



JOURNAL

— Of The —

SAN FRANCISCO POLICE OFFICERS' ASSOCIATION



POA Mourns for Dead Sailors
see page 2

VOLUME 32, NUMBER 10

SAN FRANCISCO, OCTOBER 2000



www.sfpoa.org

Tenderloin Task Force: From a Basement, to the Streets

By Paul Chignell
Tenderloin Police Station

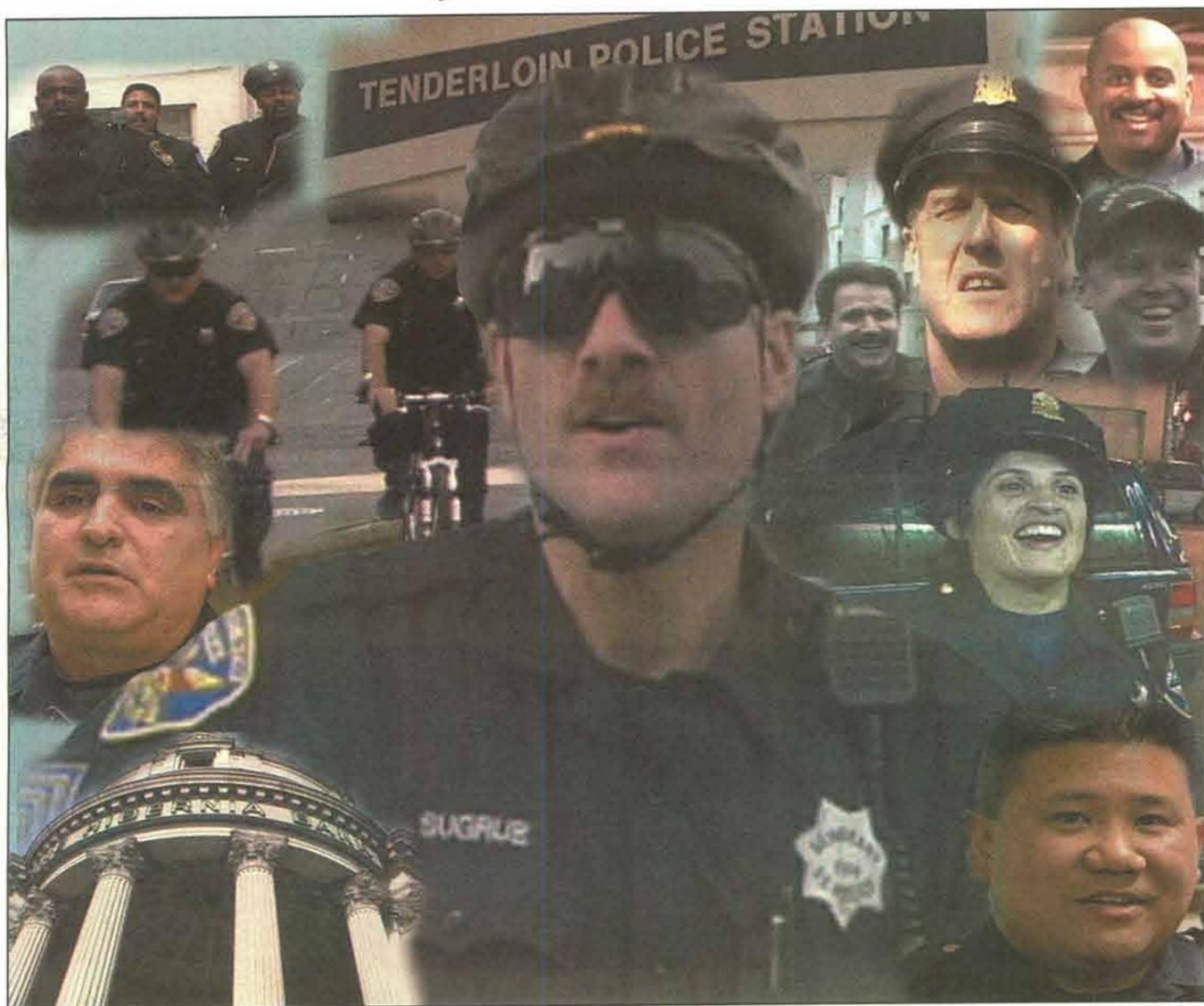
The ninety sworn San Francisco Police Officers assigned to the Tenderloin Task Force truly represent the City's Finest. Despite trying conditions, this group of men and women serve the residents and visitors of San Francisco's Tenderloin district with dedication and professionalism.

After nine years in their "temporary" quarters — the basement of the old Hibernia Bank at #1 Jones Street, these officers moved as a body into their new station at 301 Eddy Street. While the new facility might be state-of-the-art, the traditional values of the hard-working police officers will not change.

Both officers and the community are excited about having a full-service police facility. That enthusiasm was eventually factored directly into the planning of the new station.

Initially, there was no community room in the floor plan. However, officers of the Task Force insisted. Virtually every other police station in the city has a place to bring the officers and the community together on a regular basis. The TTF'ers wanted a similar resource, and they advocated for it before the powers-to-be.

CONTINUED ON PAGE 10



Collage by Drew Cohen & Bob Mammone,
POA Public Affairs

PRESIDENT'S MESSAGE

By Chris Cunnie

This issue of the POA Journal celebrates the opening of the new Tenderloin Police Station and the fine complement of men and women who work there. The opening of the facility at 301 Eddy Street clearly elevates the Tenderloin Task Force to a full-fledged, full-service police house serving a distinct district.



But, to play on an old saying, we can take the cops out of the Task Force, but we can't take the Task Force out of the cops. As you'll read on the pages that follow, the breed of officer serving this unique corner of San Francisco are distinctive for their dedication to this hot zone of crime, renewal, disassociation, resolve, and determined, bright hope. The new building — the thing,

the constructed, polished place — is not the essence of the Task Force. Rather it is the people that walk in and out of its doors, officers and residents alike, who will use this place at the corner of Eddy and Jones as a common center, a bridge, a gateway to horizons at once shared and forbidden.

The officers and the building are to be used as a community resource in a community flush with resourceful and resilient inhabitants. Our officers will help wherever and whenever they can. Despite the history, despite the blight, the district has a good future. The TTF will play a leading role in the journey that all the people of the Tenderloin will be taking.

The SFPOA congratulates the men and women of the Tenderloin Police Station, and wishes them all a safe adventure. To the people of the neighborhoods also goes our best wishes, and our assurance, that you are being policed by San Francisco's Finest.



The TTF marching in formation down Eddy Street from "temporary" basement facility to their permanent new station house.

WIDOWS AND ORPHANS Aid Association

The regular meeting of the Widows' and Orphans' Aid Association of the San Francisco Police Department was called to order by President Joe Garrity at 2:05 PM, September 13, 2000, in the conference room of Ingleside Station.

PLEDGE OF ALLEGIANCE: Led by President Garrity.

ROLL CALL OF OFFICERS: President Garrity, Vice President Fontana Trustees Jeffery, Crosat and Aguliar. Excused Kemmitt, Kurpinsky. Treasurer Sturken and Secretary Hurley. Also Jr. Past President Hardeman and Past President and Secretary Mc Kee.

MINUTES OF THE AUGUST MEETING: Motion by Jeffery and seconded by Hardeman that the minutes be approved as published. Motion carried.

COMMUNICATIONS: Thank you note from Cathie Mullan and a donation from Adelene Bragg in memory of her son Allyn.

BILLS: Treasurer Sturken presented the usual bills. Motion by Jeffery and seconded by Mc Kee that the bills be paid. Motion carried.

REPORT OF TRUSTEES: Bruce Bain of the Bank of America introduced Mr. Michael Harrington who will be taking over the job held by Gary Joe. Bank of America is down sizing and Gary Joe was let go. The Trustees will be looking closely at the manner our account is handled and possibly will entertain other Institutions to handle our account in the near future.

APPLICATION FOR NEW MEMBERS:

195th Recruit Class: Jeffery Aloise, Christopher Anderson, Lauro Baca 111, Rommel Baldovino, Matthew Baizarini, James Barber, Todd Burks, Andrea Calahane, Leonard Caldera, Jeffery Chang, Theresa Conway, Michael Costello, Christopher Damonte, Kevin Edison, Sean Griffin, Clayton Harmston, Julian Hermosura, Leeanne Haung, Victor Hul, John Keesor, Micliael Loos, Ken McDonald, William McCarthy, Michael Montero, Mike Murphy jr., Elmer Najarro, Alexa O'Brien, Darryl Rodgers, Robert Royer, Joseph Viglizzo, Joel Walter, Michael Wolf.

196th Recruit Class: Michael Amoroso, Eric Batchelder, Leehan Deleon, Ferdinand Dimapasoc, Chad Hunt, Pauler In, Robert Kellogg, Jose Macias, Armando Maracha, Melvin Mauna, Anthony Nelson, Reginald Scott, Jacqueline Selinger, Kenneth Tan, Luis Tillan, Lisa Torres, and Kenneth Weems.

SUSPENSIONS AND REINSTATEMENTS: Reinstated: Lisa Frazer (she was dropped in error over problem with payroll deduction.) Ricardo Labrado and Wesley Carter are reinstated after payment of back dues. Dropped from the rolls of membership for not completing their Probationary period. Article 111, Section 3 of the by-laws. Victor Lee, David Pigott and Sandford Taylor.

THE FOLLOWING DEATHS WERE REPORTED:

RALPH C. HECKMANN. Ralph was born in Crockett, California. He moved

to San Francisco and grew up in the Richmond District, attending Commerce High. He worked as a motorman before entering the Police Academy in 1939. He worked in the Traffic Bureau for a few years before he resigned in good standing in 1944. He was hired as the chief security officer for Sears in Arizona. He later moved back to the bay area and ran the Security at the Sears Stores on the Peninsula. Ralph was 85 at the time of his death.

JOHN H. MINDERMAN. John was born in San Francisco, and grew up South of Market. He attended Lick High School. He worked as a clerk before entering the Police Academy in 1928. He worked fixed post detail for several years, then the Solo Motorcycle detail. On his promotion to Sergeant he was assigned to the Cab. Detail. John was proud to claim and emphasized that he was a "Peace" Officer. He made very few arrests, however, on one occasion he booked a cab driver and had the cab driver, who he just arrested, drive him to the station to be booked. He was the type of guy who could tell you to go to hell, and you would look forward to the trip. He beat the system, passing away at 97.

