaires to the dollar. The black market rate is 280Z to 350Z to the dollar. I was offered 320Z for travellers checks in one place outside the bank. The rates between banks varied in Kisangani. Someone got 213Z to the dollar at one bank while it was 263Z at another.

Bukavu is a hilly town on the southern end of Lake Kivu. I got a room in a dive for 500Z. It had an adjoining bar and restaurant. I got a good meal of chicken and FF. The chicken was among the best I've had in Africa. Usually the chicken has been very tough with not much meat.

At the bar I had my first Zairian beer. Beer is very important in Zaire. It's the best I've had in Africa. There may be no gas and few supplies but there is always beer, usually cold. Primus is the most widespread brand. It comes in 24 ounce bottles and costs 170-250Z. My favorite brand was Skol which sometimes costs 50Z more.

All the bars play loud Zairian music, usually past the distortion levels. It's a lively cross of South African, Reggae, Calypso and Rock & Roll. It first sounded repetitive, but as I had the chance to hear a lot of it I learned to distinguish certain bands. I even bought a tape.

The next day I hitched a ride to Kahuzi-Biega National park to see the gorillas. Its possible to see gorillas at two places in Zaire for \$100/day, or one place in Rwanda for \$130/day or two places in Uganda for \$5/day. The gorillas in Rwanda are the most habituated to humans as they have been studied more closely. (Read Dian Fossey's "Gorillas In The Mist".) This means you can get closer to them. In Zaire they are habituated; in Uganda they are not. Even if you find them, they run away as soon as they notice you. There is a rumor that Rwanda will match Zaire's prices this year. It's no problem to arrange to see the gorillas. You can see them just about any day in Zaire or after a few days in Rwanda. Of course, a tour group could take all the spots for a couple days in any one location.

The next morning 7 of us, plus an armed guide and three trackers with machetes, set off. We walked for two hours mostly along human or gorilla trails. Occasionally the trackers cut their way through the thick growth. We

"Women were encouraged to wear their agency uniform. I saw everything from smokey-the-bear hats to Canadian mounties in skirts. This surprised me, until I found out it was their dress uniform."

Lucas said Atlanta fully extended southern hospitality to the conference participants, including a police escort and the Georgia National Guard's stopping rush-hour traffic for the conference caravan.

The conference consisted of various training sessions (e.g., Explosive Workshop, Major Case Coordination), a board of directors meeting, regional meetings and an annual business meeting.

Wittcop said she signed up for the Competitive Shooting session, entering this type of contest for the first time.

"I'm not that good a shot," she said, "but I figured it wouldn't matter because people from other states and countries wouldn't know me. Besides, I used Carrie's (Lucas) name," Wittcop joked.

Thirty women competed. Wittcop took sixth place. Shurtleff took training in Outlaw Motorcycle Gangs and Prohibited Firearms. She described the instruction as "extremely informative and rich in handout material," one of which was 'Identification of Firearms,' a picture/stat/ID pamphlet (Dept. of the Treasury, Bureau of Alcohol, Tobacco and Firearms; Publication: ATF P 5300.1).

Wittcop, Shurtleff and Lucas brought with them conference handouts, memorabilia, IAWP membership forms and magazines, which were available for review after their talk.

The IAWP's next annual conference will be in San Jose, September 27-30, 1989.

Costs to non-members begin at \$230 to 7/26/89, rise to \$265 on 9/11/89 and to \$315 after 9/11/89. Daily fees are \$90.

Members pay \$195 to 7/26/89, \$230 to 9/11/89 and \$280 after 9/11/89, with daily fees at \$80.

Featured sessions will be 'Balancing on the Career Ladder,' by Susan Lynne Oliviera, Ph.D. and 'Koga Method of Weaponless Control & Police Baton Techniques,' by Robert Koga.

Retired Air Force Brigadier General Wilma Vaught will be the keynote speaker. According to the conference brochure, "Vaught has not only coped with cultural barriers, but also succeeded in achieving a high profile level of responsibility and respect of her peers. She will be sharing and encouraging us by her example as the ultimate role model."

The IAWP is a non-profit organization devoted to furthering the education and training of women police and encouraging the general improvement of police services.

Established in 1915, the IAWP has over three thousand members in the United States and nine foreign countries.

Membership is \$35 and includes notification of training, discount on the annual conference and the bi-monthly magazine, *Women Police*.

Contact IAWP at: P.O. Box 2307, Dayton, OH 45410.

first saw old gorilla beds, dung and chewed branches.

We heard a noise, and the trackers pointed out a large female eating leaves up in a tree. She calmly ate until we got to within 10 yards, when she dropped to the ground and slipped away. Gorillas make a lot of noise in the trees; because of their weight they break branches. On the ground they move silently.

We saw the silverback, who is the dominant male of the family. He was huge. We were able to get to within 15 feet of him. If we got closer he would scream at us. He generally stayed between us and the family. We saw around 20 gorillas. One baby clung to its mothers back as she moved along the ground. One young gorilla strutted back and forth in a tree, showing off. It even did a couple flips. After an hour the guide signalled it was time to go so we reluctantly left.

The next day I caught a small bus around the Zairian side of Lake Kivu for 250Z. It was another beautiful ride along a rough dirt road. Just before we got to Goma at the northern end of the lake we crossed a lava field. One of the three volcanoes I could see from Goma has been active in the last few years. I set up my tent at a run down sporting club for 350Z a night.

The roads in Zaire are legendarily bad. Except for a couple buses in the northeast all road transportation is in the back of heavy trucks. You pay, of course. It's the end of the rainy season. One tourist overland truck took 5 weeks to go through Zaire putting them 2 weeks behind schedule. At some places they waited in line two days to go through a bad spot. To go by truck from Goma to Kisangani would take 2 - 3 weeks. I paid 19,000Z for what would be a 40 minute flight.

The main question was: would there be a flight? Two Americans told me they were waiting at the airport with their bags checked when it was cancelled. After their next flight was cancelled they gave up and went to Tanzania instead.

I went to the office the morning of the flight to reconfirm. At 8 AM it was going. At 8:30 they rerouted it to skip an intermediate town. At 9:30 it was cancelled. I found out that there was no gas in Kisangani. The jets could fly Kinshasa-Goma-Kinshasa but not the regular Kinshasa-Kisangani-Goma return on one tank.

I met Morgan and Rosemary in Goma. He is a New

(See ZAIRE, Page 10)

W.O.N. Party

Join W.O.N.
at Don Ramon's
225-11th Street
864-2700
on Friday, March 31, 1989
7 p.m. - 9 p.m.

Everyone is invited.
Join us for
snacks and tapas.

EAP Literature

by Morgan Peterson

San Francisco Police Department Employee Assistance Program has available many books and articles on stress recognition and management, substance abuse, post-traumatic stress disorder, health and exercise.

In order to familiarize members and their families with the content of these writings, the E.A.P. will publish, from time to time, an annotated bibliography.

These articles and books are available at the San Francisco Police Department Employee Assistance Program, Extension 1167.

Codependency, A Second Hand Life — Stephanie Abbott. 1985

Abbott's pamphlet addresses the issue of codependency. What she has to say applies to anyone in a relationship with someone who uses mood-altering chemicals in a harmful way, or for that matter, people involved with someone who uses food, gambling, sex, or work to avoid feelings and relationships. She explores the feelings of powerlessness experienced by individuals when they are in a relationship with drug dependent people. Abbott addresses the obsessive preoccupation and thinking a person experiences, when trying to cope with a drug or alcohol dependent person.

Parents talk of bribing their child not to drink or letting her break rules of the household rather than face the truth and deal with the problem.

Stephanie Abbott is director of Family Counseling at Brighton Hospital, Brighton, Missouri and President of the National Foundation for Alcoholism Communications. She writes a regular column for *Alcoholism/The National Magazine*.

Management Concepts: Police Stress — Burnout — Resolution by Peter J. Pranzo, Lt. New York Police Department. *Journal of California Law Enforcement*, 1986.

This article's underlying theme is the management of burnout and stress suffered by police officers. Pranzo discusses causes, symptoms, early detection, and some resolutions to stress and burnout.

I recommend this article for supervisors interested in the well-being of their personnel. It addresses what to do with the ailing officer and suggests strategies for keeping functioning officers functioning.

Stress And Emotional Health by Dr. Susan Saxe

This is an excellent "how to" article. It includes a definition of emotional health and discusses Menninger's levels of dysorganization. There is a section on the early warning signs of emotional upset, as well as one on physical problems associated with stress overload. Dr. Saxe also looks at some preventive measures and relaxation procedures. This is a well-written article that I believe would be very informative to a peer counselor.

Physical Exercise: A Method Of by Michael C. Prentice, M.A. Training Officer for the Idaho Department of Law Enforcement

Prentice has implemented a comprehensive fitness program for the Idaho Department of Law Enforcement. This article focuses on physical activity as a method of stress management in the law enforcement profession. The article looks at law enforcement as a basically sedentary profession, with periods of accelerated physical activity, which could cause injury and illness in a physically unfit officer.

The article also looks at what is involved in starting and maintaining a total fitness program. An excellent article for anyone interested in physical fitness and law enforcement.

POA Dues Paid in 1988
\$366.34

Bear, #12

by Off Mark C. Donzelli

Bear became a member of the San Francisco Police Dog Unit in November 1981. He was donated by a family that lived in the Forest Hill Area, and he became my partner. With a tremendous effort from the staff and members of the Police Dog Unit, we were trained to work as a police-dog team. Early in 1982 we completed basic training and were released to capture bad guys.

For our first street duty assignment, Sgt. Donaldson and Officer Davenport of Northern Police Station requested a police dog to investigate a burglary in process complaint at 501 Fillmore. Bear made his first capture and earned the right to wear Police Dog Unit Star #12. Bear went on to capture forty-two more felony suspects and earned eighteen Captain's Commendations for outstanding police work before he retired from active service in April 1987.

Bear loved the work and the members of his police department. He proved that very often by wanting police officers and others to pet him. He did this by rubbing against you, getting hair on your freshly cleaned uniform pants. Of course, you petted him...or you were only trying to push him away.

On the streets or in training, Bear was always very protective, and there is no doubt he would have laid down his life for me. Through his eagerness and quickness to protect, he sometimes "touched" members of this department in his own special way, creating his own distinctive and recognizable personality.

Always an active dog, Bear appeared to have become acclimated to the ease of retirement when he was diagnosed as having acute leukemia on Friday, February 17, 1989. Despite the efforts by Dr. Robert Arrick and the staff at Park Animal Hospital, Bear's illness had progressed too far. Even though I was working during his sudden illness, Bear was never alone as he was watched over by the wonderful people on the Police Tow Desk. I held Bear closely when he left us on Thursday, February 23, 1989 at 1500 hours, 9½ years old.

I lost my partner, my friend, my puppy; but you'll always be with me, Bear. I can't help but still look for you. Good-bye, Pal. We'll miss you.

It's In Your Court

by Bill Fazio,
Assistant District
Attorney



Telephonic Search Warrants

This month's column came to me by surprise. I'm sitting home on a Saturday morning minding my own business when I recklessly pick up the ringing phone only to learn that Homicide is on the line, requesting a search warrant. Hey, I've been doing this stuff for longer than I want to admit, no problem. But there was.

The problem was not in the determination of probable cause, the location of the "place," the description of the property to be seized; no, the problem was in the practical application of forms, typed, and location of a magistrate. Although a warrant was ultimately obtained it took in excess of eight hours from authorizing the warrant to having it actually signed by a magistrate and then executed.

Penal Code Section 1528 subdivision (b) permits a magistrate to orally authorize a peace officer to sign the magistrate's name on a "duplicate original search warrant."

While the search warrant itself must be in writing, the affidavit in support of it will later be typed. The only hi-tech equipment needed to accomplish a telephone search warrant is; a telephone (conference call hook up, available without prior notice through any business or residential telephone), a cassette recorder and a pen.

The procedures to follow can be summarized as follows:

Assistant District Attorney is contacted at home by police agency and discussion ensued relative to application and probable cause for search warrant. Officer takes an original search warrant and copy from his/her bag of tricks. Conference call is set up between District Attorney, officer and magistrate; cassette recorder at hand is put into operation when everybody is on the line and officer is ready to commence recitation of probable cause. All parties introduce themselves on tape; magistrate swears officer and officer reads into tape the entire contents of the "duplicate original" warrant, and commences to state probable cause for application of the warrant. Upon satisfaction by the magistrate as to existent of probable cause the officer signs the magistrate's name to the duplicate original warrant, and places date and time on warrant.

Upon completion of the above the warrant is complete and may be served.

After service of the warrant the original and duplicate original are brought to the magistrate. The magistrate will sign the "original" and place same date and time on it as appears on the "duplicate original." Tape is later transcribed and certified by magistrate as being accurate.

The use of a telephonic search warrant may very well prove helpful on weekends, holidays, evenings and other times when the criminal justice system is not operating at full efficiency. There is no need for a telephonic warrant when typists are available, District Attorney is in the office and the magistrate in their chambers. With a little advance preparation, (i.e., preparing the appropriate forms and instructions for telephonic search warrants) and co-operation between all agencies there is no reason why we cannot effectively use the provisions granting us telephonic warrants.

Police/Fire Memorial Mass

This could be the first time in the history of our department that so many police chiefs will be together at one gathering. Chief Frank Jordan, former chiefs Murphy, Gain, Scott, Nelder and Cahill will all receive invitations to attend the Police/Fire Memorial Mass scheduled for April 9, 1989, at St. Cecilia's Church (17th Ave. & Vicente), 11:00 a.m. service.

More importantly though, is your presence with your family and friends because this will be a day of celebration, a day of reflection and prayer, ceremoniously introduced with bagpipes and honor guards, ending with a chorus of 'God Bless America'.

The service is remarkably simple, the comradery overwhelming — but sometimes that's just what we need... more so now than ever.

In Memoriam 1988:

James Bloesch
David Donnelly
Lester Garnier
Walter Kliegel
Dennis Salido
John Toomey
Alban Weatherman

POLICE/FIRE MEMORIAL MASS
SUNDAY, APRIL 9, 1989
ST. CECILIA'S CHURCH
17th/Vicente — 11:00 a.m.

Re-Elect Jim Deignan Your Health Service System Representative

I am entering my name in nomination for re-election to the Health Service System Board. I have gained valuable experience in the past eighteen (18) months and would like to continue serving city employees in this important position. To continue I will need your vote so please take time to cast your vote for Jim Deignan H.S.S. Representative. The election voting begins April 7, 1989 and concludes May 9, 1989.

Your H.S.S. Rep.
Jim Deignan

Retirement Dinner for Captain Jack Damon

Wed. 04/05/89 6:30 p.m.
Verdi Club
2424 Mariposa St.