MERVYN C. CHIOINO. Mervyn was born in San Francisco and grew up in the Mission, where he attended Mission High. He was employed as a ship-fitter before entering the Police Academy in 1941. He was assigned to Taraval, Northern, Central, Mission, Park and Richmond. He was appointed Sergeant in 1948. He was awarded a Gold Medal of Valor for the arrest of an insane man who shot and wounded a fellow officer. Also, a Silver medal for the arrest a suspect who shot two people. Mervyn died at his home in Sonora at the age of 84.

JAMES ARTHUR MULLAN Jim was born in Watsonville, Calif. He grew up in the Mission and Attended Mission High School. He served in the Army during WWII. He entered the Police Academy in 1947. His first assignment was Park, then to Central. In 1950 he was called back to the Army, and served his country in Korea. In 1953 he went back to the "Big Apple" Then to Park, and then to Southern. He worked the BSS detail, before being assigned to the Bureau of Inspectors. He worked the Fraud Detail and was considered a expert in the field. He was awarded a Bronze Medal of Valor for the arrest of a 187 suspect. Jim retired in 1975 and went to work for the old Hibernia Bank. Jim passed away in San Francisco. He was 77 years old.

GOOD OF THE ASSOCIATION A moment of silence was held for our departed members.

ADJOURNMENT President Garrity reminded the Trustees that we will be at the Police Academy for the 198th Recruit Class, on Oct.3 at 0930 hrs. Also our next meeting will be Wednesday October 18, 2000 at 2PM in the conference room of Ingleside Station. Meeting was adjourned at 3:15 PM.

Faternally,
Mark Hurley, Secretary.

A POA Salute to America's Veterans

By Chris Cunnie,
President

November 11th is Veteran's Day. Squeezed in between Halloween and Thanksgiving, Veteran's Day seems to slip past the media frenzy afforded the other holidays.

Police officers and military veterans share some common and noble characteristics: sacrifice; dedication; sense of duty. Cops serve a regional public. Our military men and women serve our entire nation. Personal danger, risk, and malignant fate are threads common in both types of public service.

Police officers frequently complain that they are unappreciated by the people they serve. Many officers have the perception that all of their personal sacrifice — the long, late hours, rotating days-off, mid-winter vacations, exposure to death, disease, and human sadness, etc. — are undervalued by the public.

So, on this special day of the year, it is appropriate for the POA — an organization of people who serve and sacrifice for others — to acknowledge the same selfless deeds of all the men and women who have served in the military over the last several generations. As a band of public servants, we should be the very first to tip our hats to America's military veterans.

Many of our members are veterans. Of them, we should all be particularly proud. All of us have veterans in our families, and our neighborhoods, and



Veteran Geo. W. Simmons, 94 years old — an old Campaigner — of Hayes Valley, San Francisco, Calif. Taken in 1924

our workplace. Next time you cross paths with any of them, take a moment to reach out and thank them. Let them know that they are in your thoughts, and that you appreciate the freedom and security that each has help provide.

The San Francisco Police Officers' Association mourns the loss of the men and women killed while serving aboard the USS Cole in the Persian Gulf.

The Navy destroyer was hit by a terrorist attack on Thursday, October 12, 2000.

But for the gallant struggle to save their ship, more lives would have been lost in the cowardly attack on our Naval forces serving in the Middle East.

The POA extends condolences to the shipmates, families, and friends of the fallen sailors.

—Chris Cunnie,
President, San Francisco Police Officers' Association

The San Francisco Police Officers' Association

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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.

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San Francisco Veteran Police Officers' Association

On the second Tuesday of every month, you can visit with other retired police officers at the Veteran POA meetings. We meet at the Immaculate Conception Parish Hall, 3255 Folsom St. Parking is good in the lower yard. Arrive by 11:30 AM and be on your way by 1:30 PM.

Call the Secretary to join at
(415) 731-4765,



or write to us at
P.O. Box 22046, SF 94122.

The Veteran POA has 982 members. Stay in touch!

AROUND THE DEPARTMENT

By Al Casciato



Births:

Mike and Pegge Deely, Northern Station, proudly announce two additions to their family. On June 23, 2000 Pegge gave birth to **Jack Thomas Deely**, 10 lbs. 4 oz. Recently they proudly welcomed 5 year old **Justina Kathleen** to the family. —On August 2, 2000 at 1410 hours **Leo and Barbara Pierini**, FRET, welcomed their first child, **Sophia Marina Pierini**, 7 lbs. 11 ozs. 19 1/2 inches, to the SOD/FRET family. —**Erick and Gloria Solares**, Northern Station welcomed their second child August 5, 2000. **Erick Anthony Solares** 8 lbs. 4 ozs. 22 inches joined big sister **Monica**, age 7, as mom and dad's pride and joy. **Monica and Erick** welcomed two cousins two days later as twins for **Delmi and Jose Jimenez**, Mission Station, made their debut on August 7, 2000. First to arrive at 1739 hours was **Diego Alejandro Jimenez**, 6 lbs. 4 ozs. 19 1/2 inches. Three and one-half hours later at 2057 hours, **Yasmin leilani Jimenez** 6 lbs 12.5 ozs. 20 inches was born. Mom and l'il ones are doing fine while dad is ecstatic at having one of each as his first born. All the cousins made their arrivals at Kaiser, San Francisco. —**Dave and Holly Parry**, Richmond Station, proudly announce the birth of their first child, **Grayson David Parry**, 8 lbs. 14 oz. 22 inches, born September 8, 2000, 0908 hours at Peninsula Hospital, Burlingame. Thrilled with the birth, Dave and Holly decided to buy a daily 3-lottery ticket for Grayson using 908 as the three numbers. Well, L'IL Mr. Lucky, aka Grayson now has \$675.00 in his account. —**Bob and Sharon Ford**, Park Station welcomed their second child, **Julia Rose Ford** 7 lbs. 7 oz. 19 inches on October 9, 2000 0825 hours at Sequoia Hospital, Redwood City. Big Sister, **Taylor**, 2 years, is very excited and helping out. Congratulations to all and our best wishes for the future...

...Elegant Nuptial:

Inspector **Shelley Lee Ross**, Background Investigations, and the Hon. **Gary L. Bell**, Richmond City Council/President, CEO of Cooperative Center Federal Credit Union, were wed on August 25, 2000. The couple exchanged marital vows during a formal and posh double ring ceremony officiated by SFPD Chaplain **Dr. James McCray Jr.** at the San Mateo Marriott Hotel. Congratulations, we wish you a world of happiness...

30/40:

Recently, KQED ran a special on the 30/40 program that is being tested by researcher, **Ron Healy**, in the state of Indiana. Thirty-Forty means work **thirty hours** and get paid for **forty**. The study, which is taking place at

Metro Plastics, focuses on the productivity of workers while measuring the quality of their personal lives. The concept is not new. In the 1960's and early 70's those assigned to SFPD communications worked a six-hour day while being paid for eight. The system was designed after a similar one was developed in Jacksonville, Florida due to officers beginning to burn out at a high rate. Time to revisit the concept?...

...Wish Upon a Star:

The Combined Charity Campaign is in full swing. The one charity that has no administrative costs and assures that all the monies go to granting terminally ill children their last wish is **Wish Upon a Star**. Last year we raised over \$27,000 and hope to surpass that amount this year. So, please select **Wish Upon a Star** (PO Box 4000, Visalia Ca 93278 1-800-821-6805) as your donor choice for the upcoming year. Contact **Rene LaPrevotte**, Co.K or **Greg Corrales**, Hit and Run for complete details...

...Nacho Mania:

Over two hundred persons attended the last **Nacho Mania**, which honored SFPD dispatchers. So much fun was had by all that **Nacho Martinez**, Ingelside Station, has agreed to organize an encore by throwing a Christmas bash. Those interested in helping Mr. Mania can contact him at Ingelside (553-1603) or via e-mail, nachomania@webtv.net...

...Richmond Annex:

Southern Station Officers are beginning to wonder if 6th Street, between Market and Folsom Streets, really isn't part of the City of Richmond. Seems that a large majority of those arrested, victimized and witnesses claim Richmond, California residency. Interesting...

...Within earshot:

Sometimes when officers carry on conversations within earshot of the public those conversations can be misconstrued or misinterpreted by those listening. The public interprets a discussion about a crime scene as being calloused or heartless. Remember that those who are observers do not always understand the shield we put up to get the job done. So while riding BART, Muni, or GG Transit, don't discuss the job...

...How we are viewed:

Out on the campaign trail for Props. C (misc retirement upgrade) and E (retiree health premiums) I'm getting quite an education. In one forum, some businesspersons described San Francisco as having too many Kingdoms all working against each other — going in

different directions. They perceived the run arounds they suffered as being the fault of the city employees trying to assist them. We, the employees, are penalized for the conflicting policies and power struggle, which are occurring between departments. I point this out because the current ballot propositions are not the last that will affect us. In the next few years Charter Amendments impacting health and retirement benefits will undoubtedly arise. **Just keeping up with PERS is a job on its own.** The campaign must be ongoing. Start campaigning now. Treat each public encounter as a potential vote...

...Contract:

POA President **Chris Cunnie** came across the following quote while doing research for the upcoming contract negotiations. "Definition of a Scab" *Sheet Metal Workers' Journal* -- Vol. XXXIV - 1929 - excerpt from a conspiracy trail held in England. "A 'scab' is to his trade is what a traitor is to his country and although both may be useful in troublesome times, they are detested by all when peace returns; so, when the help is needed, the 'scab' is the last to contribute assistance and the first to grasp the benefit he never labored to secure. He cares only for himself. He sees not beyond the extent of the day, and for the monetary consideration he would betray friends, family and country; in short, he first sells the journeyman and is himself afterward sold in turn by his employer, and at last he is despised and deserted by all." — At contract time there are those who help themselves and those who help the entire group...

...Best Wishes:

Retirement and Promotional events are occurring so often that most calendars are full. It is almost impossible to get to them all. Therefore, Congratulations to all who have been promoted and best wishes for long and healthy retirements to all who have moved on...

...Parking:

The traffic situation in the City seems to be getting worse and worse. The why is simple. too many vehicles and people and not enough space. Some of

those retiring confess that they would have stuck around longer if it wasn't for the commute and lack of parking. What to do? Those who commute and have assigned parking spaces really cannot appreciate the frustration of those who must hunt on the streets because public transit is not an alternative. So who will address the issue? Reduce the frustration? Is there a hero in the making? **Questions and no answers.** There I go again...

...Trucks:

Jerry Robbins, Department of Parking and Traffic is researching what to do about the problem of double-parked delivery trucks. Should deliveries be banned between 7 AM and 7 PM as they are in New York? Should fines be doubled, tripled? Another challenge that does not have an easy answer. If you have an idea send it to Jerry via department mail...

...Bum Scoop:

Mayor, **Willie Brown**, dedicated the new Tenderloin Station on October 6. During his remarks he made the statement that the first officers assigned came there reluctantly. He was not well briefed. The command was formed by volunteers. Those first assigned came willingly. They came to help the residents of the Tenderloin and with so many of the residents present for the dedication, we missed a golden opportunity to tell them that they were definitely cared about...

Announcements, notices or tidbits can be e-mailed to AlCasciato@lycosmail.com, faxed to 552-5741, or mailed to **Around the Department**, 510 - 7th St., S.F. CA 94103.

119th Recruit Class 30th Reunion

By **Henry Freidlander**
Airport Bureau

Preliminary efforts are underway to hold a 30th anniversary dinner for the 119th Recruit Class. Anyone interested in helping put a reunion together, please contact me at the Airport Bureau. Pass the word to all our former classmates, resigned, retired, or active.



Old Republic Title Company

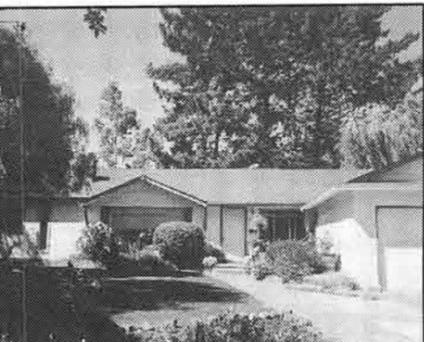
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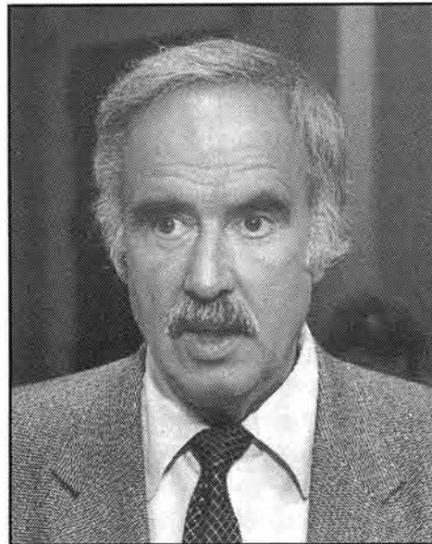
Binding Arbitration Law Signed by Governor Davis

by Chris Cunnie, SFPOA President

Our State Senator and President Pro Tem of the Senate, John Burton, has succeeded for the first time in our state's history in enacting a statewide binding arbitration bill. SB 402 was recently signed by Gray Davis and will become law January 1, 2001.

SB 402 was introduced early in 1999 and successfully passed several committees as it went through a grueling legislative process that didn't end until August of this year. The reason for the extraordinary timeline was because of difficult negotiations over the scope of what would be arbitrable. Senator Burton's bill set forth a broad scope, similar to what we have here in San Francisco and what also exists in jurisdictions such as Vallejo, San Jose and Oakland. Senator Burton defines "scope" as "wages, hours, and other terms and conditions of employment."

In the end, Governor Gray Davis said that at this early juncture he personally favored only economic issues. He stated that he was very much aware that twenty-one jurisdictions, including San Francisco, have broader scopes



Senator John Burton

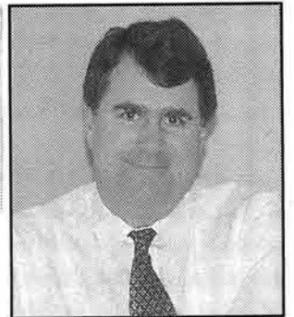
and he said he would protect these jurisdictions from any attempts to reduce their scope of what is arbitrable. More importantly, he clarified that SB 402 is "a floor, not a ceiling."

SB 402 protects the POA's right to collectively bargain for economic issues. It does not affect our Charter-mandated right to bargain on non-economic issues.

SECRETARY'S REPORT

By Tom Shawyer
POA Secretary

POA Board of Directors' Meeting
POA Building, September 20, 2000



Roll Call and Attendance

Unit	Present	Excused	Absent
President	Chris Cunnie		
Vice Pres.	Gary Delagnes		
Treasurer	Jack Minkel		
Secretary	Tom Shawyer		
Editor	Ray Shine		
Co. A	George Rosko		
	John Evans		
Co. B	Kevin Martin		
	Ed Santos		
Co. C	Greg Lynch		
	Joe Buono		
Co. D	Russ Gordon		
	Jeff Smith		
Co. E		Steve Murphy	
		Dave Householder	
Co. F	Pierre Martinez		
	Mike Siebert		
Co. G			Dean Sorgie
Co. H	Jennifer Marino	Bassey Obot	
		Val Kirwan	
Co. I			Joe Finigan
Co. J	Kyle Ching		
			Mark Obrochta
Co. K	Theresa San Giacomo		
	John Flaherty	Ben McAlister	
Muni	Tim Gibson		
	Bob Johnston		
Tac	Matt Castagnola		
	Mike Favetti		
Narcotics		Lynne Atkinson	
Invest.	Brian Olcembendy		
	Rich Struckman		
HQ	Jim Balovich		Glenn Sylvester
			Sheila Jackson
SFO	Bob Belt		
Retired	Gale Wright	Mike Chandra	

Motions and Votes

1. Proposal: It is the position of the SFPOA Board of Directors to Support Yes on Proposition K and No on Proposition L.
Motion: Rosko (Co. A); 2nd: Gibson (Muni)
Motion passed unanimously

2. Proposal: The Board should donate \$250 to sponsor a POA team in the 09/29 American Heart Association Corporate Walk.
Motion: Chris Cunnie; 2nd by Martinez, (Co. F)
Motion passed unanimously

The next meeting will be at the POA building, 510 7th Street, on November 15, 2000 at 1300 hours. Contact your district or unit representative for a copy of the agenda. Attend the meetings. It's your POA.

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c. Total Paid and/or Requested Circulation (Sum of 13b(1), (2), (3), and (4))		4,375	4,383
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17. Signature and Title of Editor, Publisher, Business Manager, or Owner: _____ Date: Sept. 29, 2000

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

Instructions to Publishers

- Complete and file one copy of this form with your postmaster annually on or before October 1. Keep a copy of the completed form for your records.
- In cases where the stockholder or security holder is a trustee, include in items 10 and 11 the names of the person or corporation for whom the trustee is acting. Also include the names and addresses of individuals who are stockholders who own or hold 1 percent or more of the total amount of bonds, mortgages, or other securities of the publishing corporation. In item 11, if none, check the box. Use blank sheets if more space is required.
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- If the publication has Periodicals authorization as a general or regular publication, this Statement of Ownership, Management, and Circulation must be published; it must be printed in any issue in October or, if the publication is not published during October, the first issue printed after October.
- In item 16, indicate the date of the issue in which this Statement of Ownership will be published.
- Item 17 must be signed.

Failure to file or publish a statement of ownership may lead to suspension of Periodicals authorization.

PS Form 3526, October 1999 (5085)

TREASURER'S CORNER

By Jack Minkel



POA Treasurer Jack Minkel
(Not available for adoption)

Last month, I spoke about the plans we have for a new POA building. I also asked for as much feedback on the building project as I could get. I was a little disappointed in that I received only a brief few comments. I don't mean to be barking at the membership, but I want to reiterate how important your input is. Please take a moment to read about our plan, then contact your unit representative with your comments. Thank you.

As you know, we are razing both of our buildings on the corner of 7th and Bryant streets. In their place, we will erect a new, state-of-the-art office build-

ing that will be the new home of the POA, and will include commercial rental space.

We are in the final planning stages, and the final cost will be dependent upon how your input directs us to configure the new building. With this input we can finalize the planning.

Our present office building is seriously dilapidated. It needs a new roof, major wiring up-grades, and plumbing work. The retrofitting costs to bring the current building up to ADA and earthquake codes are prohibitive. It will be more cost effective to erect a new, state of the art structure that includes our POA offices and meeting rooms, but also commercial space that we can lease out to generate rental income.

Surveys (like the one printed below) will be distributed to each member by the station rep. Please take a moment to respond to the survey, then return it to your unit or station representative.

Another alternative is to contact one of the persons on the Building Committee, either in person, by phone, or mail to the POA. The Building Committee members are: Jack Minkel, Gary Delagnes, John Flaherty, Mike Favetti, Steve Murphy, and Ray Shine.

Possible Functions To Be Included In The New Building

- Administrative Offices
- Training Room
- Members' Lounge
- Multi-purpose Room
- Catering-Warming Kitchen and Serving area
- Outdoor Patio/garden area
- Library/Media Center
- Car Parking

PET CORNER

By Deborah Braden,
Background Investigations

These particular animals may no longer be available from Animal Care and Control, but many new animals arrive every day needing loving homes.

If you can provide a home for any animal at the shelter contact Animal Care and Control at (415) 554-6364 or visit their Web Site at www.ci.sf.ca.us/ acc. Please do not call the POA Office.

Name: Theodore
ID: 127712
Age: 3 years
Sex: Male
Description:



Theodore is a Rottweiler. He is a big boy with a heart of gold. He loves people and craves attention. He is just waiting to be your Best Friend!

Name: Tucker
ID: 127774
Age: 9 months
Sex: Male
Description:



Tucker is a Golden Retriever. He loves to get and give kisses. Tucker is a large dog with lots of love to give. Have you had your love today?

Name: Kate
ID: 127575
Age: 5 years
Sex: Female
Description: Kate is a spayed pit bull mix. She's



blonde with black markings and has a lovely profile. She's wonderful and quiet and knows sit and several commands, is receptive and eager to please. Kate comes with a special blessing from Grace Cathedral.



Name: Corbin
ID: 127886
Age: 3 years
Sex: Male
Description:



Corbin is a Chihuahua Mix. His big ears are always standing at attention. He is a gentle and loving but a bit shy at first. He needs someone who he can trust and that will love him forever.

Name: Molly
ID: 127685
Age: 4 months
Sex: Female
Description: Molly is a brindle and white pit bull. She's a sweet and spritely little girl, frisky and fun. She's full of love and is ready to come home with you today!



Name: Sheba
ID: A127219
Age: 8 months
Sex: Female
Description:



Sheba is a female 8 month Dalmation with lovely brown spots. This little queenie is a very regal. She comes when called, knows sit and basic commands, is playful and still calm. What a sweet little girl.