Open Bar

Hors d'oeuvres, pasta, salad,
roast beef,
wine, dessert, coffee

For Tickets Contact:

Mike Gannon, Co. F
John Harrington, Co. A
John Gallagher, Co. E
Phil McGee, Co. B
Mike Mahoney, Co. C
Frank Palma, Co. D
Sol Weiner, Retired
Alex Fagan, Narcs.
Bob Fitzer, Crime Scenes

\$30 includes everything
Please notify the above
by 3/27/89

GRANDMA'S SALOON

NOW LOCATED AT:
1016 Taraval Street
San Francisco, CA 94116
(415) 665-7892

CAMILLERI

ALL WOOD FURNITURE
NOVATO OWNED AND OPERATED • FREE DELIVERY IN NOVATO

7049 Redwood Blvd. • Novato • 897-9919

Hours: MON-SAT 9-5 SUN 12-5



Andre's TELEVISION STEREO MICROWAVE OVENS

— SPECIAL —
Discount Prices

25 PLUS YEARS: SALES & SERVICE
Mike Salerno, Owner

Please see weekly specials
in S.F. Progress

731-2792

2401 Irving St.

Right Here
In River City

by Bill Hemby,
COPS Legislative
Advocate



The Assault On The Assault Rifle

The legislature is after assault rifles with a passion. There have been at least a dozen bills introduced to date, dealing with semiautomatics and machineguns.

The leading bills are by Assemblyman Mike Roos and Senator pro tem Roberti. Roos' bill, aptly numbered as AB 357, says, "The people of California recognize that many firearms have many legitimate uses, such as in recreational sports and in self-protection." The bill then goes on to place restrictions against ownership, possession and transferring the following guns: AR 15, Uzi, Ingram Mac-10 & Mac 11, Heckler and Koch 91 & 93, AK-47, M1-A, and the M-14.

Roos' bill makes it a wobbler to manufacture, sell, etc. any detachable centerfire ammunition magazines of 20 rounds or more that hold 9mm, 45 caliber, 308 caliber, 380 caliber, 223 caliber, of 5.56 NATO rounds.

Roberti's bill imposes additional sentences for using a semiautomatic in a crime. SB292 also restricts 20-round clips, and folding stock shotguns, and establishes a 9-member Assault Weapons Commission to oversee the use of future semiautomatics. Most of the other bills deal with increased penalties and sentences for using a semiautomatic during the commission of a crime.

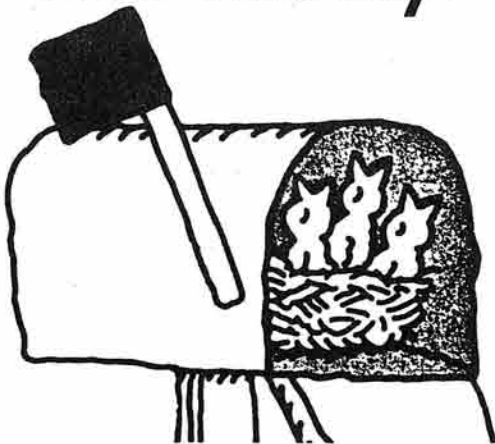
It would seem to me the best avenue to take would be to appeal to the patriotic nature of criminals and semiautomatic gun lovers by asking them to BUY AMERICAN. If the AK-47 is made by the Communist Chinese and the Uzi is made by the Israelites, wouldn't it make sense to ask for a Union "Made in America" label before these guns could be purchased? How can the NRA support guns from Communist China. Isn't that a commie pinko gun? Aren't they the ones we are supposed to arm ourselves over? I guess there are no international boundaries for gun lovers.

The debate over this issue will be an emotional one. The NRA is flooding the legislature with letters objecting to restricting so-called assault rifles, while Willie Brown is running over them with steam rollers. The NRA is making the case that more cars kill people than guns, and guns don't kill people, people kill. Does that mean the solution is to put more people in cars so we can get rid of everybody, then all of the guns can live in peace?

COPS has taken the position that restricting weapons that kill police officers and the people we serve, can't be all that bad. So, I guess, after researching each of these assault rifle bills, COPS will join in to support the majority of them.

Yes, I admit I am a wimpy anti-gun advocate. I'm afraid of the damn things. They seem to go off when you least expect it, and they make a hell of a lot of noise. Plus, looking down the barrel of one of them makes me very nervous. However, I will confess I'll never give up my Colt 9mm auto, my AK-47, M1-A, my luger, or derringer.

Changed your
address lately?



NAME _____
OLD ADDRESS _____
CITY, STATE, ZIP _____
NEW ADDRESS _____
CITY, STATE, ZIP _____

SEND TO:
THE NOTEBOOK
510-7th Street - San Francisco, CA 94103

Board of Directors Meeting

January 17, 1989

A quorum was present. Members present: Bertsch, Coggan, McDonagh, Garcia, Gannon, Ramlan, Java, Doherty, McAlister, Johnson, Friedlander, Fagan, Cole, Rapagnani, Linehan, Barry. Excused: Conway, Taylor, Chignell, Flippin, Parenti.

PRESIDENT'S REPORT

The mayor's acceptance or counter proposals to the Association's M.O.U. will be received on January 20, 1989 which will require a further negotiating session on January 25, 1989.

TREASURER'S REPORT

The December monthly financial statement was moved for approval by McAlister seconded by Garcia and was approved by voice vote.

S.F.P.O.A. Budget. Treasurer Linehan distributed a five page budget summary of cash disbursement accounts to the Board of Directors. After discussion, there was a motion by Friedlander seconded by Cole to approve the budget. The motion was approved by voice vote.

SECRETARY'S REPORT

A motion by Garcia seconded by Gannon to approve the Secretary's report was passed by voice vote.

COMMITTEE REPORTS

Publications Committee

President Barry reported to the Board that the contractual relationship with Jan Tucker, the Notebook advertiser, was terminated. The Committee will be interviewing for an ad manager.

Federal Litigation

President Barry informed the Board that P.O.A. attorneys will file a motion to obtain a list of displaced officers from the last Q-35/Q-50 examination.

NEW BUSINESS

A motion by Friedlander seconded by McAlister to adopt General Order D-17 subject to the proposed changes and clarifications discussed by the Board was approved by voice vote.

Reno Rapagnani
Secretary

Board of Directors Meeting

February 21, 1989

President Bob Barry convened the meeting at 1500. Secretary's Report: Reno Rapagnani submitted the minutes for the January 1989 meeting which were unanimously approved by voice vote. Brother Rapagnani then thanked all of the members for the support he has received over the years while serving on the SFPOA Board of Directors.

Treasurer's Report: Dan Linehan submitted the financial sheet for January 1989 which was unanimously approved by voice vote.

President Bob Barry then moved to "New Business" at 1530 hours for the purpose of swearing in the newly elected members of the Board.

Sworn:	Steve Johnson	Secretary
	*Peter Maloney	Southern Station
	William Coggan	Potrero Station
	*Gary Fox	Mission Station
	Michael Paulsen	Northern Station
	Matt Gardner	Park Station
	Lon Ramlan	Richmond Station
	Cliff Java	Ingleside Station

Michael Conway
Gerry Doherty
Raymond Shine
Michael Sullivan
*Henry Friedlander
Jerry Donovan
Roy Sullivan
Alex Fagan
Thomas Flippin
James Cole
*Excused

Taraval Station
Traffic Division
Traffic Division
Headquarters Co.
Headquarters Co.
Tactical
Investigations Bureau
Investigations Bureau
Muni
Retired

President's Report: President Barry thanked all of the Board members who would be leaving their respective positions for their outstanding performance and dedication.

- Litigation involving funds owed the Association by Solomon & Saltsman Associates has been settled and a \$10,000 check has been received by the POA for full payment.
- There is a Meet & Confer session scheduled for March 7, 1989 on a new General Order (F-5, Crowd Control). Representatives were given copies of the draft and requested to submit their concerns as soon as possible.
- The renewal of the telephone solicitation contract currently held by Thomas Neece & Associates will be discussed at the March 21st Board of Directors meeting. This contract provides approximately \$100,000 annually to the POA from ticket sales for POA sponsored variety shows.
- There are some serious concerns about "discovery" rights at the Office of Citizen Complaints and Management Control Division which will be the subject of discussion at the next Screening Committee meeting 2/24/89. All members are urged to contact their respective representatives whenever they are the subject of a complaint/investigation.
- We will be lobbying the Board of Supervisors to ensure we have the 9 votes necessary to implement the first stage of the passage of the POA sponsored Pre-Tax Pension measure that will eventually benefit all members and all city employees.
- Ballots for the run-off election will be mailed on 2/24/89 (Friday) and tallied on 3/08/89 (Wednesday).
- Check SFPOA Bulletin 89-13 ("Consent Decree") for the most recent update on the standing and recommendations pertaining to current litigation.

POA Attorney David Clisham gave an update to the Board of Directors relative to the "Status Conference" held in U.S. District Court regarding the ten year history of the Consent Decree.

Submitted by,
Steve Johnson, Secretary

7TH ANNUAL POLICE and FIRE SPRING FLING MAZATLAN

SPECIAL GROUP DEPARTURE - MAY 2-9, 1989

- Round trip jet transportation via MEXICANA AIRLINES from San Francisco or Los Angeles with Inflight meals, wine and champagne
- Round trip transfers between airport and hotel in Mazatlan
- 7 nights accommodations at the HOTEL PLAYA MAZATLAN
- Welcome cocktail party
- 15% Government Tax, Service Charge, Portage for 2 pieces of luggage and Daily Maid Services included
- U.S. Departure Tax

COMPLETE AIR AND LAND PACKAGE PRICE FROM SAN FRANCISCO

\$454.00 Per Person/Double occupancy
\$601.00 Per Person/Single occupancy

(LOS ANGELES DEPARTURES: \$49.00 less)

Space is limited/Sign up TODAY!

For tour information call, Bob Pearson at
Empire Travel:
(800) 634-3399

Empire Travel Service
652 Mission Street, 5th Floor
San Francisco, CA 94105

(Offered through the POA at special rates;
sponsored by Empire Travel Service)

POA Dues Paid in 1988
\$366.34



RETIRED MEMBERS COLUMN

by Gino Marionetti & Mike Sugrue



Overwhelmed? Here's tax advice to bail you out

by E. M. Abramson

Since the start of the decade, taxpayers have been deluged with changes in tax law, most notably a major reform in 1986. Before one new law could be fully understood, and even before the Internal Revenue Service could write implementing rules, another one was upon us. As a result, your 1988 tax return includes changes from 1987, and for 1989, the tax year just begun, there are more changes to be aware of.

A hidden tax bracket?

For 1988 and 1989, tax rates go from 1987's five levels to the final two-level stage; 15 percent and 28 percent. In reality, however, there is a third tax bracket — the result of the gradual elimination of first the 15 percent tax rate and then the personal exemptions, creating a 33 percent effective rate for some income levels.

Here's how it works: Net taxable income up to \$17,850 is taxed at 15 percent, and every dollar above that is taxed at 28 percent — until you reach \$43,150. After that, you pay 33 percent on the dollar until you reach \$100,480, when the tax rate returns to 28 percent.

The value of each personal exemption, as well as the exemption for dependents, has risen from \$1,900 to \$1,950 for 1988, and will climb to \$2,000 each for next year's tax returns.

The standard deduction also has gone up to \$3,000 for single taxpayers, \$5,000 on a joint return, \$4,400 for the head of a household and \$2,500 on the separate return of a married individual. (These are the same rates taxpayers 65 or older were allowed on their 1987 returns.)

An additional standard deduction of \$750 is allowed for a single person 65 or older or blind, or \$600 for each spouse on a joint return. The additional personal exemption for a taxpayer 65 or older was eliminated beginning with 1987 returns.

If you itemize deductions, many of the 1987 rules continue to apply. You can only deduct medical expenses that exceed 7.5 percent of your adjusted gross income, and miscellaneous deductions must exceed 2 percent to be deductible.

The mileage rate for using your car for business has increased this year to 24 cents from last year's 22.5 cents; however, the rate for medical travel remains 9 cents a mile, and use of your car for charity stays at 12 cents.

Mortgage and consumer interest

Interest continues to be fully deductible on funds borrowed to purchase your home, up to \$1 million. And interest on home equity loans of up to \$100,000, but not greater than the equity in the home, is entirely deductible for 1988, regardless of how the money was used.

For 1988 returns, only 40 percent of personal interest — on credit cards, car loans and the like — may be claimed as a deduction. And only 40 percent of losses from so-called "passive" investments acquired before Oct. 22, 1986, such as real estate that someone else manages for you, may be applied against other "non-passive" investment income. In both cases, the rate drops to 20 percent for 1989.

Rules on young dependents

If you're claiming a young dependent 5 or older, a grandchild perhaps, you must include his Social Security number on your tax return. This information was required last year, but the IRS didn't levy penalties for non-compliance, generosity that will not be repeated for 1988. On next year's return, the minimum age for requiring a Social Security number will drop to 2 years old.

The 1987 tax year introduced the "kiddie tax" for children under 14. For these children, unearned income up to \$500 is exempt from tax; the next \$500 is taxed at the child's rate of 15 percent; and anything over \$1,000 is taxed at the parents' rate. This rule required completion of Form 8615, a fairly complicated task in some cases.

For 1988, parents may include the child's income with their own on the same return if these tests are met: (1) the total doesn't exceed \$5,000; (2) the income is entire-

ly from interest and dividends; (3) the child is not subject to back-up withholding; and (4) no estimated tax was paid for the child. By doing this, you will avoid the chore of completing Form 8615 and may gain additional investment income against which to write off investment expenses.

But make the decision carefully. This strategy also increases adjusted gross income on the return, which in turn raises the floor for medical expenses and miscellaneous deductions, a possible deterrent if you itemize on Schedule A.

A new Medicare premium

If you're eligible for Medicare, the new catastrophic care supplemental premium became effective Jan. 1. The additional liability could amount to as much as \$800 per Medicare enrollee (\$1,600 on a joint return) for tax year 1989. However, for those who pay estimated taxes, there will be no penalty for underwithholding due to this new tax — the first year only. It's your option this year to increase withholding from your wages or pension payments, or to adjust your quarterly tax estimates to cover the extra amount.

And here's a tip for 1990. As a result of the kiddie tax and other changes to the tax code during the '80s, many of the techniques for reducing the tax bite on college fund savings have been lost. But a new opportunity is on the horizon.

Deferred interest income on U.S. Series EE savings bonds purchased after Jan. 1, 1990, will be exempt from tax if both principal and interest are used for college tuition and fees when the bonds are cashed. There is an income limitation, as well as rules on ownership of the bond, so watch for further details in the media before you jump in next year.