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OCC investigator who played by the rules

POA Mourns Death of Pam Moy

By Ray Shine
Editor

The San Francisco Police Officers' Association mourns the death and old and sincere friend of police officers and of this association, Ms. Pamela Moy. Pam died September 21, 2000. She was 56.

Pam was a retired investigator for the Office of Citizen Complaints. She was a trustworthy, fair, and uncompromising force in an office that is often perceived by officers as having a biased, anti-cop agenda. Pam consented to an interview for the POA Notebook shortly after her retirement. While some expected a scathing expose of the OCC and its inner-workings, Pam remained even-handed and truthful, and may have helped convince some that the watchdog agency was not the clandestine ogre it was thought to be.

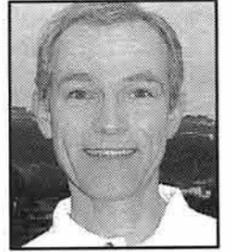
Pam was a demonstrative and re-

spectful friend of police officers, but was particularly empathetic to the demands and trials of ordinary street cops. During the cancelled watches and mandatory 12-hour days following the Rodney King riots, Pam made several trips to the POA office to deliver fresh fruit, sandwiches, salads, and other provisions for squads of tired and hungry line officers.

"Pam was one of the most professional, and certainly one of the most fair, investigators in the office." remarked long-time POA representative Steve Johnson. "I had hoped she would have been moved further along in the hierarchy, but it didn't happen."

On behalf of the entire membership, I extend our condolences and sorrow to the family and friends of Pam Moy. Her passing leaves a hole in all our lives, as well as in the integrity of the concept of police civilian review.

Get POA Bulletins By Email



By Tom Feledy, POA Webmaster
(Tom@sfpoa.org)

For the past year, we've been experimenting with sending POA Bulletins via the internet, to active and retired members. The feedback has been positive, and now we want to offer this service to all of our members, and clean up our mailing list in the process.

The advantages of subscribing to the POA email Bulletin service are obvious — get your own copies of important Bulletins on such issues as promotions, benefits, or retirement issues, in the comfort of your own home, or on the road. You get POA Bulletins as soon as they are published, and no longer have to worry about trying to find them in the middle of a busy district station or office.

For retired members, this is the only way to get POA Bulletins, as the cost of mailing paper copies to homes is prohibitive. While the Journal covers most important issues, the internet avoids the Postal system, delivering Bulletins much faster.

To sign up for POA bulletins by email, just send an email as described below.

If you are currently receiving POA Bulletins by email, you need to re-

subscribe, so we can update all of our current email addresses. We

plan to do this every year, to make sure we aren't sending Bulletins to the wrong addresses, or to folks who don't want to get them anymore. If we don't get an email from you, we can't keep you on the list.

Retired Members:

The Association feels the internet has tremendous potential for keeping in touch with retired members. In fact, our retired members are among the most enthusiastic supporters of the new email Bulletins.

Testimonials and Retirement Dinners:

If you are scheduling an event to honor an active or retiring member, send an email to Bulletins@sfpoa.org, with all the details. We will transmit the information to all the members signed up for the Bulletin email service. In the past, retired members would rarely hear about such events, unless they happened to visit a station or the Hall, and saw a testimonial flyer posted on a bulletin board. The POA Bulletin email service can get the word out much more reliably, and help ensure a better turn-out for your event!

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 Subj: POA Bulletin Subscribe
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 Unit: (if Retired, put your City & State here)
 Joined: (year)
 Retired: (year)
 Email: (this is to make sure we get your correct email address entered)
 Comments: (optional for your specialty interests, currently we have mailing lists for Palm handhelds and other "PDA's", and for Filemaker software)

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Santa Claus Wears Blue

Volunteers, Toys, & Donations Needed!

By Lt. Mike Slade
Executive Director, Operation Dream

Starting Monday, November 27th, the SFPD Operation Dream Holiday Toy Patrol will begin their 7th Annual Christmas Toy Drive Campaign. This annual campaign allows Officers from several district Police Stations to become Santa Claus — providing gifts for underprivileged children, who otherwise would not know the joys of the Holiday Season.

Last year, with the help of San Francisco's Finest, we were able to provide over 22,000 toys to children and their families, through the generous donations of the public. This public exposure along with the warm compliments we receive shows the City that we are leaders in the area of Community Policing.

Some of the programs that have benefited from Operation Dream are the SFPOA Hospital Christmas Program, Mission Station's Christmas Program, Taraval Station's Christmas Toy Program, The Ashanti Aids Project, Glide Memorial, St. Anthony's, Children of Public Housing, single moms & dads, adoption agencies, and the list goes on & on.

We are asking for any Officers or Civilians to lend a hand and help make this year's campaign an even greater success, as we will need volunteers for all of these upcoming Operation Dream events:

Monday, 11/27/00

Flyer Distribution at the four Downtown BART Stations from 6 a.m. to 9 a.m. & 3 p.m. to 6 p.m.

DIFFERENT FUR Recording
415/864-1967
3470 Nineteenth Street
San Francisco, CA 94110

Wednesday, 11/29/00

Toy Collection at the Embarcadero and Montgomery BART Stations from 6 a.m. to 9 a.m. & 3 p.m. to 6 p.m.

Thursday, 11/30/00

Toy Collection at the Powell and Civic Center BART Stations from 6 a.m. to 9 a.m. & 3 p.m. to 6 p.m.

Saturday, 12/2/00

Toy Collection at Union Square from 10 a.m. to 5 p.m.

Wednesday, 12/06/00

Toy Collection at Union Square from 10 a.m. to 5 p.m.

Sunday, 12/10/00

Toy Collection at the SF 49er Game at 3COM Park from 10 a.m. to 2 p.m.

Delivery of toys to those in need occurring between Saturday, December 16th and Saturday, December 23rd, 2000.

If you would like to donate your time and effort, please contact Officer Charles McCullar, Officer Michael Jamison, or myself at: 415-671-3156.

Operation Dream is a non-profit organization. All toy and monetary donations are tax deductible.

Help us make this a Very Merry Christmas!

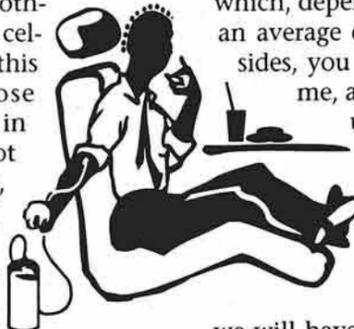


The Season of Giving is quickly approaching

Give the Gift of Life, The Best Gift of All

By Mark Hawthorne
Chair, Blood Committee

Yes, it is that time of year again when merriment begins and we begin to ring out the old and bring in the new. We celebrate Christian, Jewish, and other religious and non-religious events marking the calendar. Let us all take time out to give others an opportunity to celebrate special events this time of year. Those people who you help, in all likelihood, will not know who you are, only that something you provided helped them. I am talking about the ritual and participation in the



S.F.P.D. December Blood Drive. As many of you know, the blood drive benefits hundreds of people, either directly or indirectly. Generally, we receive around 100 pints of blood at the one-day drive. For a department with over two thousand members, and hundreds of friends and acquaintances, we should be able to hit the two hundred-pint mark without breaking a sweat. Let's give it a whirl this December and see what we can do. I have given personal invitations to many dignitaries in hopes that they will become part of our December ritual. I

know many of the reasons why many of you are, shall we say, reluctant to give. To that I can only say, needles only hurt if you think they will; The lunch generously provided by the S.F.P.O.A. is only fattening if you eat a steady diet of it; If you have time to come to work, you have time to work into your schedule to drop a pint, which, depending on the crowd takes an average of 45 to 60 minutes. Besides, you can come and visit with me, as I will be there from sun up to well after sundown. You can also come by to say hello to the command staff who donate regularly and are counting heads and faces. If this will be you first time, we will have counselors available for the squeamish. All in all, it is a good time for all and a reunion for many. I look forward to seeing many of you there. Don't forget to say hello.

**When: December 14th, 2000
1100-2000/2100**

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Frequently asked questions

FAQ's about the 800 MHz System

By Sergeant Greg Yee
Emergency Communications
Department

Q. Treasure Island - Can TTF units hear
radio traffic on Treasure Island?

A. Yes

Q. Will there be coverage in the BART
tube and platforms?

A. Regular talk-groups will not transmit
or receive on the BART plat-
forms or in the tube. Officers will
most likely need to use the mutual
aid talk-group (C8) to communicate
within the BART system. The mutual
aid protocols have not yet been
established.

Q. Can officers use their radios in the
Muni Metro?

A. Yes - Officers can use their design-
ated talk-group in Muni Metro.
There will be some noise in the
transmission due to the noise cre-
ated by the trains in motion.

Q. Is there an ECD protocol for the
EMERGENCY alert on non-mon-
itored "B" bank talk-groups?

A. The Communications Supervisor
will monitor emergency button ac-
tivations on the B-Bank.

Q. Can an officer talk over/step on
another officer who is transmitting?

A. Yes. As with the current system, the
ability to step on another transmis-
sion is dependent upon radio signal
strength and other factors.

Q. Does an officer who pushes their
EMERGENCY button lock out other
officers in the talk-group?

A. No - All officers in the talk-group
with the emergency will be able to
talk on the talk-group.

Q. On what Channel do we normally
run 10-28's and 10-29's?

A. Use your assigned secondary talk-
group AKA service channel (i.e.: Cen-
tral Station = Talk-group A2) or Sta-
tion Service = Talk-group A13 (Re-
places PIC 6).

Q. What auxiliary channel do we use
for surveillance operations at sta-
tion levels?

A. Police Direct Talk-around - Talk-
group C14 or C15 (similar to PIC 12)
not monitored or recorded.
CLEMARS/FMARS Mutual Aid chan-

nels should not be used for surveil-
lance or routine communications.

Q. What are the Station Service talk-
groups - A13 and A14?

A. These talk groups replace PIC 6.

Q. What are the spare talk-groups A9,
A10, and A12?

A. These are spare talk-groups that can
be activated if needed. Spare talk-
groups are turned off when not in
use.

Q. Why did the radios work so poorly
during the July 2000
training exercise on
Treasure Island?

A. While using the C Bank,
some radios were on
DIRECT and some radios
were on REPEATER. The
double-nipple button on
the side of the radio con-
trols the direct/repeater
selection on the new ra-
dios. While on the C
Bank, C1 Mutual Aid
talk-group, if you key the
mic and you hear "hang
time" then you are on
the repeater. If you key
the mic and there is no
"hang time" you are on
direct.