E. M. Abramson is a Florida-based freelance writer specializing in personal finance.

(Reprinted from Modern Maturity)

Tips on estimating Medicare premium

Next year at this time certain Medicare enrollees, if they haven't taken care of the matter already, will start paying a Medicare supplemental premium along with their 1989 taxes.

The bill is required under the Medicare Catastrophic Coverage Act, and it is one of two ways that enrollees will pay for new benefits provided under this law.

Beginning this year, everyone enrolled in Medicare (except those who are poor) will pay a basic \$4 a month premium for Part B catastrophic coverage. (The amount is being deducted automatically from Social Security checks.) In addition, the roughly 40 percent of Medicare enrollees with federal income tax obligations will pay a supplemental premium, based on their tax liability, for tax year 1989 and beyond.

The supplement will be paid by those who have been eligible for Medicare Part A (hospital insurance) benefits for more than six full months of the 1989 tax year, and who have federal tax liability at or above \$150.

How the premium works

Although you won't have to pay the tax-related supplemental premium until April 1990, you should budget for it now. You may want to increase withholdings from your wages or pension to cover the premium. Or, if you make quarterly estimated payments, you may want to increase those.

Some points to remember:

- The supplemental premium is based on income tax liability (the amount of taxes you owe), not taxable income. It will be added to your tax when you file your return.

- The supplemental premium does not affect the amount of non-taxed Social Security income that an individual or couple has.

- If you make quarterly estimated tax payments you will not be required to pay the supplemental premium with those payments for tax year 1989.

Instead, you can pay the supplemental premium in one lump sum in April 1990. However, in future years you will be subject to penalty if you do not include premium payments with your quarterly taxes.

Filing status affects the premium

- Single persons: Premium is based on amount of federal income taxes owed.

- Married, both spouses enrolled in Medicare, filing jointly: Do not double the premium amount you come up with, since you should have figured your tax liability based on combined income of both spouses.

- Married, one spouse enrolled in Medicare, filing jointly: Premium is based on one-half of the couple's income tax.

There is a limit

For tax year 1989, the supplemental premium can be no more than \$800 for single Medicare enrollees or for married couples in which only one spouse is a Medicare enrollee. If you are married, file a joint return and are both eligible for Medicare, your premium cannot be more than \$1,600.

(Reprinted from Modern Maturity)

SF Police Credit Union

"Invest In Your Credit Union"

WHO CAN JOIN?

- SF POLICE OFFICERS/SF AIRPORT POLICE
- DISTRICT ATTORNEY INVESTIGATORS
- PERMANENT TENURED EMPLOYEES OF THE SFPD AND THE SF INT'L AIRPORT POLICE
- SPOUSES OF CREDIT UNION MEMBERS
- CHILDREN OF CREDIT UNION MEMBERS
- PARENTS - BROTHERS - SISTERS

PLAN AHEAD:

- ESTABLISH HIGH PAYING SAVINGS
- ESTABLISH SAVINGS THROUGH PAYROLL DEDUCTION OR DIRECT DEPOSIT
- INTEREST-EARNING CHECKING WITH NO SERVICE CHARGE
- LOW INTEREST LOANS
- MORTGAGE LOANS WITH NO POINTS
- MANY MORE SERVICES

CALL US NOW FOR MORE INFORMATION!!
WE ARE HERE TO SERVE YOU AND YOUR FAMILY TO A BETTER FUTURE!

TELEPHONE: 564-3800

MONDAY THROUGH FRIDAY FROM 8:30 TO 5:00



COME SEE
...THE NEW
BUILDING
at
2550
IRVING ST.
(26th &
IRVING)



SAN FRANCISCO

Fellowship of Christian Peace Officers

Fight The Good Fight, Finish The Race

by Jim Crowley, Homicide

In II Timothy Chapter 4:1-8, the Apostle Paul writes to his beloved disciple, Timothy. Paul is very aware his ministry is coming to an end. In just a few words Paul summarizes a lifetime of modeling and exampling and teaching and training. Paul is writing from his prison cell, chained to a wall, with the rats running around his feet. He has endured to the end and could look back over a hard and bitter fight and say "I have won" — that is enduring as a good soldier. Paul was able to forget that the lions in the arena or the flames at the stake or a cruel cross might end his earthly life at any moment. His good fight was ended, his long hard race was run, and now only the memories of a noble life gave him great peace. Paul closes this letter with a solemn farewell charge to Timothy. "In the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of his appearing and his kingdom, I give you this charge: Preach the Word; be prepared in season and out of season; correct, rebuke and encourage — with great patience and careful instruction. Paul goes on to say that the time is coming when men will not listen to sound teaching.

Paul's Valedictory

Author and Bible teacher, Henrietta Mears, described the two following verses as "the greatest utterance of the grandest mortal who ever lived." Where can we match Paul's words which he wrote from his dungeon to Timothy, his own true son in the faith? Let us picture the old battle-scarred hero of the cross, standing in the gloomy dungeon, bound with chains and we hear him say, "I have fought a good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day — and not only to me, but also to all who have longed for his appearing." II Tim. 4:7-8. As Paul communicates to Timothy the very essence of what it means to be a preacher he passes on to you and me, today, regardless of our vocations or avocations, tremendous encouragement on how we should represent the Lord Jesus Christ in our lives. There are three words to focus on in Chapter 4:2, all being with the letter "P", "Preach, Prepare, with Patience" Preaching is something God has called all of us to do. **The word preaching comes from the Greek word EVANGELIZO.** This simply means to announce good news. The great commission of Jesus to go into all the world and make disciples, baptizing them in the name of the Father and of the Son and of the Holy Spirit was given to all of us not just a select few. **The "good news" is that the historical person of Jesus is the Son of God. He was crucified and He was raised from the dead in accordance with the Scripture. He is the promised Messiah for both the Jew and Gentiles and He must be received personally into people's lives by faith and with repentance.**

In Chapter 3 Paul tells Timothy the kind of people he will be preaching to. **It looks like a catalogue of twentieth century vices.**

- Lovers of themselves more than lovers of God.
- Covetous — men will do anything to gain possession of what they want.
- Proud and boastful — pride fills the natural heart.
- Blasphemers — taking God's name in vain.
- Disobedient to parents — There seems to be no respect today in the home.
- Unthankful — no gratitude, taking everything for granted.
- Unholy — men care for neither God nor man.
- Without natural affection — mothers taking the lives of their own children — divorce courts full.
- Truce Breakers — promises mean nothing.
- Lovers of pleasure — this age has gone pleasure mad.
- Sociologists call this the "Me" generation. Having a form

of godliness but denying its power there is only one source of power and that is in the Gospel of Christ Jesus.

Coming With Crowns

The crown is for Paul, but it is also for us "to all who have longed for his appearing." You and I whose achievements are so much less than Paul's may yet be partakers in Paul's heaven. Paul's instructions to Timothy was to prepare yourself to preach the gospel to people who don't want to hear it — and then be patient. The Holy Spirit will make it work. The last verse of this letter gives us a glimpse of the loneliness of the great wrestler and runner. Many were leaving him, under the stress of prosecution. "But the Lord stood at my side, and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it." This is the secret of Paul's success, This is why he could fight a good fight and finish the course. Not long afterwards the executioner's ax released Paul's soul from his worn and broken body to be carried away by flights of angels to the bosom of his beloved Lord. Surely the "crown" which gleams before us should spur us on to a new diligence in service. Do we long for his appearing?

THANK YOU

by Paul Chignell

Thank you to the members who voted for me for Vice-President of the Association.
I will work hard to fulfill my responsibilities to the membership with emphasis on my past record of representing members in trouble and securing benefits through the political process.
Congratulations to the other winners.
Words cannot express my appreciation for the service of Bob Barry, Dan Linehan and Ed Garcia. They have in large measure molded our Association into a potent political force. Their successors will be filling large shoes indeed.

POLICE/FIRE MEMORIAL MASS
SUNDAY, APRIL 9, 1989
ST. CECILIA'S CHURCH
17th/Vicente — 11:00 a.m.

National Law Enforcement Institute, Inc.
P.O. Box 1435, Santa Rosa, California 95402
(707) 545-3355

GANG SEMINAR

April 5, 6 & 7, 1989
SAN DIEGO



A crack team of the most distinguished gang investigators ever assembled will present a thoroughly new program unsurpassed in law enforcement training. The course will offer up-to-date, practical tips on handling the gang issues of most current concern, including:

- Gang Drugs
- Prison Gangs
- Crips & Bloods
- Officer Safety
- Asian Gangs
- Warrants
- Enforcement Tactics
- Street/Prison Ties
- Profiles
- Custodial Contacts
- Vietnamese
- White Supremacists
- Street Contacts
- Street Gangs
- Interviews
- New Laws
- Skinheads
- Satanic Cults

The instructors will discuss current gang structures, links between groups, methods of operation, recognition of members, recognition of contraband, weapons, tactics and officer safety during contact. The program will place heavy emphasis on officer safety techniques, and on the recognition, investigation and disruption of gang drug activities. There will also be a special presentation by a gang member who will candidly answer any question you have about gang activities in prison and on the street. This is not a theoretical or historical course, but one designed to provide immediately useful and worthwhile information for any officer (plain clothes, undercover, uniform, custodial, probation or parole) concerned with their success and safety when handling gang related cases. This is a thoroughly revised and expanded course with a great deal of new information that will not duplicate our prior programs (there has been a 100% rotation of faculty since our last San Diego and San Francisco Seminars).

LAW ENFORCEMENT IDENTIFICATION WILL BE REQUIRED, AND RECORDINGS WILL BE PROHIBITED.

TUITION:

\$120 per person if registrant names are received by 5 P.M., Friday, March 17, 1989 (includes Gang Manual). Persons registering after March 17, must pay the regular tuition of \$135. To qualify for the special \$120 tuition, telephone registrations must be received by 5 P.M., March 17, and written registrations must be postmarked no later than March 17. Visa and MasterCard accepted. **If your new fiscal year is about to begin, we will not bill you until after that date if you so request.** We will also gladly adjust other billing procedures to accommodate the needs of individual departments.

Requests for refunds will be honored up to 5 P.M., Tuesday, March 28, 1989, after which cancellations will be subject to a \$10 service charge. No refunds will be allowed for cancellations received after 5 P.M., Monday, April 3, 1989.

COURSE CREDIT:

California P.O.S.T.	1 training point (meets criteria — no reimbursement)	Utah P.O.S.T.	20 hours
Nevada P.O.S.T.	20 hours	Idaho P.O.S.T.	20 hours
Arizona ALEOAC	By agency request (routinely approved)	Oregon B.P.S.T.	20 hours

Each participant will receive two Certificates (one Certificate for course credit and personnel files, and another Certificate suitable for framing).

LOCATION:

Bahia Resort Hotel, 998 W. Mission Bay Drive, San Diego, California, 92109. **(619) 488-0551. In California (800) 542-6010. Outside California (800) 821-3619.** (The entire top floor Ballroom has been reserved for this program. The Bahia is located on a private portion of beautiful Mission Bay, yet is only minutes from San Diego's many attractions. Ample **free parking**.)

Tremendous Law Enforcement Rate: \$66 single OR DOUBLE occupancy (two persons, two beds for the price of one). This is the same low rate we were able to negotiate for last year's seminar. **You must tell the hotel that you are part of a "group" sponsored by the National Law Enforcement Institute. Otherwise, you may be told that the hotel is full.** Contact us immediately if you need any assistance with room reservations. Room block released to the public March 21, 1989.

SIGN-IN / TIMES:

Sign-in and receive course materials on Wednesday, April 5, from 8 A.M. to 10 A.M. Class will begin promptly at 10 A.M. on Wednesday, and conclude at 3 P.M. on Friday.

REGISTRATION & INQUIRIES:

National Law Enforcement Institute, Inc.
P.O. Box 1435
Santa Rosa, California 95402
(707) 545-3355 (8 A.M. to 5 P.M. Pacific Time)

FACULTY: **J.J. May**, South Bureau CRASH Unit, L.A.P.D.; **Mike Hentigan**, Gang Unit, San Diego P.D.; **Ray Paik**, Asian Gang Unit, L.A.P.D.; **Carlos Chacon**, Intelligence Division, San Diego P.D.; **Loren Naiman**, Hard Core Unit, Los Angeles Co. D.A.'s Office; and **Tim Carroll**, Special Investigations Division, San Diego Co. Sheriff's Dept.

COURSE REGISTRATION

Make checks payable:
Mail to:

APRIL 5, 6 & 7, 1989

National Law Enforcement Institute, Inc.
P.O. Box 1435, Santa Rosa, California 95402

SAN DIEGO

NAME _____ AGENCY _____
(As it should appear on your certificate)

STREET _____ CITY _____ STATE _____ ZIP _____

NOTE: Check, purchase order number, credit card number or agency delayed billing request should accompany registration.

VISA # _____ Ex. Date _____ MasterCard # _____ Ex. Date _____

Office Phone (_____) _____ Signature _____

N.L.E.I. is a nonprofit organization dedicated to continuing excellence in law enforcement.

COPS FOR CHRIST LUNCHEON

P.O.A. 510-7th Street
Thursday, April 13, 1989
12 Noon

Speaker — Father John Heaney

Call Jim Crowley - Ext. 1500
or Ed Erdelatz - Ext. 1148



Chief Frank Jordan receives keys to the vans donated to the SFPD from Bob Aregger (Chairman of Variety Club's Sunshine Coach Program). Also shown at far right are Off. Steve Tittle and his wife Julie, who were instrumental in getting the vans for SFPD's Community Service and PAL.

Variety International Sunshine Coach Program

In 1962, the Chief Barker of the Variety Club of Great Britain, Leslie A. Macdonnell, C.B.E., visited Queen Mary's Hospital in Surrey. He saw an eight year old girl who, because of an incurable illness, was confined to her bed and had never been outside the hospital. After this visit, Mr. Macdonnell spent many hours thinking how Variety could help to lighten the life of this child and the many others like her. He came up with the idea for a specially designed coach to carry these handicapped youngsters and permit them a day in the sunshine.

Thus was born the idea for what has become the Sunshine Coach Program. Since the presentation of that first coach to Queen Mary's Hospital to provide outdoor recreational opportunities for its young patients, the dire need for such vehicles to transport shut-ins to picnics, outings, sporting matches, places of historic interest and other entertainments became increasingly evident. There was a huge vacuum in vital therapeutic services long neglected which this program was capable of filling.

And so, the Sunshine Coach Program began to grow as the vehicles demonstrated their flexibility in servicing all the transportation needs of the handicapped and underprivileged children serviced by the recipient institutions including hospitals, schools, boys and girls clubs, treatment and recreation centers, caamps, homes societies and the like.