The only way to check this
is to do a radio check
with all officers involved
prior to deployment.
The Mutual Aid talk-
groups are for mutual aid
purposes, and not for
everyday intercom com-
munications.

Q. What is the secure
switch, and what does
encrypted transmissions mean?

A. Radios will receive encrypted calls
without enabling the secure switch,
but to transmit in secure (encrypted),
you will need to enable the switch.
A secure talk-group is an encrypted
channel that scrambles your transmis-
sion against unwanted eaves-
droppers. Encrypted talk-groups are
only available for specialized units.
FOB patrol radios are not encrypted.

Q. What does "trunked" mean?

A. On face value, a trunked system
appears to work the same as a con-
ventional radio system. However,
there are significant differences in
concept, application and versatil-
ity. In conventional radio, talk
groups are a collection of radios
configured to operate on one chan-
nel. Personnel working in specific
areas or assignments are assigned to
channels. The channels are not
shared. For example, when a sur-
veillance unit has its own channel
that they only use 10% of the time,

ber of users. Radio requests are as-
signed to a channel by a system
controller. It uses computer (digi-
tal) technology to make more effec-
tive use of radio channels/talk groups
in a "pool" arrangement. Radio
channels are assigned to a talk group
only for the moment of a transmis-
sion and then return to the pool for
reassignment. In a trunked system,
the special need talk group would
not get an entire channel that it
might only use 10% of the time.
Instead, it uses one of the pool chan-
nels when it needs it, and
the other 90% of the time
the channel is available for
others to use.

Q. Why do we need the
monitor feature if we are
trunked?

A. You do not need the
monitor feature.

Q. If the radio emergency
button is pushed, will Dis-
patch know immediately
what unit has an emer-
gency?

A. As long as you have
been entered into CAD via
People Soft HRMS. If you
have not been entered,
only your radio number
identifier will appear on
the Motorola radio screen.

Q. Isn't the 800 MHz sys-
tem already outdated?

A. There is a growing mis-
conception that the 900
MHz frequency band has
replaced 800 MHz systems
for public safety radio com-
munications. While this
frequency is suited for pager and
some wireless communications, the
900 MHz band does not support the
data and voice communications
needs of a public safety radio sys-
tem.

Questions regarding the 800 MHz
system can be directed to Lt. Tom Del
Torre at
415-558-3834 or Sgt. Greg Yee at
415-558-3829.



The ordeal of launching a new technology is a familiar problem for the SFPD. Here, the "new" Department switchboard is transitioned into operation at the old Hall of Justice back in 1922. (Note dual-purpose "hat rack" in corner of room.)

this equates to an empty channel
90% of the time. When the need for
a new talk group arises within this
type of system, the only way to
provide for the new need is to at-
tempt to obtain new frequencies to
build new channels. If new frequen-
cies cannot be obtained the need
cannot be met.

Trunked radio systems are the auto-
matic sharing of a communications
path or paths between a large num-

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New 800 MHz System May Suit SF Better Than it Did Portland

By Ray Shine
Editor

In the September issue of the POA Journal, I ran an a story downloaded from an internet police news service about the troubles Portland, Oregon was experiencing with their new 800 MHz communications system. The gist of that article was that Oregon OSHA had fined the city of Portland for several unsafe conditions found in their new emergency services radio system. That system is similar to the one the City and County of San Francisco is poised to transition to, so I felt that it was a timely and relevant story.

Del Torre will not permit the transition to move forward if major glitches are not resolved

Shortly after the Journal was distributed, I received a phone call from Lt. Tom Del Torre, the lead SFPD coordinator for the 800 MHz transition. He took issue with our reprinting the Portland story because he felt that, by doing so, we had falsely implied that the San Francisco system would be as fraught with bugs and inadequacies as the Oregon system.

Lieutenant Del Torre's position was that the two systems have very little in common, other than the fact that the same company manufactures the hardware. He insisted that any other comparison is misleading and unfair, and substantially detracts from the dedicated effort that he and others have made trying to provide our officers with a reliable, first-class radio system.

He may be right about that.

Other key points that he argued are:

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800 MHz system

Straight Talk about Our New Radio Communications

By Sergeant Greg Yee,
Emergency Communications Department

In last month's Journal, I read the article regarding the deficiencies of the 800 MHz radio system that was implemented in Portland, Oregon. It is unfortunate that such a system exists, but most of that is due to Portland's policy, and the design of their system.

Although Motorola hardware is a part of Portland's and San Francisco's 800 MHz radio system, there are some vast differences between the two applications.

For instance, the City of Portland decided not to use the orange "emergency" button, and created a policy not to activate it on the officers' radios. In San Francisco, we will be using the orange emergency button. Once properly scheduled in the new HRMS system, when an officer depresses their orange emergency button, their unit identifier and current "run" will immediately appear on the dispatcher's monitor. In addition to a visual notification, dispatchers will also receive an audible alert tone. Our orange emergency button activation will notify the dispatcher even if there is active radio traffic on your talkgroup.

Just as a note, the orange emergency button will only work on the "A" and "B" bank talkgroups on our radios. It will not work on the "C" bank talkgroups because the "C" bank is used for mutual aid or direct talk-around without the use of the normal transmitters and receivers throughout the City.

In regards to bad coverage areas in the City, has anyone listened to PIC-3 lately? With the 800 MHz system, officers will notice improved coverage. Officers assigned to the Field Operations Bureau have been testing these 800 MHz radios. Testing has been done in conjunction with Station personnel who have identified known problem spots in their respective districts. Some areas that coverage have improved are: Sunnydale, Lower Sunset, Kiska Road, Broad and Plymouth, Hall of Justice

That he and his principle assistant, Sgt. Greg Yee, have spent an exhaustive amount of time over-seeing the testing and re-testing of the SF system in an effort to identify and correct bugs. Tests have been ongoing for more than a year, and have taken place in a variety of locales, and under every practical condition.

The San Francisco system will absolutely utilize the critical orange emergency button. Neither he, nor any of the police brass, will consent to a "policy issue" that prohibits its use.

To the extent that his influence allows, Del Torre will not permit the transition to move forward if major glitches are not resolved. That is absolutely his position in regards to all officer safety concerns.

The SF system has several more layers of sophisticated software than the Portland system (Translation— we're probably spending more on the necessary operating programs).

I know that Lt. Del Torre and Sgt. Yee have made reasonable efforts to keep the POA updated about the transition process. Both men appeared before the POA Board of Directors at the July meeting. They patiently fielded all questions from that body, and did their best to allay as many of the officers' concerns as possible. It was my opinion then — and remains so today — that they were doing as much as they could to ensure that our officers are provided with a state-of-the-art, safe and effective emergency communications system. To the extent that I know both gentlemen, I would expect nothing less.

I have invited Lt. Del Torre to forward more updates about the new system. I will print all that he or others provide, but I remain convinced that the Portland story was noteworthy and relevant to the concerns of our members.

To date, I have no adverse reports about the San Francisco 800 MHz system. I trust things are going well, and that the people in charge do have the officers' best interests in mind. Nonetheless, if any significant reports develop, I will not hesitate to publish them. The same applies to comments and concerns of our members.

garage, the Presidio, Muni Metro tunnel (West Portal to Embarcadero), the financial district, and the Embarcadero.

Although Motorola hardware is a part of Portland's and San Francisco's 800 MHz radio system, there are some vast differences between the two applications.

As with any radio system, you will experience some "dead" spots. Some of the "dead" spots are underground areas such as Civic Center garage, Union Square garage, St. Francis Hotel basement, certain areas of the Moscone Center, and the Marriott loading dock.

The 800 MHz system is up and running. If you have a concern, I recommend that you take a portable radio or use a mobile radio in a radio car and talk to another officer in the Department. You can compare your Sabre's performance with an 800 MHz radio. It's a substantial improvement.

The last portion of the Portland article referred to the amount of users on the system. Bottom line, they had too many departments and agencies on the system. I do not foresee San Francisco adding any additional users/ outside agencies.

Since May of 2000, Lt. Tom Del Torre and I have been assigned to the Emergency Communications Department (ECD) and we are looking after the best interests of the members of the San Francisco Police Department. If there are any questions, comments, or concerns regarding the 800 MHz radio system, please feel free to give us a call at

415-558-3834 or 415-558-3829.

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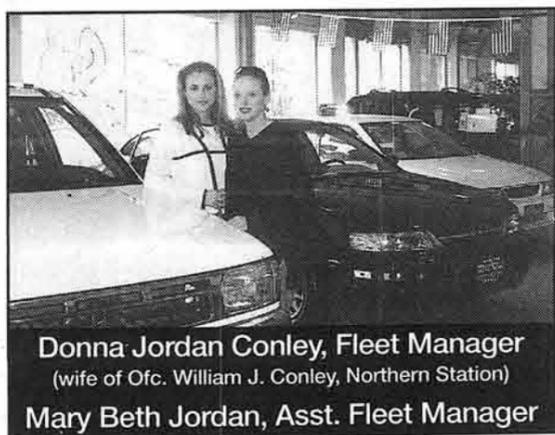
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"The Angels In Action": Andrea, Mallory, Becca, Ebbe, Jenifer, Hannah, Morgan, Carson, Claire and Jaclyn, each donating a new one hundred dollar bill, to a not-quite-as-angelic Rene LaPrevotte of Co. K.

Angels In Action

By Rene LaPrevotte
Solos

Several years ago, then 10-year old Morgan Harvey and her mother, Connie, noted that it just didn't seem right that Morgan had birthday gifts that hadn't been used since the day they were unwrapped, not while so many kids in San Francisco were in need of even the most basic joys in life.

Morgan and her mom decided that, instead of receiving gifts that would go unused, the Harveys would found "Angels In Action". Nine of Morgan's schoolmates at The Hamlin School constituted the charter core of girls, aged 9 and 10-years old. They told their parents that they wanted cash gifts that would be donated to a charity of the girls' choosing.

To further their fundraising endeavors, the girls held lemonade sales and other events to help bolster their charitable bank account. One of the girls sold a keepsake bracelet given to her by a relative who had purchased the bracelet in Africa. She donated the entire \$200 she received for the bracelet to the fund. Through the selfless charity of these very special young ladies, they have raised \$4,745.03.