At this writing, there are more than 4,500 Sunshine Coaches that have been placed on the road on all five continents of the globe!

More than 35,000,000 disadvantaged and/or special children have already benefitted substantially from this program!

Variety Clubs International is currently adding to those Sunshine Coaches in service at the rate of six each week somewhere in the world.

During the record year of 1986, the Sunshine Coach Program accelerated to the point where 352 vehicles were presented to children's charities with a value in excess of \$6,000,000. Leading Eastern Hemisphere Tents was Variety Club of Great Britain which added 141 coaches followed by the Variety Club of Australia with 31. In the Western Hemisphere, the United States Tents put 112 Sunshine Coaches into service with Canada accounting for 51. And '87 was better!

Requests for Sunshine Coaches are made to a Variety Club by children's institutions within its area of activity or to International by children's organizations in regions where there are no Variety Clubs in operation. Investigation is made into the intended use and need for the type of vehicle requested, the ability to operate and maintain the vehicle and other details necessary to an intelligent decision.

Intensive efforts are also made to find sponsors for these vehicles. Many corporations, business firms, foundations, clubs and individuals derive great satisfaction in donating Sunshine Coaches to children's institutions active in their areas. Many times, Sunshine Coaches are donated in honor or in memory of a person to perpetuate the name or in recognition of landmark anniversaries by an industrial concern — and sometimes, just for the pleasure of providing a much-needed vehicle.

The name of each Sunshine Coach sponsor is printed on the doors of the vehicle together with any appropriate legend that may apply to the gift and serves as a constant, daily reminder of the donor's generosity and thoughtfulness in fulfilling such vital transportation requirements.

In Great Britain, for example, the Variety Golfing Society has sponsored more than 220 Sunshine Coaches followed by Tesco Stores with more than 100 and organizations such as Young Variety, Handicapped Children's Aid Committee, Rayne Foundation, Butlin Trust, Miss World, Cinema and Bingo Collection Committee and Mecca Leisure have collectively sponsored an additional 380 vehicles. In Ontario, the Food Industry during 1986 raised sufficient funds to put 22 Sunshine Coaches on the road for needy children's institutions.

Sunshine Coach vehicles are invariably tailored to the needs of the recipients with the emphasis on safety and comfort. The vehicles range in size and sophistication anywhere from 12 seats to 72 seats with special equipment and hydraulic lifts for wheelchair passengers. There are special Sunshine Coaches such as the Baby Units which are, in effect, ambulances for transporting premature and seriously ill infants. Incubators, resuscitation units and other life-saving equipment are standard accessories.

If all the Sunshine Coaches provided by Variety were lined up in parade fashion, one behind the other, it is estimated that the vehicles would stretch out over a distance of twenty miles!

Some of the older Sunshine Coaches that have been replaced have reported travel in excess of 100,000 miles. A conservative estimate would indicate that Variety Sunshine Coaches have collectively covered mileage sufficient to circle the globe some 10,000 times!

Variety is proud of its Sunshine Coach Program and intends to continue and expand it into the future. So if you should just happen to see a Sunshine Coach somewhere serving special children, we hope that you will share in our sense of satisfaction that goes with participation.

Sunshine Coach Participation By Ford Motor Company

Variety Club International is indebted to Ford Motor Company for its outstanding cooperation with the Sunshine Coach Program.

On completion of a five year loaner agreement under which Ford Motor Company loaned an Econoline Van or Club Wagon to each of the Variety Tents in the United States and Canada for one of their favored "heart projects," Ford extended its participation starting in 1988 doubling the size of its contribution from one to two vehicles per Tent each year for a total of 80 Sunshine Coaches annually! In addition, Ford maintains and repairs the vehicles and provides the insurance coverage.

The new agreement extends the pact through 1992, a second five year period. At the end of a year in service, each Tent agrees to return the vehicles in good condition or purchase the vans under the Special X plan (which many Tents are doing). At that time, two new vans or wagons are made available for the ensuing year.

As a result of Ford's cooperation, there is a natural tendency to favor and purchase Ford vehicles whenever possible such as the new special 72 passenger Ford bus ordered by Variety of British Columbia for one of its heart projects. In Great Britain, Ford participates in many other ways and the Tent purchases well over 140 Ford vehicles annually for its Sunshine Coach program.

Vans For SFPD Programs

The Variety Club of Northern California (Tent 32), The Children's Charity, presented two Sunshine Coaches to the San Francisco Police Department's Community Services Division and Police Activities League on Tuesday, February 28, 1989 in front of City Hall at 9:30 a.m.

Every year under a loaner agreement with Ford Motor Company, each Variety Club Tent receives two Sunshine Coach vans to be loaned to their favored "Heart Project." In addition, Ford maintains and repairs the vehicles and provides the insurance coverage. At the end of a year in service, each Tent agrees to return, purchase or give the lucky recipient a chance to purchase the vehicle.

Variety Club is internationally recognized as "the greatest children's charity in the world." Because of its origin in the entertainment industry, Variety Club is referred to as the "Heart of Show Business." In 1947 the Variety Club of Northern California, Tent 32 was chartered by Variety Clubs International. The major activities of each Chapter are to finance, sponsor or operate a service for the benefit of children in the areas of health, welfare, education, recreation or scientific research.

Snow Country Trip for Youths

Youth Wilderness Adventure Program Helps Send Project Kids to Snow Country

Thanks to public support and an annual Black History Month celebration and soul food dinner, for the third year SFPD's Youth Wilderness Adventure Program and North Beach's very active social services agency, the Telegraph Hill Neighborhood Center, managed to send 25 North Beach Housing Project youths to the mountains for a weekend in the snow country.

The excited boys and girls, ages 11 to 14, went to the Sierra Club's Clair Tappan Lodge at Norden near the Donner Summit. Lee Roberson, Tel-Hi's Youth Activities Director, arranged the trip with assistance from Officer Walt Scott, Officer Benny Fong, Central, and Officer Bart Johnson, Potrero, drove vans provided by Community Services and, along with chaperons from Tel-Hi, spent the weekend interacting with the children. Special thanks went to Officer Fong for filling in at the last minute for another officer who had to back out.

In addition to having a good time, the children performed housekeeping tasks as their way of keeping accommodation costs down.

BIG GAME FISHING

"Hotel Spa Buenavista"

BAJA CALIFORNIA, MEXICO

Fabulous fishing, sparkling sun, good times and relaxation at "Hotel Club Spa Buenavista" in beautiful Baja California.

IMAGINE! Jet from the Bay Area to the tip of Baja California at Cabo San Lucas. Three days of fishing, fighting the big ones in some of the world's richest fishing waters. Afterwards, relax in comfort at the Hotel Club Spa Buenavista, located between San Jose Del Cabo and La Paz on the Sea of Cortez. Wonderful food, relaxing surroundings, sun and sea, and a chance to experience the thrill of big-game fishing.

Informality is the rule: pack up your clothing and tackle and join us for an action-packed 5 nights and 6 days that you'll never forget!

You'll need proof of U.S. citizenship along with you — a valid U.S. Passport, or official copy of your original birth certificate — all for the low price of...

\$829⁰⁰ per person, San Francisco departure
(Los Angeles departures: \$773⁰⁰)
Non-Fishermen: \$699⁰⁰

Tour Includes:

- Round trip jet coach transportation to Cabo San Lucas via Mexicana.
- 5 nights at Hotel Club Spa Buenavista, double occupancy (single men may be accommodated in triple rooms).
- 3 meals daily: Full American breakfast/Picnic lunch on boat, or full lunch at hotel/Full dinner at hotel.
- 3 days fishing — 8 hours each day, with three people to a boat, each boat a 28' cruiser.
- Transfers between airport and hotel on arrival and departure.
- Fishing licenses, taxes and hotel tips included.
- Fully escorted by a representative of BIG GAME FISHING with groups of 20 or more paid fishermen.
- Big Game Fishing hat.

Not Included:

- Fishing tackle (available, for those not bringing their own, at \$10⁰⁰ per day; fishermen responsible for any lost lures)
- Beverages • Bait • Tips on boat
- Mexican Departure Tax \$10⁰⁰
- Mainland stopovers available — call for details

Departure Dates: 1989

**SPECIAL POLICE AND FIRE FIGHTER
DEPARTURE:
MAY 12, 1989**

**77 Jack London Square (415) 834-2555
Oakland, CA 94607 800-458-2879**

East Bay Regional Park Police Officer Openings

If you would enjoy working as a public safety officer, performing a variety of police duties in beautiful parkland surroundings, the East Bay Regional Park District has job opportunities that will interest you.

District Public Safety Officers are peace officers who provide all kinds of public assistance and police services, such as helping park visitors, assisting people in distress, enforcing laws and ordinances, issuing citations, and making arrests when necessary. To some degree, parks tend to mirror the problems of the communities that surround them. In remote areas officers must contend with incidents such as illegal hunting and off-road vehicles. In the urban-edge parks drug use can be a problem and occasional serious crimes. The basic mission of the officer is to protect park users and their property to insure that the park experience is a good one for all concerned, while at the same time protecting the parks within the District's two county system in Alameda and Contra Costa Counties.

Officers are assigned to one regional park or to a group of parks. They patrol in uniform by auto, 4-wheel drive vehicle, motorcycle, boat, helicopter, horseback or on foot.

Police officers who work for the Park District go through a state accredited police academy and field training program similar to city or county officers, and they also train in areas that deal with parks, waterways and open space land use. Officers are expected to be just as knowledgeable about the Fish and Game Code as they are about the Penal Code or Vehicle Code and are also required to know about laws dealing with such areas as Harbors and Navigation, Public Resource, and Regional Park Ordinances.

Lateral and non-lateral applicants must meet current peace officer selection standards as set by the California Commission on Peace Officer Standards and Training. Applicants must be at least 21 years old; in good physical and mental health; citizen of the United States or in the citizenship application process; high school graduate or equivalent, and successful completion of at least 30 semester/45 quarter units of college level courses.

Additionally, non-lateral applicants must demonstrate prior interest in law enforcement in the form of an additional 200 hours of police related education, or 200 hours of para-professional law enforcement experience (paid or unpaid) for a city, county, state, federal or special district authorized by statute to maintain a police department.

The monthly salary range is \$2,386 to \$2,829, plus a 3% incentive for intermediate and 6% incentive for advanced POST certification. Additionally, the District provides a generous fringe benefits package, including a 100% District paid Pension plan.

At least five openings are anticipated. Application must be made on District forms only. The deadline for receipt of application materials is 5:00 p.m., May 1, 1989. Forms may be obtained at the Park District Personnel Department, 11500 Skyline Blvd., Oakland, or at the Park District Public Safety Department, 17930 Lake Chabot Road, Castro Valley. For more information, telephone the Personnel Department at 531-9300, ext. 2600 or 2604.

Those interested in arranging a ride-along with one of our patrol officers may call the Public Safety Department at 881-1833.

APCO Annual Conference

What: 55th ANNUAL APCO CONFERENCE
Sponsored by: Associated Public-Safety Communications Officers, Inc.
When: August 6-11, 1989
Where: Nugget Convention Center, Sparks, Nevada

The APCO Annual Conference is the world's largest conference for Public Safety communications and should be attended by anyone involved with emergency communications at any level of government, or by those people who sell or market items for the government communications market.

Who Should Attend:

Managers and Supervisors of public safety/government communications center for police fire, EMS, civil defense or other agency charged with protecting life and property. Also, dispatchers, engineers, technicians and other personnel.

Highlights:

Five days of seminars, panel discussions, presentations and training for public safety communications personnel. Exhibits area staffed by 170 companies showing state of the art equipment for the Public Safety communications market.

How to Register:

Call APCO at 904-427-3461 and ask for a Registration Packet for the Annual Conference in Sparks.

More information is available from:

APCO, Inc.
 930 Third Avenue
 P.O. Box 669
 New Smyrna Beach, FL 32070
 904-427-3461
 Fax: 904-427-6307

ZAIRE

(Continued From Page 4)

Zealand architect with an Irish passport working in London. Rosemary is Irish from Dublin and works in London as well. We waited two days in Goma for the next flight. Goma is scenic. We found a good bakery and a couple good cheap places to eat, 500Z for a meal. They also made cheese in Goma.

The flight did leave as scheduled. Uganda, Rwanda, Burundi and eastern Zaire are up in the altitude and cool. Kisangani was hot and humid. The taxi drivers tried to charge us 2,000Z a person for the 10 mile trip into town. The price fell to 500Z when we got a free ride into town with a group of Italian nuns working in Zaire.

The Hotel Olympia in Kisangani reminded me of Mrs. Roches in Nairobi. There were cars, trucks and tents in a well shaded yard. A double with bathroom cost 2,000Z. The water pressure was anemic. At best the mosquitoes were voracious but mosquito coils and nets would keep them at bay during the night. People sat around exchanging travel information. There was good conversation and cold drinks.

I saw two couples I had last seen at Mrs. Roches in Nairobi months ago. One couple had bicycled the whole way. The other had driven a land rover. They were also heading to Cameroon. They agreed to give me a ride if I would pay for food and gas.

Kisangani is a large town on the Congo (Zaire) River. Government offices are open 8-3 while stores are open 8-12 and 2-5. After noon the streets are deserted. Nothing really gets going again except bars. Zairians eat their big meal mid day. Many restaurants don't open at night.

We all got a free ride on a barge going downstream from Dimitri, a Greek expatriate. He managed the tub, barge and cargo. He spoke English and couldn't have been nicer to us. He let us use his bathroom and shower on the tug. We were invited for morning coffee. A couple nights we played poker in his cabin. We used his money instead of chips. He usually won.

We bought provisions for the trip at the large outdoor market. Things were cheap. Avocados cost 10-30Z. Bananas cost 20-30Z a bunch. Pineapples were 50-100Z. Bread was 50-70Z a loaf. We found a good butcher shop where we bought smoked ham and salami.

They lifted the land rover by the front and back end to put it on the barge. There was a loud groan as the front end bent upwards. The frame had been badly bent. We were originally going to get off in Usala. They decided to ride all the way to Kinshasa where either repairs could be made or they would sell the car. There went my ride.

There were three barges lashed together side by side pushed by a tug. There were a number of cars and metal drums on top of the barge. Besides a few other travellers there were 50 or so Africans also going down river.

The Congo is a wide river dropping a foot a kilometer for 1300K to Kinshasa. The jungle crowds the river, except for occasional man made clearings for huts or villages. The river was very high and many huts were partly under water. Some huts were built on stilts. The land was flat and swampy. Mosquitoes weren't a real problem while moving along the river but if we stopped for the night they moved in.

We spent the days watching life along the river. I read Joseph Conrad's *Heart of Darkness* which was great as

it is about a trip up the Congo River. The sunsets were beautiful. The sun would turn gold then red reflecting both colors in the sky and on the river at the same time. We saw lightning most nights. I had my tent set up on deck. It had a real test one night of an hour of high wind and driving rain.

As we went down the river people would row out to the barge boat in piroques which are dugout canoes. The men would row standing up. The women usually sat to row. It was graceful to watch three or four people paddle in unison standing up.

They would row out to sell various provisions to people on the boat. They sold fresh and smoked monkeys; live crocodiles; live turtles; fresh, smoked or live fish; smoked or fresh eels; smoked antelope; manioc and casava. The bargaining at times would be heated.

We heard that the big passenger boat was coming up river, so after 5 days on the barge, Morgan, Rosemary and I got off in Mbandaka.

Mbandaka is a good size town one mile north of the equator. The center of town was the "ville" while the larger suburb where people lived was the "cite" in the ville. There are a few hotels, a few restaurants (only two are open at night) and 15-20 stores selling all kinds of supplies. It's also a provincial capital with various small government buildings. Mbandaka might have foreign tourists a couple times a year.

We found a hotel with rooms for 1,000Z a person. The rooms were large with lights, a bathroom and a porch but no fans or mosquito nets and only an occasional water supply in the rooms.

We were invited to Christmas Eve dinner by a Zairian store manager. We went over to his house and had a few beers with him and his wife. We went with them to Christmas Eve mass. They were in the choir. While walking there we saw several other masses being held.

The mass we attended was held in the chapel of a hospital. A Belgian priest held the mass by candlelight. The mass was entirely in the local language of Ungala. Most of the worshipers were women from the maternity ward with newborn babies in their laps. The choir sang with the accompaniment of congas and African marimbas.

For those of you who want to get away from the over-commercialization of Christmas, I have the place for you. Gift giving is not as common as most people are too poor. It's entirely a religious celebration. I heard my first Christmas carols that night at mass. The choir sang beautifully in Ungala. I recognized "Silent Night" among the many songs. After dinner we went back to a Zairian feast of pork, fish, rice, casava, foli-foli and more with beer.

My neckpouch containing passports, vaccination certificate and 26,000Z was stolen on the 23rd. The day after Christmas, my passport and other documents were returned but no money. I wrote out a statement in English and one in French. They picked up a hotel employee for questioning.

The big boat was just that. It was a three level boat pushing seven barges. It cost 14,000Z for the four day trip in first class to Usala and included three meals a day. First class cabins were basic. They had two beds and shared a bathroom with the first class cabin on the other side of the boat. The bathroom had no light and I flushed the toilet with a bucket of water fill in the bathtub. The

second class had two sets of bunkbeds to a room and third class slept on deck. They had two meals a day. There were 2,000-3,000 people all told.

The barges were a huge floating bazaar. There were stalls everywhere with just narrow passageways to walk along. They sold all kinds of basic supplies from soap to cassettes to clothes to nails. I saw two guys carrying a live 8 foot crocodile strapped to a pole. There was a constant flow of piroques to and from the boat 24 hours a day. One time I counted over 50 piroques tied up on our side of the boat at 4 AM. For most people along the river the boat is the only store they ever see. I talked to some of the shopkeepers. They spend most of their time on the boat between Kinshasa and Kisangani. While they would sell supplies, their main business was buying smoked monkeys or fish cheaply on the river and selling them for a profit in Kinshasa.

After four days I got off in Usala. I said goodbye to Morgan and Rosemary. I set off at 6 AM with two Australians overland to the Central African Republic.

We sat from 7 AM to 10 PM under a tree across from the market waiting for a truck. It cost 2,000Z for each of us to go to the town of Akula. It was crowded. I stood on an oil drum with the upper half of my body above the open steel enclosure. There were low branches. It felt like the chase through the forest in "Return of the Jedi" ducking back and forth. The force wasn't with me as I did get hit by a branch but I had only minor scratches. When the truck dropped off supplies at dusk we got to sit down. We got to Akula at 11 and found a basic hotel for 500Z a room.

The next morning we got another truck to Gemena for 600Z each. We left at nine. We were soon covered in a layer of red dust. We got to Gemena at sunset on New Years Eve.

There were no trucks out that night. Four Africans were going to Central Africa. On had relatives in Gemena. We all slept on the floor of a hut that night. They had just finished baking bread to sell at the market. The gave us some still warm bread for dinner. We each had a beer to celebrate.

New Years Eve there were no trucks out. There were even more parties. I saw a lot of drunk women for the first time in Africa. We bought avocados, pineapples, bananas and bread.

The truck the next day was going to leave at 7 AM, then 9 then 11 AM. We got on at 1 PM and it left at 2 PM. It was loaded to within a couple feet of the top with sacks of rice. We paid 3,000Z each for the ride to Zongo on the border. We got to a ferry at 7 PM and had to wait overnight until 7 AM. It was an uncomfortable sleepless night.

After going all day with stops to repair flats we arrived in Zongo at 7:30 PM. We found a basic hotel and slept well. The next morning after immigration searched our packs we crossed the river and left Zaire.

At 9 AM New Years Day it was midnight in California. It's been one of my more varied years — from traveling in Costa Rica with Art Borges, to being an FTO, to fighting layoffs, to watching parliamentary maneuvers during POA power struggles just before I left. The last 5 months in Africa — from the game parks, to Zanzibar, to floating down the Congo — have been a contrast. I don't know if I'll see another year like it; on the other hand, this year looks pretty good. Ciao!

Summarized Information On Selected New Laws

1989 Law Update

by Mike Paganini, Mission Station

— Penal Code —

P.C. 273.5 — Corporal Injury To Spouse

Adds any person who willfully inflicts upon any person who is the mother or father of his or her child, corporal injury resulting in a traumatic condition (regardless of habitation status).

P.C. 273.7 — Malicious Disclosure Of Location Of Domestic Violence Shelter

Who maliciously publishes or otherwise discloses the location of any 24 hour domestic violence shelter without authorization. Misd.

P.C. 12001 — Defined - Firearm Capable Of Being Concealed (12025 P.C.)

Barrel length less than 16" in length, or which has a barrel 16" or more in length which is designed to be interchanged with a barrel less than 16" in length.

P.C. 12001.1 - 12551 — Sales To Minor

Misd. violation to sell minor a firearm, B-B gun, pellet gun, CO2 pressure gun, etc.

P.C. 12020 — Prohibited Weapons

Specifically adds: plastic firearm (less than 3.7 oz of metal), unconventional pistol, lipstick case knife, writing pen knife, air gauge knife, leaded cane, zip gun, sap, cane sword, shobi-zue (stick, rod or pole concealing a knife within it which may be exposed by a flip of the wrist or mechanical action).

P.C. 12034(b) — Driver/Owner Permitting Firearm In Vehicle

Addition - felony for driver or owner to knowingly permit any other person to discharge any firearm from a vehicle.

12034(c) — any person who willfully discharges a firearm from a motor vehicle at another person other than an occupant of a motor vehicle is guilty of a felony. 3-5-7 years.

P.C. 243(b), P.C. 241(b) — Assault/Battery On Process Server

Covers process servers in the performance of their duties similar to police. Repeals 243.6 P.C. old section.

P.C. 244.5 — Stun Gun/Taser Assault

Felony violation. Enhancement penalty if victim is a police officer or firefighter.

P.C. 245.5 — ADW On School Employee

Includes stun gun or taser.

P.C. 243.6 — Discharging Firearm In Grossly Negligent Manner

Any person who willfully discharges a firearm in a grossly negligent manner which could result in injury or death. Felony.

P.C. 247 — Shooting At Unoccupied Motor Vehicle, Uninhabited Dwelling

Person who discharges a firearm at an unoccupied motor vehicle or an uninhabited building or dwelling house. Felony.

P.C. 186.22 — California Street Terrorism Enforcement And Prevention Act

Any person who actively participates in any criminal street gang with knowledge that its members engage in or have engaged in a pattern of criminal gang activity and willfully promotes, or assists in criminal conduct of that gang felony. Also, person convicted of felony of misd. committee for the benefit of, or at the direction of any criminal street gang, with specific intent to promote or further gang activity. Enhancement penalty.

P.C. 136.2(f) — Good Cause Belief Of Intimidation Of Victim

Court may issue order protecting victims of violent crime from contact with the intent to annoy, harass, threaten, or commit acts of violence, by the defendant.

P.C. 484.1 — Theft Presumed/Pawnbrokers

Person who gives false information or false identity to pawnbroker in order to sell property/receive money. Theft presumed.

P.C. 594 — Vandalism

Refer section for damage amount changes. Example: Under \$1,000.000 — 594(b)(4) P.C.

P.C. 666 — Petty Theft With Prior

Now includes felony conviction of 496 P.C. and having served a term therefor in any penal institution.

P.C. 171(b) — Unauthorized Possession Of Weapon At Public Meeting

Brings firearm, 653(k) weapon, 12020 weapon, tear gas weapon to certain public meetings. Treated same as bringing weapon into courthouse.

P.C. 7500 — Peace Officer Coming Into Contact With Bodily Fluids. Required HIV Testing Of Arrestee.

Chief medical officer involved in investigation. Lengthy section.

P.C. 1202.1 — Sex Offense Conviction/AIDS Testing

Court to order for AIDS testing upon conviction, the following: 261-261.5, 262, 286, 288a P.C.

— Health and Safety —

H&S 11353.6 — Juvenile Drug Trafficking And Schoolyard Act

Over 18 convicted of 11351.5 (crack poss for sale), 11352 (sale), 11379.6, or a conspiracy to commit such offense, where violation takes place upon the grounds of, or within 1,000 feet of a public/private elementary, h.s., vocational school. 3-4-5 year enhancement.

H&S 11353.7 — Adult Preparing For Sale Controlled Substance, Sale Of Controlled Substance To Minor In Public Park

Person over 18 who sells/gives away in a public park a controlled substance to a minor under 14 yrs, during hours in which the public park is open for use, with knowledge that the person is a minor under 14 yrs. 3-6-9 years.

— Business & Professions —

B&P 25662(b) — Authority Of Police To Seize Alcoholic Beverages

Allow police officer, legally on premise, to seize alcoholic beverages in plain view, when gathering open to the public, where there are present 10 or more persons under 21 consuming alcoholic beverages, and there is no supervision of the gathering by a parent/guardian. Officer may destroy open containers. Unopened containers hold for 7 days to be reclaimed pending request by person 21 or older who is the resident/owner of the property upon which the beverage was seized. If not claimed, destroy.

— Vehicle Code —

CVC 2800.2 — Evading Officer

Person flees pursuing officer in violation of 2800.1 and the pursued vehicle is driven in a willful or wanton disregard for the safety of persons or property. State prison. See also 2800.3 C.V.C.

CVC 14601.4 — Causing Bodily Injury To Another While Driving With License Suspended (14601.2VC-DUI) Or Revk

Caused injury by neglect or unlawful act to other than driver. Misd.

CVC 2818 — Flare Or Cone Pattern

It is unlawful to traverse a flare pattern, or cone pattern, provided for the regulation of traffic.

CVC 24400(a) — Minimum Speed Law

Addition. No person shall bring a vehicle to a complete stop upon a highway so as to impede or block the normal and reasonable movement of traffic.

— Code of Civil Procedure —

CCP 116.2 — Small claims court now has jurisdiction, in most cases, to \$2,000.00.

Irwin Memorial Blood Bank Honorees

Carl Vogelsang, a retiree of the San Francisco Police Department, recently was honored as one of Irwin Memorial Blood Center's most frequent blood donors. Vogelsang is one of only seven Irwin blood donors who has donated more than 150 pints of blood. To date, Vogelsang has given at least 159 donations, which have enabled local patients to receive the care they need.

Gary Manini, a sergeant with the San Francisco Police Department, and Mario Tovani, a retiree of the depart-

STRESS

(Continued From Page 3)

emotions is one of the most useful ways of relieving stress. Learn to identify your feelings and to take reasonable risks, to trust trustworthy people with your feelings. Doing so will let off much of the pressure that naturally accumulates in you as you go about doing your job. Let your work in this manual be the beginning of a life-long pattern of being familiar with the feelings of the INNER COP, so that you not only survive, but thrive.

There are other things you can do, as well, to survive stress and foster the mental health of the INNER AND OUTER COP.

Stress Relief Through Recreation

When a police officer invests his entire being into just one role, that of being a cop, he shuts down the channels that can be most useful to him in relieving stress. When an officer stops being a husband or father, when he curtails involvement in hobbies and recreation that give him new perspectives and a physical release of tension, he sets himself up for both job and personal problems.

Time with family and friends, focused upon activities that are not job-related, is essential to survival of the inner cop.

Conclusion

The stresses you encounter as a law enforcement officer can destroy the inner cop if you don't work to identify and acknowledge your feelings and work to release pressures that build inside you.

Develop relationships in which you can trust someone to understand and respect your emotions. Take some calculated risks with your feelings. Let yourself feel your feelings, rather than repressing them, shutting them down, ignoring them and telling yourself that "real cops" don't feel these things. Don't run away from your feelings.

Find some activities that you can enjoy, by yourself and with others that are not related in any way to your work. Take time, make time, to engage in these activities regularly.

Spend quality time with your family. Let them get to know you as a person. Share yourself with them and enjoy them for what they are: people whom you love and who love you.

We hope that working through this training manual has given you a solid foundation of skills that you can continue to use throughout your career. We advise you to review this manual periodically and repeat the exercises on a regular basis.

The work you do is important. You are important. Survival of the inner cop, your survival, is important. We sincerely hope that this training manual will significantly enhance your ability not only to survive, but also to grow.

Hicks Realty & Mortgage
(415) 647-6886

1699 DOLORES STREET SAN FRANCISCO, CA 94110

273 NAPLES

Prime Excelsior Location! This four bedroom, 2 bath house has been completely remodeled. Termite clearance, brand new kitchen with all new appliances, new carpets, new linoleum, new tile, all copper plumbing, updated electrical service, master bedroom with its own bath. Shopping and transportation within one block.

\$279,000



908-910 POTRERO

A very nice set of flats! These units are located across the street from S.F. General. This convenient location has muni at the door and shopping nearby. This property consists of a lower four room flat plus rear porch and extra storage and an upper flat with five rooms plus a laundry room. These units show well.

\$289,500



2 MADDUX

Ideal Silver Terrace starter home! This two bedroom one bath home has been completely remodeled! Amenities include brand new kitchen with tile counters and oak cabinets, all new appliances, remodeled bathroom, new carpets, new kitchen linoleum, new roof, fresh paint in and out. Vacant.

\$239,000



Letters

O.T.