Recently, I received a call from Mrs. Harvey who told me that the Angels In Action had decided to donate one thousand dollars to "California Law Enforcement's Wish Upon A Star Foundation." I met with the "Angels" at the Harvey home on Lake Street. Prior to the donation presentation, I sat in on their board meeting. The "Angels" discussed ways to raise money for their fund. I have to tell you, I have attended board meetings with adults that weren't as professional as the meeting conducted by these young

ladies. After the meeting, the Angels In Action gobbled-up several pizzas, then each of the ten girls autographed a new, 100 dollar bill and gave it to me as a donation to be used for a less fortunate child through the Wish Upon A Star Foundation.

Mrs. Harvey told me that the "Angels In Action" has become so popular that several other schools are starting charters, proving that not all our kids are self-centered and greedy. Good luck to these angels in their future charitable endeavors.

Combined Charities

Speaking of generosity, you know that the City and County of San Francisco's annual "Combined Charities Campaign" is just around the corner. I am unabashedly asking for your consideration when it comes time to sign-up for that payroll-deducted donation. The Wish Upon A Star Foundation is known to most members through articles printed here in the SFPOA Journal.

One major benefit of pledging to Wish Upon A Star is that the only paid staff in the entire organization is the Executive Director, and one office worker. The entire Board of Directors are volunteers, and ninety-percent of what's taken-in goes to the kids for which it was donated. Very few "Big Time Charities" can say that, not with some siphoning up to 90% of the money received for "expenses".

If you would like to make your commitment to Wish Upon A Star, simply "write-in" the following at the bottom of your Combined Charities donor form:

Wish Upon A Star Foundation
PO Box 4000
Visalia, CA 93278



By Daniel Hampton

Relationships

I pray your relationships within your own family are close and loving. With the hustle and bustle of daily life all of us have to take time to foster closeness with each member in the family. Of course, much time and effort must be concentrated on our spouses. They will remain with us when all our children leave the nest (home) and become independent. For myself, I like to help my wife by shopping for all the food, cooking the majority of dinners, putting the dishes away in the dishwasher, etc. This past September, we celebrated our 25th wedding anniversary. We went away for the weekend and enjoyed going out to eat, walking in the shopping district, swimming and using the Jacuzzi in the hotel. We just enjoyed being with each other. We capped off the weekend by going to the Curran Theatre and attending the play *Les Miserables*. What a great time we had, Truly, she is my best friend

My daughter has been pretty busy with her life. Now that she is 19 years of age her calendar has been quite busy. She also has a great boy friend that ministers with her helping high school teenagers at the Church on Wednesdays and Sundays. The Youth Pastor has made both of them team leader for the high school teens. So getting dates with my daughter has been difficult to arrange. She's employed at our Church and is an aide for pre-school children, she attended summer college courses, she takes bible courses at Church with her boy friend twice a week, and now for the fall semester she's taking a full load of units in college. Well, I was still able to take her out to her favorite restaurant, then on another date I took her out for lunch and went to see *Les Miserables* at the Curran Theatre, and late October, we will see the play, *Stomp*. She loves

musicals and I enjoy taking her to see them. She still enjoys going out with her dad.

My son is 16 years old and is quite a responsible young man. I enjoyed this summer with him driving him to all the outings and parties he had with his friends who attend his high school or attend the youth group at Church. I have taken the time to know his intimate friends, which helps us feel safer when he goes out with them. I enjoy taking him to the golf range and Cypress to play a round, taking him to the shotgun range to shoot clays at Morgan Hill, going with him to the gymnasium for workouts, and going for long drives with him for practice. Yeah, this past summer was great. Now that fall has arrived he has been busy playing varsity football for his high school. We are attending his games and enjoy supporting his and the team's effort on the field. The nighttime games under the lights are a thrill for all that attend. I know he enjoys our support for all his activities.

I know all of you are quite busy with your own children's activities. Your involvement shows your love and concern for them. You will never regret taking the time to be involved with their activities. They will see you have put the family first place on your priority list and not your job and friends. Your children will love you for this and you will always be a friend to each of them. This is what God and His Son Jesus Christ has called you to be as parents. Father God; help each of us to be intimately involved with the development of our children. Let us be there for them in the activities that give them self worth and recognition for their achievements. Help us Father, as we show our children that we want a working relationship with each of them, that they also need to have an intimate relationship with You and Your Son Jesus Christ Our Lord. Amen.

Officer Paul Lozada will be our featured guest speaker on Wednesday, December 13, 2000. Paul has received numerous awards from the Department for his acts of bravery during the course and performance of his duties. Please watch for his flyer!

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Tenderloin Task Force: From a Basement, to the Streets

CONTINUED FROM PAGE 1

Today, the TTF Community Room is in place and ready for the convening of those vital neighborhood meetings that are so intrinsic to positive police—community relations.

Community

We hear a lot of lip service about "community" in America. Some extol that word, but really don't know its true meaning. The officers of the TTF no it well. The whole notion of "community" is the driving force behind their effectiveness.

For many observers, the Tenderloin is a crime ridden bastion of drug dealers and predators. But, Tenderloin officers have a much more accurate picture in mind. To them, the Tenderloin is home to thousands of decent, law-abiding people. The diverse population includes pensioners, a large elderly population, families and, to the delight of most, children — lots of bright, well-mannered young people with dreams and aspirations all their own.

Many of the neighborhood's families are from Asian cultures, and the area is rich with a diverse mix of businesses, restaurants, and entertainment spots. Other significant community segments are the service providers and business people. The Tenderloin is home to some of the city's major high-rise hotels, theaters, and convention facilities.

The officers of the Task Force have developed important relationships with all of the groups that have a stake in the quality of life in the Tenderloin. Police could not operate effectively without responding to the concerns of groups and individuals in order to resolve conflicts and vexing issues. The officers of the Task Force realize that there are a number of strategies used in reducing and preventing crime, including social agency intervention, as well as traditional law enforcement practices.

The Extra Mile

The police officers who work in the Tenderloin do so because they choose to. Virtually every man and woman working at the Tenderloin Task Force requested the assignment. Very few choose to leave.

There is a collective bond between the TTF officers and the Tenderloin community. The police work that they do in this small but densely populated area — bounded by Geary, Larkin, Market, and Grant streets — is among of the most critical and challenging in all of San Francisco.

I have observed, again and again, the officers going that extra mile to serve their TTF neighbors. On a daily basis, acting with compassion, and motivated by their inherent need to help others, the officers aid children in need, get folks into rehabilitation, and provide food and assistance to people who have — through no fault of their own — fallen on hard times.

It is difficult to laud the deeds of any particular officer, because all of the TTF'ers apply unique and effective attributes to their style of policing. Yet, there are individual officers with stand-out qualities who epitomize most TTF personnel. By mentioning a few of them, I can vividly portray the benchmark to which all Task Force members measure.

Gary Peachey, of the swing shift, goes that extra mile when he counsels youngsters who are on the verge of entering a life of gang activity.

John Centurioni goes that extra mile every day, taking inebriates to facilities that may help them turn their lives around.

Tim Foley and Irene Huey, along with others, go that extra mile by channeling troubled youth into boxing programs.

Darren Nocetti, Eddie Hagan, Rich O'Reilly, Mark Obrochta, Michael Lee, Dean Ries and Alvin Yee respond effectively day in and day out to requests from petitioners about rampant drug dealing on their streets.

Bob Ramos has been working the



Some of the TTF holders of a Medal of Valor.

patrol wagon at the Tenderloin for nine years — and I mean working. He is a "wagon master" in the traditional sense. He defuses situations every week with prisoners awaiting transfer to the Hall of Justice. Using his own money, he provides food and beverages to prisoners who request them. Bob demonstrates through his actions tremendous humanity, and a humble sense of dedication and duty.

These are just a few of the officers going that extra mile. There are scores of other examples from virtually all of the officers assigned to the Task Force.

Traditional Law Enforcement

Of course, there is crime in the Tenderloin. That is inevitable for a community that has such disproportionately high number of parolees and other offenders dumped onto its streets. From drug trafficking to strong-arm robberies, TTF officers are kept busy responding to, and attempting to prevent, a myriad of street crime.

The San Francisco Police Department rewards officers who are involved in high risk and dangerous incidents that could readily result in injury to the officer — or that could even claim his or her life. Since 1991, sixty-two (62) gold, silver, or bronze Medals of Valor, the department's most prestigious commendations, have been awarded to officers from the Task Force. One hundred fifty-four (154) Police Commission commendations, life saving, and meritorious awards and have also been handed out to TTF officers

over the last nine years. Lastly, thousands of Captain's Complimentary awards have been written to officers of the Task Force for outstanding felony arrests.

It is important to note that even with the high volume of arrests — in fact the highest per capita in the entire City — the use of force by TTF officers effecting an arrest is quite low. Police Academy experts recently completed a staff analysis of the overall use of force at the Tenderloin unit. They were amazed at the inordinately low number of arrests that required application of force.

Future Of The Task Force

It is incumbent upon our leaders to ensure that the new Task Force station is properly maintained, and to provide the officers assigned to it with the necessary resources to keep it a vital community asset.

The Tenderloin is home to many basic resource centers. The Glide Memorial Church, St. Anthony's Dining Room, and a myriad of other private, secular, and civic agencies regularly feed, house, provide care, and transition people into jobs. These agencies and their clients deserve a professional, empathetic police presence, one commensurate with their needs, and that will provide the services unique to this diverse community.

The people of the Tenderloin are vulnerable. They, as well as legions of tourists, daily commuters, and others, deserve protection from the criminal, safe streets, and secure neighborhoods. The business community, from the Hilton Hotel and Union Square merchants, to the small business owners, also deserve a full-service police facility.

The men and women officers of the Task Force will continue to provide them all with the highest level of service and dedication.

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Fledgling unit quickly entrenched

T.T.F. In the Beginning

By Gile Pursley
Tenderloin Police Station

In 1991, Chief Willis Casey established a Task Force to address an extremely high crime rate in a very small area of San Francisco known as the Tenderloin. He delegated the responsibility to Lieutenant Mike McNeill, whose job it became to organize the Task Force. Sergeant Larry Barsetti assisted Lt. McNeill with the paperwork, equipment, and supplies needed for such a Unit. Six additional sergeants were picked for the Task Force. These eight individuals reviewed the transfer requests of over one hundred officers and put together a list of sixty names submitted to the Chief. As usual, the administration revised this list slightly so as not to severely deplete the district stations of their quality personnel.

On March 30th, 1991, Capt. George Kowalski, Lieutenants Mike McNeill and Tom Carew, seven sergeants, and forty-eight hand-picked officers on extended loan, and twelve probationary officers met for the first time as a unit in the Traffic Auditorium. I was among those making acquaintances of one another, renewing old friendships and establishing new ones.