Honorable Mayor Art Agnos
City and County
of San Francisco

Dear Mayor Agnos:

This office received a request from the news media for a copy of the quarterly report prepared by the Controller showing the overtime earned by police employees in relation to the employees total wages. An opinion was requested of the City Attorney as to whether such a report showing the employees names along with the additional information could be divulged. The opinion stated that a report such as the overtime report must be disclosed upon request. We will therefore make a copy of the report available to the news media.

By a copy of this letter, we are advising the Chief of

Police and the unions involved of the opinion and action to be taken by this office.

Samuel D. Yockey
Controller

Thanks

President Bob Barry
SFPOA

Dear Mr. Barry,

We are in grateful receipt of a \$300 donation from your Community Service Section to assist us this year with our Chinese New Year's Run's expenses.

Please express our thanks to your membership for this welcomed support.

Sincerely yours,
Alan S. Wong
Executive Director

Mr. Tom Flippin, Editor
SFPOA Notebook

Dear Tom:

Peace and Every Blessing! Thank you very much for helping St. Anthony Foundation to help thousands of needy people to help themselves get out of the cycle of poverty.

That is the goal of each of our eight different programs of Direct Aid (Food, Medicine, Clothing, Shelter), Rehabilitation, and Social Justice Education, Advocacy.

During the past holiday season, the media attention has been mainly on the problem of homelessness. There are short-term solutions and long-term solutions.

I would hope as we enter a new year, and a new administration we could focus on the problem of poverty and do some creative things. I think if we do make it our focus and give time, and our best thought and some funds to it we can come up with long-term solutions. This is my wish

for the New Year.

Again I thank you. Be assured of my best wishes and prayers. Please let me know if ever I can be of service to you in any way. God bless you and yours.

Fraternally,
Fr. Floyd A. Lotito, O.F.M.

To The San Francisco
Police Officers Assn.:

Dear Members,

On behalf of the Cota family I would like to thank your for the beautiful white azaleas you sent upon the death of our mother, Elizabeth Cota. Such kindness makes this time more bearable for our family.

Sincerely,
Teresa E. Barrett

Dear Members:

On behalf of my family, I would like to thank you for the floral arrangement that was sent on the occasion of my mother's death. My family was impressed by your expression of sympathy.

Ed Cota #357
Northern Station

Mr. Bob Barry
SFPOA

Dear Officer Barry:

On behalf of the senior residents at 25 Sanchez Street, thank you for sponsoring our Annual Police Officers Christmas Luncheon. This year about sixty people attended the sit down luncheon.

Residents are still talking about how much they enjoyed the party.

May you have a peaceful New Year.

Sincerely,
Joyce Dawson
Social Worker

Tom Flippin, Editor
SFPOA Notebook

Dear Tom:

Been so busy since I retired I forgot to send some good news to my old friends in the P.D.

Belated info from retired member C. Decker, Solos. A daughter, Sydney, born a year ago at Children's Hospital to wife Elizabeth V, married Valentine's Day 1987.

Sydney weighed in at 9

lbs. 10 oz., 21½ inches on Saturday, February 20, 1988.

Daughters, Jackie, 36 and Carleen, 24, along with son Gary, 22, were there to give moral support to Dad who spent the rest of the weekend confined alongside Liz in the Hospital! All now doing well, residing in Millbrae.

Decker still commutes to work in Alameda going for Pension II at the Naval Aviation Depot on his 5th Harley. The P.D. provided the previous 4 while he resided in the City (one of the perks on the Solo's).

His advice to future retirees; stay active and/or wear a helmet!

Carl Decker

SFPOA

Dear Members,

Thank you so much for the beautiful plant! Your thoughtfulness during this happy time for us, makes it even more special!

Sincerely,
Dan, Joanne &
Mary Kate Gardner

PAL Corner

Where have we been?

We've been a little on the quiet side; providing activities for the youth of San Francisco. Our boss is so involved with the Police Officers Association's (POA) athletic program, The Police Olympics, that he didn't find time to write. But we are back.

PAL is the bond between cops and kids. PAL is a mutual growing together of youngsters and officers.

The Police Activities League is more than a program. It is a philosophy of fair play, courtesy and consideration of others.

If a youngster respects a police officer on the ballfield or in the gym, he or she will very likely come to respect the laws that the police officer enforces. Such benefit to the youngsters, neighborhood, and business community is virtually unmeasurable.

PAL's 30-years of experience with kids have shown that sports help bring out the best in kids. They learn to be part of a team, how to fit in, develop their skills, and complete with the team's goals in mind. Plus, they get to blow off a lot of steam that might have been turned loose on the streets.

Most importantly, they learn that they have the resources, physical and mental to be successful. And the disciplines learned from sports will help them be winners throughout their lives.

They also learn that the guys and gals in the blue are really friends willing to give their time to be concerned, caring, and there for them.

PAL's mission is to service all youth and to steer them on the right path. No youngster is denied an opportunity because of economics or ability, race, color or creed. PAL is a PAL to everyone.

Our youth are reaching out for our guidance and direction. If each of us can touch the life of one youngster, we've built a bond for a positive future, we've made PAL.

The PAL Objectives are:

- To guide children toward responsible and mature citizenship.
- To provide a common platform of growth for police

officers, youngsters, and citizens.

- To encourage the principle of goodwill, friendship and sportsmanship.

PAL Football

Kelly Waterfield, for years has been striving to produce quality PAL football teams.

Article from the *San Francisco Examiner* (December 1988):

PAL team a winner against all odds

It is the only football program left in San Francisco for children. There used to be 15 or 16 teams, one in every neighborhood. Now only the Seahawks, a crazy-quilt team of boys from the best and worst homes in The City, remain. One boy's mother sits on The City's Board of Education. Another's father lives in a halfway house for drug addicts.

The Seahawks just won their conference championship to claim the Redwood Empire championship. The Seahawks are a Police Activities League team. Some of the boys live in housing projects. For them, it was the first time they'd finished first in anything.

"Kids who play in our program are exposed to drugs, to things that happen on the streets," said Sgt. Kelly Waterfield, commissioner of PAL football. "Sports is not the 'in' thing in their neighborhoods. Given the pressure of their peers not to play, it says a lot about these kids as individuals that they stuck with it."

PAL needs a new home

by Joseph C. Mollo, PAL President

The demands of serving more than five thousand boys and girls each year in well-organized sports and other activities have stretched PAL facilities to their limits. Since we lost our home on Greenwich Street in 1985, because the Police Department needed it for its own expansion, the PAL has been an organization without a permanent base. After several moves, the Police Academy has been kind enough to loan us temporary space. The time has come when PAL must prepare for the future by finding a location to call home. A building committee has been named by the Board of Directors and a building fund has

been established. Perhaps now our biggest dream will come true.

During my 22 active years in PAL, I have shared a dream with other PAL coaches and directors — a dream that revolves around a PAL complex, complete with a gymnasium, and other facilities for judo, karate, wrestling. I have seen first hand, and have absolutely no doubts, that PAL helps guide kids to responsible citizenship.

In recent weeks, I have been in close contact with Wendy Nelder's office in the search for such a facility. The old "Poly male" gym has been the focus of our attention. Maybe our dream will come true.

PAL has broadened its programs to include a special request of Captain Philpott (Ingleside): a project to charge the drug dealers from Oceanview Park. In October of 1988 with Captain Philpott's encouragement, together we approached the Police Commission requesting \$35,000 from the Narcotic Seizure Fund. It was approved, and this month another \$58,000 was approved to finish the year. PAL is committed to duplicating this project elsewhere in our City. Return the Parks to the Kids of the Community is our Theme and Challenge for 1989.

Police Activities League 3 months strong by Captain Philpott, Ingleside District

The PAL program at Oceanview Park has been in operation for three months and is going strong. This program is the only one of its kind in the city; it provides 2 off-duty police officers at Oceanview Park, six hours a day, 7 days a week.

The purpose of the program is to provide a regular police presence at the park and discourage drug dealers from using this public facility as their base of operation. The police are on site to both patrol the building and surrounding park area (by walking the best around the park) as well as to work with the park staff to assist them in recreational instruction and coaching activities. The program is currently being funded by monies from the Drug Asset Seizure Fund. The hope is to continue the program with funds from private businesses, once we are able to focus more on the recreational aspects and less on the patrol aspects of the program.

All indications are that the program is a great success and is working to clean up the park and surrounding areas of drug dealers. We realize that we may be moving the dealers to other corners in the neighborhood, and are trying to dispatch regular patrols from the Ingleside District to monitor those areas. We have plans to increase our presence in those areas once we can stabilize the PAL program at the park. This should happen soon, as we are getting ready to move one of the officers on PAL duty each day into a more recreational focus.

Part of the PAL program has been to encourage families to start using the park facilities again. Now that we have cleaned up the park and made it safe, we must reclaim it and fill it with positive, fun activities. Already, over 100 children have signed up for the various activities that the park offers. We should all applaud the great work of the recreation staff at Oceanview Park for developing such a wide variety of activities for the neighborhood. Below is a list of some of the programs being offered by Oceanview Park. Besides the park staff, police officers and, hopefully, interns from San Francisco State will be helping to develop and expand these programs:

Trampoline, Basketball, Afro Jazz, Arts & Crafts, Karate, Tennis, Weightlifting, Volleyball, Soccer, Aerobics, Boxing, and Much, Much More.

WALLY MOONEY

serving your transportation needs

PURCHASE or Lease
on ALL MAKES & models thru
MERIT LEASE CORP.

at 943 Harrison Street, SF —
(between 5th & 6th Streets)
parking in garage behind office in Oak Grove Alley.

(415) 546-7720

Same "Cost Plus" system Wally's
been doing for the past 23 years!
Evening phone **(415) 588-7155**





The Long Run

by L. A. Perez

It's 7 am on the button and I instantly wake up. It's time for my weekly Sunday long run. Thirteen miles of hills and trails on San Bruno Mountain. I look forward to this run every week.

As I spring out of bed, my wife grabs hold of me with her left hand and mumbles something like, "Get back in bed or you'll wake the kids up." We make a deal. If I can quietly sneak out of the house without waking the rug rats up, she will have some french toast waiting for me when I get back. This will afford her an extra hour of sleep and gives me added incentive to do the full thirteen miles. I am always making some type of mental or physical rewards with myself to help me meet some of my training goals. One day it will be, "Finish this run and you can eat the leftover chocolate cake" or "Finish this run and you can buy that new pair of running shorts." Usually, I don't need any push to keep me going during the racing season. Racing every weekend, from April through November, is incentive enough. That's when our running team competes in a myriad of races, and I wouldn't want to let any of my teammates down with lackluster performances. But today is a cold and wet day in February, and I need all the motivation I can get. I'll settle for half a loaf of french toast smothered in syrup when I get back.

My running clothes are lying next to my bed. A long sleeved poly-propylene shirt, a pair of solid black tights (No bizarre color combos for me thank you), a pair of blister free socks, a bright yellow Gore-tex waterproof jacket, and a pair of top of the line \$100 Asics Tiger GT 3 running shoes. Before I put this all on, I saunter into the bathroom and smear some Icy Hot into my knees. I want to protect my knees as much as possible and the Icy Hot blocks a lot of the cold from reaching the fragile ligaments that surround the knees. The tights add another protective layer to my knees to keep them warm and healthy. I guess I could macho it out and run in shorts but I would probably end up injuring my knees in the long run. Since I have been taking better care of my knees through weightlifting, cross-training and protective clothing, I have avoided injury to them for close to five years.

I get dressed and proceed to the kitchen. I open the refrigerator and find a can of Diet Coke that my wife didn't finish. Perfect! by now the soda has defizzed and lost its carbonation. This makes it easier for my stomach to absorb. The caffeine in the Diet Coke allows my body to burn up stored fat for energy and wake me up in the process. I finish the coke and fish my Bakersfield Police Olympics water bottle out of the fridge. I received this water bottle when I participated in the triathlon event. The water bottle and its logo remind me of one of my long term goals...to kick a little butt for the good ol' S.F.P.D. at the Oxnard Police Olympics this year. The Police Olympics keep me going every year. I always think back to my first Police Olympics in Sacramento, when I came in dead last in both of the running events I entered. The most embarrassing part was getting lapped several times by the lead runners during the 10,000 meter run on the track and hearing them yell, "Out of the way, coming through!" I still wear a belt buckle from the Sacramento Police Olympics because those painful memories lit a fire under my rear that still burns to this day. The water bottle and my belt buckle are part of the psychological aspect of my training. Every little bit helps. I quickly down the water from the water bottle and wander into the garage.

The garage. My garage. Plastered with photos of some of my running, cycling and triathlon idols. Chief among them is an autographed picture of Dave Scott, six-time Hawaii Ironman Triathlon Champ. Scott inscribed an in-

spiring motto on his picture, "Keep on training the best is yet to come." And it's true. I'm getting older, but I'm getting better. A recent insurance survey revealed that a lot of cops die within five years of their retirement. Not me, Jack. I'm going to live as long as I can, as healthy as I can. I'm going to get what's coming to me from the City and County of S.F., Tier 2 and all, and that's not saying much. When I retire I plan to travel and compete in triathlons at exotic locales like the Bahamas, Hawaii, France, Japan and the Virgin Islands. Got to have something to do in my spare time and keep the wife happy at the same time. She wants to travel, and I want to train. Tit for tat.

I locate my sunglasses from the shelves in the garage and put them on. I smear some fog-free liquid solution on the lenses to keep them from fogging up when I run. I wear the sunglasses for two reasons. One, it keeps all the debris from blowing into my eyes and sticking to my contact lenses. Two, it keeps the off-duties from recognizing me and ribbing me about my tights when they see me at work. (Miguel Granados, are you reading this?) Finally, I put on my stereo headset and turn on the tunes. I can't run without my music. It helps me to block out some of the pain and makes the time go by quickly. The headset straightens my form out when I run and this improves my running gait. If I run with a bent over position or a jarring, bouncing gait, the headphones will fall off. If I run smooth and fluidly, they stay on. It's sort of like in the movies when the teacher made the student model or beauty queen walk with a book on her head to improve posture. Same thing. If your form improves, you will run faster with less injuries. My wife was amazed when she attended her first running race and observed it from the sidelines. She remarked that the lead runners looked so smooth that you could almost balance a teacup on their shoulders when they ran, regardless of their effort.