We conducted our first watch sign-up, and determined the working partnerships in a few hours. Then, as Cap-

Operation Order written, by Lt. McNeill and Capt. Kowalski:

"By order of Willis Casey, Chief of Police, the Tenderloin Task Force is given the responsibility to pro-actively deal with crime and order-maintenance problems, reducing crime as perceived by the public."

Since that date, the members of the Tenderloin Task Force have actively attacked crime, far beyond the extended loan date. Every year since its



TTFers grab a quick lunch.

conception, the Task Force has decreased the overall crime in the Tenderloin, and will continue to do so.

The members of the Tenderloin Task Force are no better than officers at other district stations. But, they perform their duties under more adverse conditions than elsewhere. During the nine years they were housed in the basement of the old Hibernia Bank, personnel assigned to the TTF were plagued with a variety of workplace maladies. Now in their new quarters, problems of limited parking, damage to personal vehicles, lack of proper holding areas for prisoners, no separation from prisoners and officers; and the constant exposure to diseases and needles will be adequately addressed.

Of the original members of the Tenderloin Task Force, eighteen received transfers to specialized assignments, and fourteen left as a result of promotions. Four of the latter returned as sergeants. Ten members have re-



Lockers inside an old vault.



Files in boiler room.

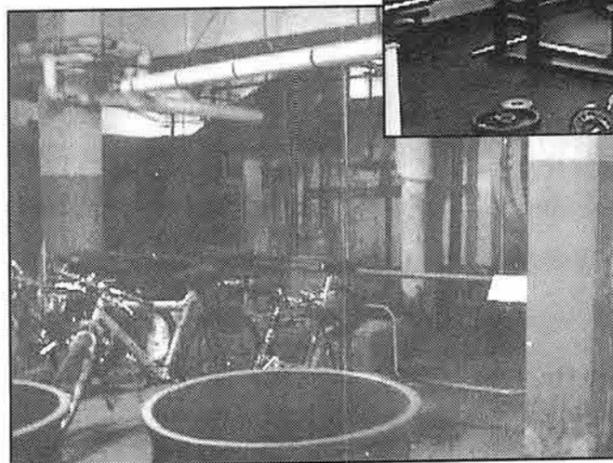
tain Kowalski released everyone so that he and his staff could complete the final paperwork, we realized just what we had gotten into as many of the officers requested radios so they could get out on their new beats.

Joe Garrity, travelling along 6th Street, didn't even get to the Tenderloin before he made the fledgling unit's very first arrest.

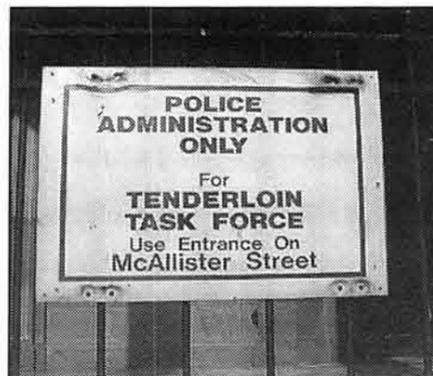
The Tenderloin Task Force officially hit the streets on April Fool's Day, 1991. The Mission as stated in the

mained and are still actively working in the Tenderloin. They are:

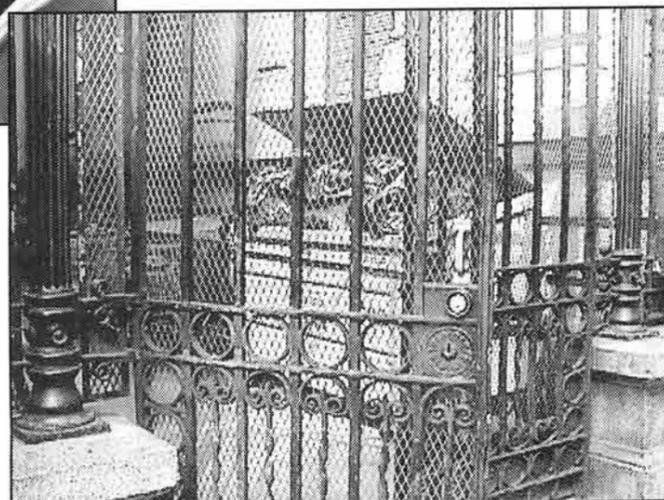
Sergeants Bill Bush and Gile Pursley, Officers John Centurioni, Tim Flaherty, George Fogarty, Tony LaRocca, Bob Ramos, Mark Shea, Miquel Torres, and Tad Yamaguchi (only member originally transferred to the TTF)



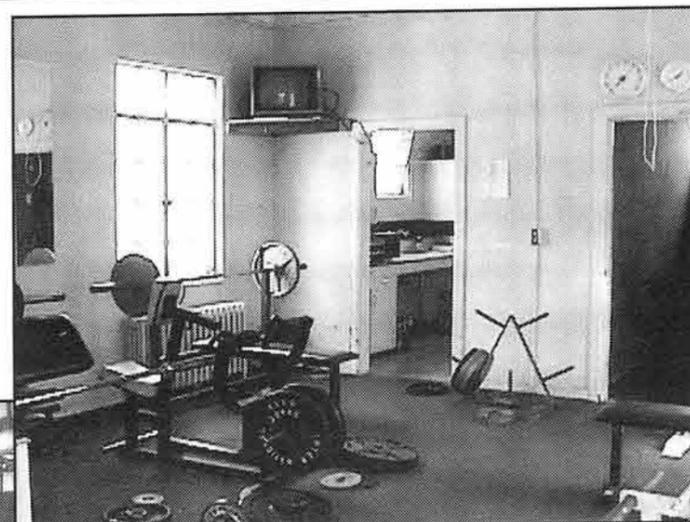
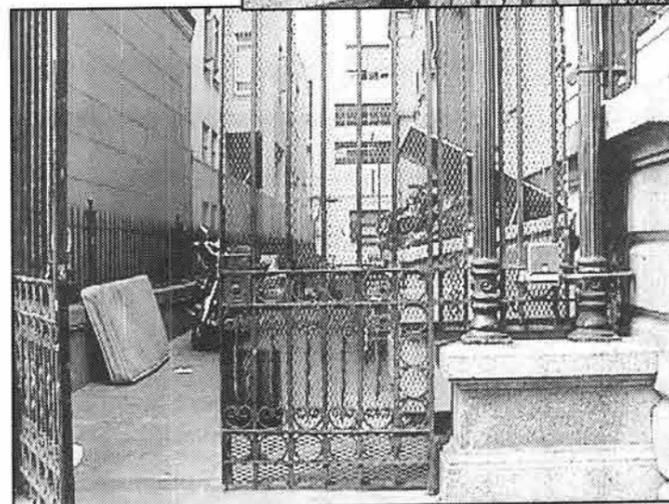
Boiler room/bike storage.



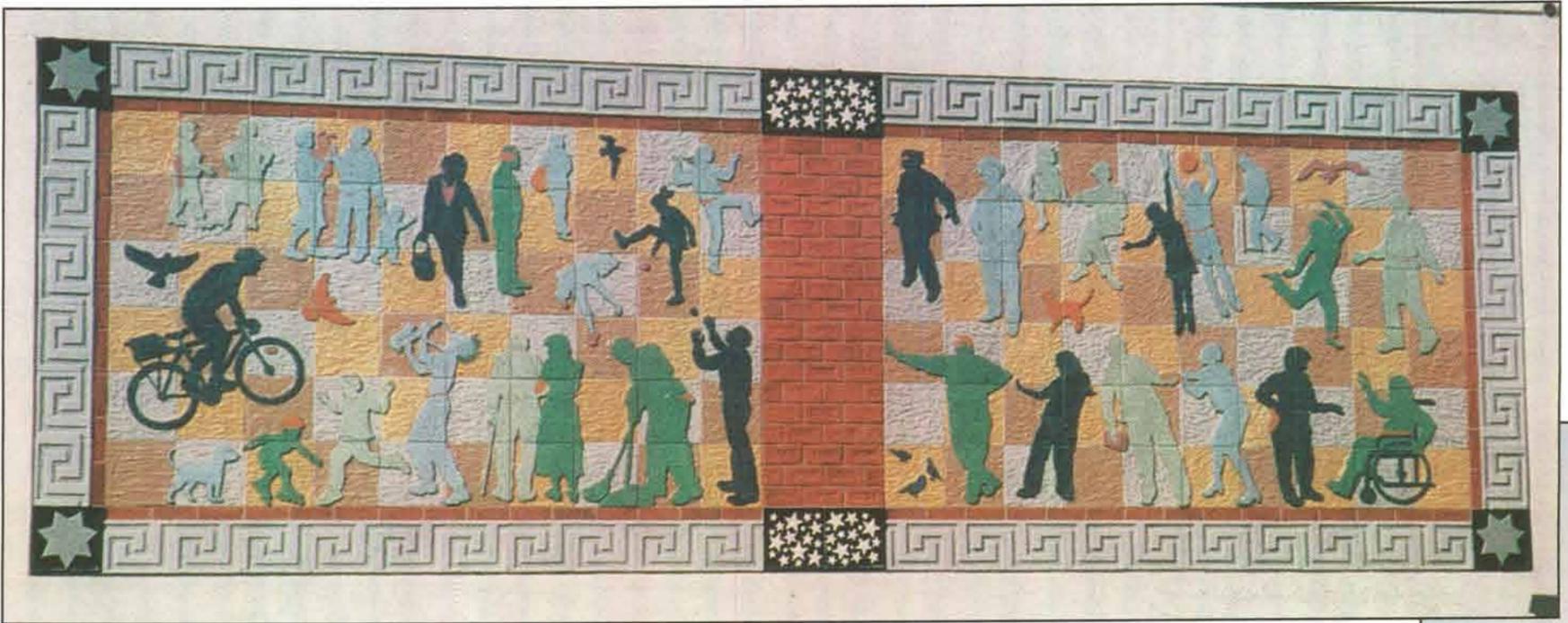
TTF was located in the basement of the old Hibernia Bank.



Entering the old building amid old mattresses and garbage.



Weight room/kitchen.



Mosaic mural that adorns the Jones Street wall of new Tenderloin Police Station.



Tad Yamaguchi and Mario Busalacchi helped bring it all together at the new station.