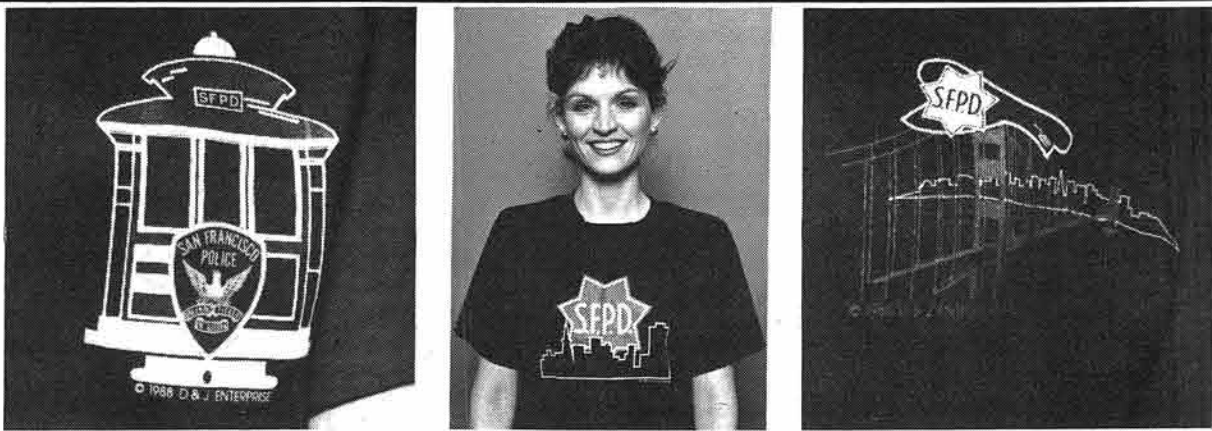
As I'm puttering around my garage, psyching myself up for the Long Run, I suddenly reflect back on a gang member that I arrested two years ago in the bowels of the Mission District, in the dead of night. My partner and I took this guy on during a 917 stop. When I went to perform a cursory search, he suddenly took off like a bat out of hell. Code 33, foot chase, Yeehaaaaaaaaaah! For six long blocks, I stayed right on this guy's shoulder radioing the direction of the foot pursuit. He didn't even bother to look back at me while I was chasing him. I guess he figured he had dusted me and I was throwing up doughnuts somewhere. When he arrived at a parked car, he pulled out a stolen, loaded 9mm handgun (One in the chamber, and he's better armed of course.) from his waist-

band, chucked it under the car, and then dove under the car himself. I ordered him out at gunpoint, and he refused. Then he punches me in my leg and the fight was on. Since he's on felony probation the D.A. files an MTR and he bench warrants. A few months later, he's caught by our plainclothes unit, Officers Espinda and Quema, after another foot chase. They cornered him on a roof and he had nowhere to run. I go to court on him, provide some of the best testimony in my life, and he ends up getting two years at the local Crime College.

Now here's the part that I always think about and that continues to haunt me. When this guy gets out of the joint, I spot him easily on 24th St. because now he looks like Arnold Schwarzenegger Jr. He's Mr. Buff, Mr. Big Guns, Mr. Pecs. Michaelangelo would have used this guy for one of his models.

He walks over to me with a big grin on his face and says to me, "You did me a favor when you arrested me. I went to prison and got big. I've been training every day since I was in. You should have never caught me that night. I bet I can bceat you now." He then challenged me to a foot race. I didn't have the heart to tell him that with the extra bulk he had gained, he had probably lost what little speed he had to begin with. After our conversation ended, it struck me. This guy was really upset that some cop had caught him during a foot chase. While he was in the joint, he set out to change that for his future criminal endeavors. He became committed to physically improving himself. My arrest of him was his version of my experience at the Sacramento Police Olympics. Here was someone on the opposite side of the fence, who thought the same way I did. He was never going to get chased down by another cop, and I was never going to come in last in a race. I think of him when I train, because if there is another footchase with this guy, I'm going to win. My determination to excel will be stronger than his. We're not in this job to lose to the bad guys if we can help it. Think of him if you need some motivation to embark on a training program, or that leftover piece of chocolate cake.

Well, I'm psyched, I'm dressed, I'm ready to rock and roll. I roll up the garage door. Aaaaah! Fresh morning air. No traffic. I'm on top of the world. Ma! "Daddy". Uh-oh, it's my oldest daughter, I guess this means no french toast. "Daddy, are you going running? Can I say Get on your mark, Get set, Go?" It's a kind of a ritualistic thing that gets my daughters fighting amongst themselves. They all want to be the "official" who starts me off on my run. I ask my daughter to wait until I set my watch and then I tell her to go ahead. "Get on your mark, get set, GO!" I'm going, going...gone.



S.F.P.D. T-SHIRTS

Name (please print) _____

Address _____

Telephone# _____

All shirts are heavyweight, 100% cotton. \$50 per shirt will be donated to the S. F. Police Youth Fishing Program

T-shirts

S-M-L-XL \$10.00 each, XXL \$12.00 each	Quantity	Size	Total
Navy shirt with cable car design	_____	_____	_____
Navy shirt with bridge design	_____	_____	_____
Black shirt with skyline/star design	_____	_____	_____

Sweatshirts (long-sleeved, no hood)

Black with skyline/star design only	S-M-L-XL	\$18.00 each	_____
-------------------------------------	----------	--------------	-------

Add \$2.00 shipping & handling and 6-1/2% sales tax

Send check or money order to: D&J Enterprises, P.O. Box 460183
San Francisco, CA 94146-0183

TOTAL \$_____

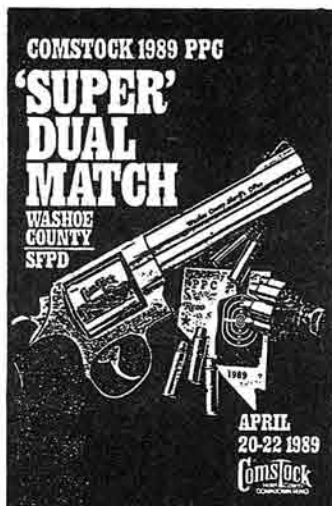




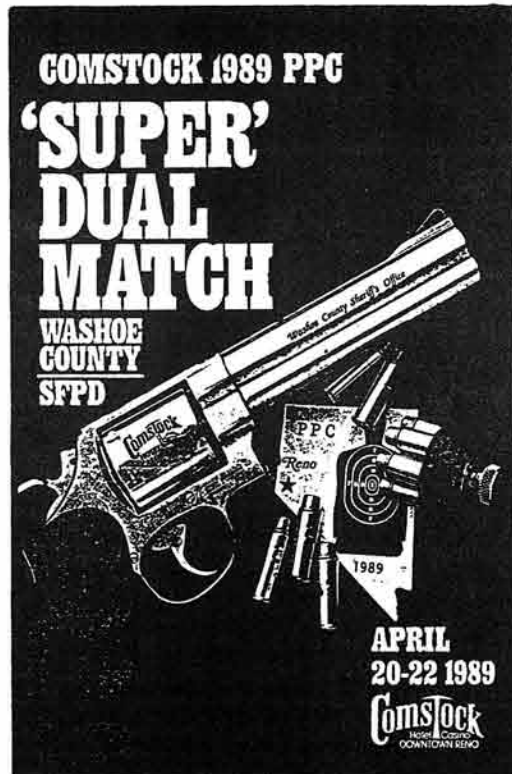
SPORTS



San
Francisco



Police Pistol
Team



Presents

Seventh Annual Police Pistol Match Super Dual at the Comstock

All you shooters out there: time to clean your guns, eyes and ears, and hit the road. The shooting season starts March 5th in Sacramento and will be fully packed until September 29th in Jackson, Mississippi. What will be the highlight of the year? You guessed it! San Francisco is

1989 S.F.P.D. Softball League

by Layne Amiot, Co. D

The 1989 S.F.P.D. softball league has been divided into two completely separate divisions, the "A" division and the "B" division. Each division will play for their own trophies. Individual trophies will be awarded to the first and second place teams. Team trophies will be awarded to the first through third place teams in each division. In the "A" division, the first four teams will make the playoffs. In the "B" division, the first through fifth place teams will make the playoffs. The first place team in the "B" division will have a bye throughout the playoffs.

All games will start at 0930 hours or earlier if agreed to by both managers. A grace period will be allowed (fifteen minutes). After 0945 hours the game will be forfeited unless a later starting time is agreed to by both managers. Please attempt to make up all games as soon as possible. I need the scores of the games as soon as possible. Call Layne Amiot, Mission Station swings.

Please note that each team in "B" division will be playing Wednesday games. Watch your schedule for the day your team is playing.

ATTENTION: RULE CHANGE

The batter after having two strikes on him hits a foul ball he will be automatically called out.

"A" DIVISION

POTRERO #1
MISSION #1
NORTHERN #1
INGLESIDE
TARAVAL
SOUTHERN
MASTERS
MISFITS
S.O.B.

"B" DIVISION

CENTRAL #2
MISSION #2
NORTHERN #2
NORTHERN #3
PARK
RICHMOND
WOMEN
MUNI
F.B.I.
C.H.P.
AIRPORT
NARCOTICS

teaming-up with the Washoe County Sheriff and the Comstock Hotel for 1989's Premier Pistol Match on the west coast of the good ol' U.S. of A.

The excitement is bubbling over already, as advance reservations are being received from police officers from throughout the United States, Canada, Mexico and Australia.

The San Francisco Police Pistol Team will be running the match with very able assistance from Nevada's best Deputy Sheriffs. The Comstock Hotel has pulled-out all stops and is planning a first class bash, with beautiful (discounted) accommodations, a Tahoe Riverboat Cruise, Virginia City Tour, 100%-return Blackjack Tournament, fantastic slots tournament and a bountiful banquet beyond belief!

You don't have to be a Pistol Team member to attend, but if you wish to join the S.F.P.D. Pistol Team (in the top ten shooting teams in the state for five years running), you are welcome.

For information and registration for the "Super Deal at the Comstock", call: Armond Pelissetti, Robbery, 553-9256, or Glenn Pamfiloff, Juvenile, 553-1321.

Notre Dame vs Stanford

I have received a lot of response to the trip to Stanford for the Notre Dame Football game. Most of you would rather come back that night so that's what I have set up. Since we will have approximately 40 people per bus, I will take all of those interested on a first come, first serve basis. The total for the trip will be \$65.00 per person. This includes your round trip to the game on a first class Charter Bus, a ticket to the game and the tail gate refreshments. For those of you who have relatives or friends that want to go, EVERYONE is welcome..... Just have them drop me a check and they are in.....

Depart San Francisco Approximately 8:00 a.m., Saturday, Oct. 7th.

Return Home Approximately 7:00 p.m., Saturday Evening.

Mail Checks to: Larry Frost, Company K.

P.S. Should any of you know of a place here in San Francisco that might want to put on feed for all of us upon our return that night from the game have them get a hold of me. We might be able to work something out. I am anticipating 100-150 people on this trip. Providing that I can get that many tickets. I am almost sure I can. But again FIRST COME, FIRST SERVE.....

Races And Trails

by Dennis Bianchi

Spring has sprung! Runners rejoice! The trails are still a bit muddy, the weather is slightly unpredictable, but on the whole, it's refreshing, rewarding and reviving. Training can now be done in sunlight, without two or three layers of clothing. Races are frequent and people seem happy to have new goals.

There are two nearby races (March 19) that are both winners. The Fisherman's Bayfront 12K will be held in Burlingame. Our own Lou Perez finished second there last year, and, speaking from personal experience, the not-so fast runners also had a great time. Last year Willie McCovey was the official starter but not until we collectively wished him "Happy Birthday." If you're interested phone The Runners Inn in San Bruno, 872-3805. Also on that day will be the Tennessee Valley Waltz, a real back-breaker of a hilly course. Go for the challenge and the fun but don't look to set any personal best times. Phone 841-1190.

The San Bruno Mountain Wildflower Run will be in San Bruno on April 1. Again phone 841-1190. It's tough but beautiful. The party-seekers delight is on April 2, Houlihan's to Houlihan's 12K. It begins in Sausalito and goes to Aquatic Park with a giant party held at the end. Phone 387-2178. April 9 will be the "Misty Redwood" 7 miler in Oakland. The whole race is conducted inside the Redwood Regional Park near Oakland. No interference from autos or those strange folks who can't stand runners. Phone 893-5474.

ATTENTION WOMEN

The same day (April 9) is the world famous Bonne Bell 5K and 10K. This is an **all women's race**. This Department has women runners! I know you're out there, so here is your chance to get started. You can find every level of runner imaginable at this race, and lots of moral support. Phone Pamakid Runners at 681-2323.

Enough about races. Last month I discussed the trails and roads of Golden Gate Park. Without leaving the vicinity you can be on another fine training trail. Just follow the equestrian path that leads south from the park and takes you to Lake Merced. The path is probably just a bit short of three miles and for those of you who want more distance, you can continue around Lake Merced. The lake path is about four and a half miles long. The path around the lake is paved but the trail leading to it is dirt on the east side of Sunset Blvd. and paved on the west side. Both routes are tree lined, peaceful and have a few nice little hills to keep you thinking about your running style and form. These trails must be fairly safe as I've seen runners training on them at every conceivable hour, day or night.

I'm still waiting to hear from any of you about some favorite routes. Drop me a note in the mail if you care to share a nice spot or two. Thanks.

A WORD FOR NON-RUNNERS

I've been approached several times in the past few months by members asking me to write about one sporting event or another. Occasionally the conversation is a **demand** to know more about different events. I'll try to cover a wider variety of events, but I feel that there are enough capable "reporters" out there among you to help out and submit an article or two, at least occasionally. The basketball season came and left without a report. That's a shame. I know there are plenty of golfers, bowlers, swimmers, tennis players, shooters, karate and judo players, soccer players, boxers, weight lifters and a lengthy list of other sports not named that our members participate in, and that should be given some coverage. I'm willing to assist, but this newspaper is yours and you should participate, maybe not every month or at length, but once in awhile. Think about it, and if you don't feel capable of writing about it, ask a co-participant. In the meantime, I'll be looking for a wider variety of sporting events to cover myself. With the California Police Olympics in Oxnard coming up in only four months there should be a lot more active training going on.

POA Dues Paid in 1988

\$366.34



SPORTS



Lou Perez, en route to just one of his many triathlon wins!

More Than Just A Fleet Feat

by Dennis Bianchi, Legal

Past articles have extolled the virtues of moderation in running, of simply enjoying the mental health benefits a not overly strenuous run will produce. This time I praise the virtues of excess, of exploring the limits of one's athletic ability and then taking another quick step beyond. This article is about one of the more unique athletes our Department has ever seen.

To place in the top four of one's own age group at a race is a most admirable accomplishment. To place in the top four overall is even more impressive, especially if the races entered include top athletes from all over the state. In 1988 Lou Perez placed at that level 29 times! Seventeen of those finishes were first place finishes. Three were **course records!** Not records for age group or occupation status, but Open Category **course records.** Two overall firsts were for triathlon events and in three other triathlons, Lou finished first in his age group.

This was Lou's first year as an official "pro" triathlete and it would have been an impressive start for someone with a part-time job or a full-time athlete, but Lou is neither of those. He works at being a police officer and works hard. His training is done on his time, when he can find enough of it. Lou's success isn't restricted to accumulating awards. He is an avid organizer and promoter of his fellow officer runners.

Lou balances his training and time wisely. As a result, seldom will you see Lou lose his cool, even when tested by some questionable racing results.

Lou is seldom, if ever, injured. He gives all credit for this to cross-training. Lou will mix up all three events over the course of the week and as he has said often, "It's quality training time when I train, not just quantity." His intensity in training is revealed when you see him compete. No matter who the competition is or how difficult the ter-

rain, Lou goes all-out! Many times, as Lou pours it on toward the end of a race, I've seen a smile on his face suddenly replace the painful grimace; it's the smile of a person who knows he just gave it his best. There's really nothing more I could add to the article that could more adequately express the amazing year Lou had in 1988 than just to list his accomplishments. Please remember, this is just one year's competitive results. For many of us it is far more impressive than our whole racing careers. Hats off, Lou, and thanks for being such a fine inspiration.

OVERALL WINNER

TOUGHEST COP ALIVE THREE MILE RUN (course record holder)

LAKE STAFFORD RUN/BIKE BIATHLON (course record holder)

APRIL SHOWERS THREE MILE RUN (course record holder)

PACKRAT TRIATHLON

EL CAMINO DERBY 10K RUN

ALANO 8K RUN

BEARATHON BIATHLON

FIRST PLACE AGE GROUP

L.A. SHERIFF'S MALIBU TRIATHLON

ICEBREAKER TRIATHLON

POLICE OLYMPICS TRIATHLON

POLICE OLYMPICS ROAD RACE

L.A. SHERIFF'S RUN/BIKE BIATHLON

REDWOOD SHORES RUN/SWIM BIATHLON

SOUTH S.F. TURKEY TROT RUN

SECOND PLACE AGE GROUP

SACRAMENTO TRIATHLON

FISHERMAN'S RESTAURANT 12K RUN

LION'S CLUB RUN/BIKE BIATHLON

THIRD PLACE AGE GROUP

ARTICHOKE JOE'S 5K RUN

SHORELINE 8K RUN

HUMAN RACE 10K

FAIRFIELD TRIATHLON

SPRINGLAKE TINMAN TRIATHLON

FOURTH PLACE AGE GROUP

REDDING TRIATHLON CHAMPIONSHIPS

LAKE SONOMA TRIATHLON CHAMPIONSHIPS

BRANNAN ISLAND TRIATHLON

COLUMBUS DAY RUN/BIKE BIATHLON

RICHMOND POLICE & FIRE ANNUAL GOLF TOURNAMENT

Franklin Canyon Golf Course

Friday, April 14, 1989

8:00 AM

Registration Begins

9:00 AM

Shotgun Start

Buffet Dinner at the Concord Holiday Inn

Prizes Awarded For:

1st & 2nd Place

Low Gross

Closest To The Hole

Longest Drive

Blind Bogey

\$2,500
In Prizes

\$2,500
In Prizes

\$55.00 Per Player

Make Checks Payable and Mail To:

RPD-RFD Golf

Hall of Justice

401 27th Street

Richmond, CA 94804

Please Contact

Tony Zanolelli

620-6687

Dave Howard

620-6595

April 1, 1989

Deadline For Registration

REGISTRATION FOR 4 GOLFERS

Name _____
Address _____
City, Zip _____
Phone # _____
Agency _____

Name _____
Address _____
City, Zip _____
Phone # _____
Agency _____

Name _____
Address _____
City, Zip _____
Phone # _____
Agency _____

Name _____
Address _____
City, Zip _____
Phone # _____
Agency _____

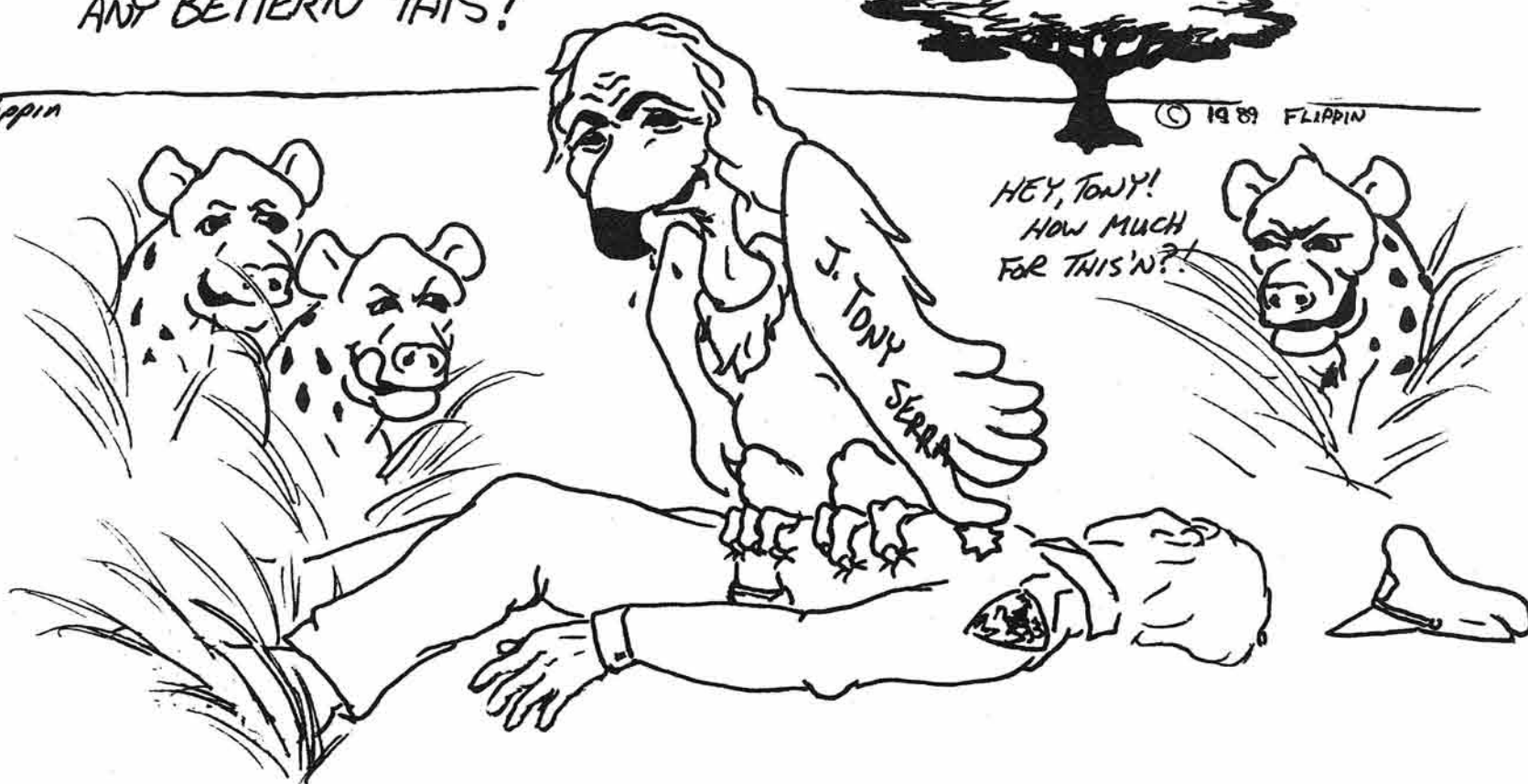


* **AL GRAF BAIL BONDS** *
* "THE BONDSMAN WITH A HEART" *
* CALL *
* **AL OR LEN** *
* **GRAF** *
* **MILLIE** *
* **DUCKSON** *
* **621-7901** *
* **859 BRYANT ST. SAN FRANCISCO 94103** *
* **DAILY CITY: 991-4091 REDWOOD CITY: 368-2353** *

ON THE STREET/Tom Flippin

IT JUST DOESN'T GET
ANY BETTER'N THIS!

Flippin



POA Files Ethics Complaint Against Attorney J. Tony Serra

The San Francisco Police Officers' Association announced that it is filing a formal complaint with the State Bar of California against controversial criminal defense attorney J. Tony Serra for potential violation(s) of Rules of Professional Conduct.

POA President Bob Barry stated that Attorney J. Tony Serra was quoted in San Francisco's daily legal newspaper *The Recorder* as saying:

"My sustenance is drugs and murder. I'll try any political case that comes along. If you kill a cop, I'll pay to take the case."

Barry said that, at the very least, Serra's statement encourages violence and constitutes a gross violation of ethics which should not go unnoticed by the public or the State Bar of California.

In the lengthy *Recorder* interview, Serra talks about his '60s-era political ideology which he maintains today, that... extinguishing the life of a figure of authority (a police officer) is a political act of oppressed people retaliating out of fear, out of self-defense, out of police transgressions.

Barry said that Serra's "outlaw" attitude is one thing, but when it comes to suggesting that the murder of a

police officer is a "political" act which Serra would pay to defend, his actual utterance of such a philosophy becomes a social threat, similar to a madman's bounty on a fiction writer's life.

"Serra isn't just some eccentric imitation of a '60s myth," said Barry. He's an irresponsible ideologue who wants others in society to accept responsibility for the deeds of his clients and who wants someone else to pay his bills." A reference to the \$350,000 he owes in back taxes and the thousands of dollars in parking tickets he owes the city.

Barry said "The POA is not overly sensitive to political cranks and foolish media posturing, but we and all other peace officers throughout this country are the people who face Serra's "misunderstood innocents" on the street. We are the people sworn to protect society and expected to help prevent Serra's beloved "outlaws" from ruining the minds and futures of a generation with drugs that don't just make you a twisted prankster like Serra. We see this generation of kids lying comatose in intensive care, gaunt and wasted at 16 from disease and dead in bloody alleys. And sometimes we see them with guns in their hands with

perhaps, in the future, a thought in half an instant to wonder if Serra would pay to defend them for squeezing a trigger full of political significance into a police officer.

Barry said that the lengthy *Recorder* article was prompted by the fact that Serra was used as a model in a newly released movie, "True Believer", in which the character is depicted as a '60s-era lawyer getting rich representing drug dealers whom he despises. Barry said, J. Tony Serra probably is a "true believer". He's also, in Barry's estimation, a political ideologue hell bent on undermining society and its established "sense of order", evidenced by his statement of his failure to pay taxes for seventeen years and his stated approval for his children to rob banks yet not to watch television. But for an officer of the court to espouse such a twisted philosophy encouraging dissent, lawlessness and violence is a moral outrage which should be the subject of strict scrutiny by the State Bar of California.

Barry said that those who wish to see "True Believer" should be aware that the price of their admission is helping to pay the \$350,000 in back taxes that Serra owes the Federal government.

Editorial Comment

by Tom Flippin

Parting Shot

O.K.! This represents the final shot in the Hatfield-McCoy...uh, the Krinsky-SFFD feud. No...no; there is no feud. It's just a misunderstanding.

The main point, as Matt reiterates in his letter, is the abysmal state of emergency medical response in this city. Let's put the name-calling behind us and put all that letter-writing energy into causing some improvements in the system.

Gentlemen:

I read with considerable dismay, the responses from members of your department in response to my article in the January edition of the P.O.A. "Notebook" entitled "408's — unnecessary and lengthy delays."

I wish to take the opportunity to allay some of your fears, correct some misunderstandings, and hopefully quench some of the burning animosities that have apparently been caused by this article.

To Captain Frank Dunne, Lieutenants Bill Long and Rich Allen, and firefighters Paul Vega and Tom Siragusa, all of whom I have been friends and co-workers with over the last several years. I truly hope that you, among all others of your organization, realize the true intentions of the article.

Secondly, for the members of the fire department who were inadvertently offended, saddened, or angered by my use of inappropriate sarcasm, I apologize most profoundly

for this improper usage. I intended, simply, to talk (one cop to another) in my article and failed to realize that perhaps others would be reading the article.

For the sarcasm, and cheap shots I took at the fire department, I sincerely apologize.

For the basic content discussed, I do not.

The basic premise, the true intention, was to support improved emergency medical service(s) in San Francisco County and to point out the many flaws that are present. It was my intention to compare our system, in this county, with systems in Los Angeles, San Diego, and Santa Clara Counties...none of whom seem to suffer the problems to our present extreme.

I honestly believe the present system to be tantamount to the young Dutch boy sticking his finger in the hole in the dike, instead of calling for the hole to be repaired as it should be. That this intention was misunderstood is quite by accident and not my doing.

Additionally, I received the gratification of numerous paramedics, in both the public and private sectors, after the initial article appeared in the January edition. Apparently, I simply said what the paramedics had had on their minds for many years.

As far as pronouncing death is concerned, I never said, nor do I advocate either police or fire personnel pronouncing death. I simply indicated that in cases of obvious death (and you don't have to be a physician to know some one has died when they're shot through the head 3 times and have more blood on the walls, ceilings, and floor than in their bodies), it isn't necessary to jump in immediately and start CPR. I'm advocating waiting a few minutes for the arrival of the ambulance. I know that we, as professionals, owe it to the populace we serve to give them the best care possible. But, let's face facts, gentlemen, we're taught resuscitation...not resurrection. My rigidity in the preservation of crime and accident scenes comes from

being a police officer for 7 years and having been in trouble on more than one occasion for failing to do so.

As far as the \$500.00 figure for engine company response is concerned, I invite Lt. Connors to call the office of budget analysis, and failing that, call the NFPA. Give or take \$50.00, it's a valid figure.

There were more than a few pot shots taken at me, in response letters published in the P.O.A. paper, and I don't believe there's any need to answer them. I will not be responsible for perpetuating a pissing match.

I simply tell you, as fellow emergency service workers, that it is our responsibility to provide the best care we possibly can...to all persons, regardless of our personal feelings about one another. I never meant to hurt, insult, or belittle any firefighter, unit, company, or organization. My attack was directed upon the system, and the poor way in which it is being operated. There is always a better way to do things. A winner looks at it like that. A loser simply says "well, that's the way it's always been done, and I see no reason to change it..."

P.O.A. president Bob Barry suggested that I meet with Mr. Harry Paretchan, that "Ole Harry's a really good guy..." and form some sort of committee to propose suggestions for the system's improvement. To this, I simply say I am not a politician. I have no political goals whatsoever. My only purpose in writing the article was to arouse awareness and create an atmosphere conducive to change...not to create dissension or hatred. I deeply respect the fire service as a whole, and the dedicated members of the San Francisco Fire Department.

In the future, I assure you, most earnestly, that my opinions will be set forth in a more constructive light.

Very respectfully yours
Matthew S. Krinsky #1424
San Francisco Police Dept.