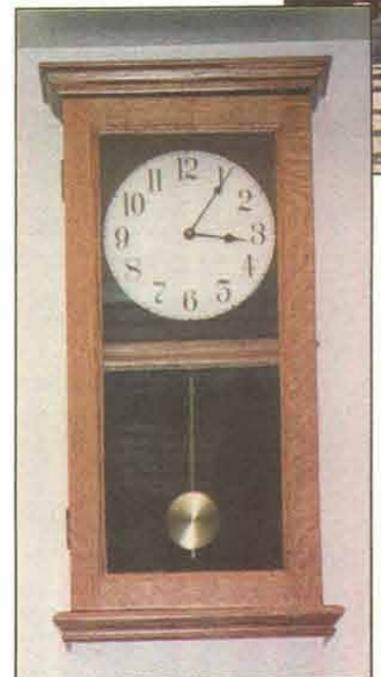
Shawn Jackson moving in.



First flag hoist over the new Station.



POA President Chris Cumie with Sandy Sugrue at opening ceremonies.



The Station Clock. Hand-built by Officer Ralph Shoenstein and presented as a housewarming gift to his pals at the TTF.

The Opening Ceremony

Staff report

In a civic ceremony on October 5, 2000, the new Tenderloin Police Station was officially opened. Mayor Willie Brown, several Police Commissioners, Chief Fred Lau and the entire command staff, and several community leaders participated in the well-attended event.

The ceremony started with an impressive entrance

of the Task Force officers marching east on Eddy Street in rank formation, led by a single piper, a mounted color guard, and Solo escort.

An open house was hosted by the Tenderloin officers following the ribbon cutting. Neighbors and friends were invited inside to check out the new station. However, the first watch to actually fall in for duty in the new facility did not do so until the following day at 1400 hours.



Mayor Willie Brown addresses the crowd.

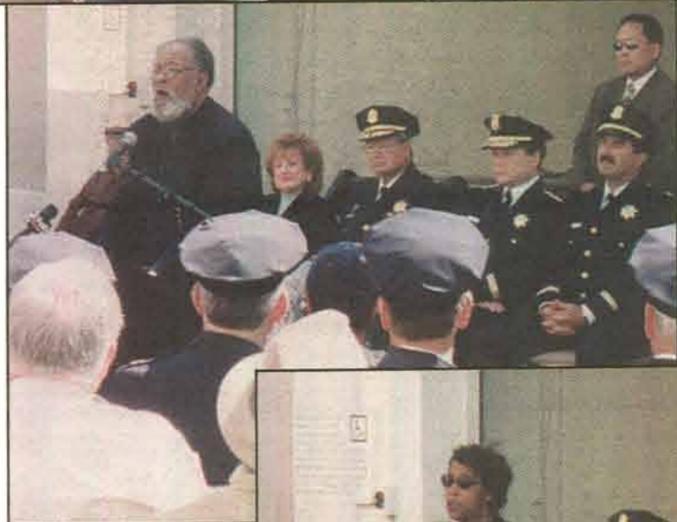


Tenderloin Police



Monsignor Heaney giving the invocation.

Father Floyd Lotito of St. Anthony's, speaking at the opening ceremony



Reverend Cecil Williams welcomes the TTF officers to their new home.



Police Commissioner Connie Perry.



TTF approaches the new station to standing ovation of neighbors and friends.



Talk is cheap in the heart of the 'Loin

Deeds of TTF Officers Speak Louder than Words

By Tim Foley
Tenderloin Police Station

The Tenderloin Task Force has always been a unit with a highly motivated group of committed officers at its core. These officers have chosen to develop and maintain a close, cohesive relationship with the community they serve and of which they are members. A true spirit of cooperation and partnership has been encouraged and cultivated which has brought the TTF to be thought of as a member of the community and not just a government bureaucracy.

The Officers of the TTF work in the Tenderloin Neighborhood located in the heart of downtown San Francisco. It is one of the most densely populated areas in the city. The 25,000 residents, 51% of whom survive on incomes below the poverty level, including 5,000 children and 7,000 senior citizens. The Tenderloin district is one of the poorest areas in the city, and has the highest crime rate. Health issues are a major concern as the tuberculosis rate in the Tenderloin is the highest of any community in the United States. Everyday the men and women of the TTF enter their community keeping in mind the line from the SFPD statement of purpose which states, "We care about the quality of life in the city's neighborhoods and believe that our service must answer their needs."

Following the lead of the late Sergeant Ken Sugrue, who pioneered and pushed the community policing concept to new heights in the Tenderloin and throughout the department, the current members of the TTF carry on the traditions of enthusiastic, dedicated, and unselfish community involvement. Officers of the TTF have been at the forefront of many creative and proactive approaches to control crime, and to develop stronger relations with their community partners.

Focusing on areas identified cooperatively with our community partners, such as Adopt-A-Block and Tenderloin Community on Patrol, members of the TTF have developed a variety of successful enforcement programs to thwart criminal activity. Working closely with their community partners, specialized department units, various state and federal agencies, the District Attorney's office, and other city agencies, members of the TTF have made an all out effort to improve the conditions for those living in the area.

The robbery decoy operations have been very effective in returning violent criminals to prison.

The Vice decoy operation has all but eliminated a once-thriving prostitution stronghold in the neighborhood.

Narcotic enforcement activities —

ranging from undercover buy/busts and surveillance, to high profile enforcement actions — has put numerous drug dealers behind bars.

The Quality of Life enforcement programs focus on a multitude of minor yet annoying criminal violations, substance abuse problems, and other health and safety issues.

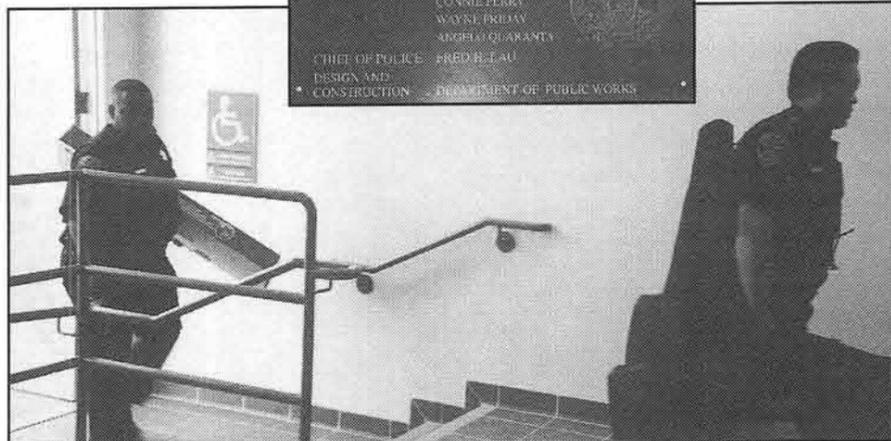
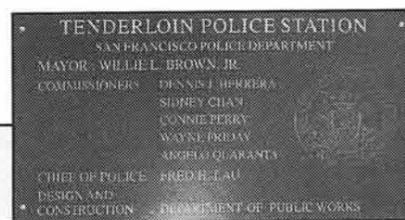
Members of the TTF frequently volunteer and go beyond the call when the community needs them most. Members of the TTF often share the responsibility for planning and organizing community events, and donating time and money so that the event will be a success.

The multicultural Tenderloin Juneteenth Celebration, and the Sgt. Sugrue Tenderloin Games, are two such examples. Renamed in 1999 to honor Sgt. Ken Sugrue, the Tenderloin games attract many of the 5,000 children residing in the neighborhood. This week-long event involves officers from the TTF who unselfishly donate their time to ensure that the games are successful.

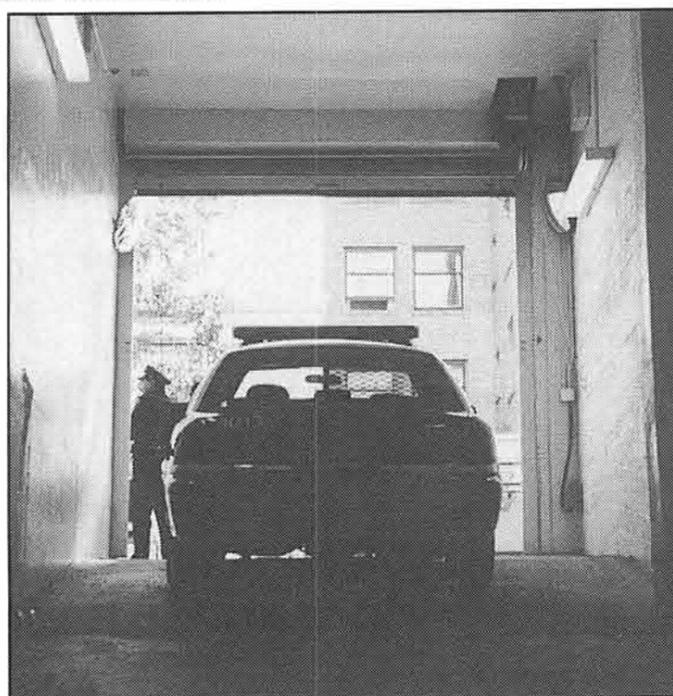
Members of the TTF also participate in weekly meetings with "at-risk youth" to work out various concerns revolving around life in the Tenderloin. As a result of these meetings a boxing program evolved through the YMCA, and a site for a youth center is currently in development.

During the holiday season, officers from the TTF escort Tenderloin youth on their trick-or-treat rounds, and serve meals to those less fortunate at St. Anthony's or Glide Memorial Methodist Church.

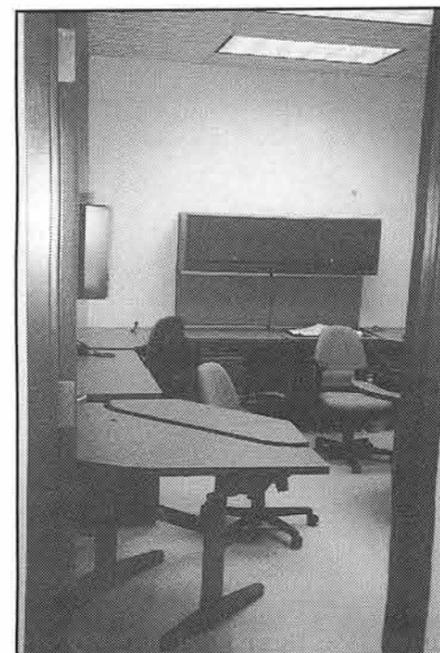
The members of the TTF have developed a strong bond with the community they protect and serve. This trusting and cooperative relationship has assisted the Tenderloin community in reducing crime, establishing a degree of stability, and enabled a revitalization of the area. The TTF traditions of community involvement, enthusiasm, dedication, caring, and hard work will continue as we transition to our new station in the heart of the Tenderloin district.



Front entrance sans garbage dumpster.



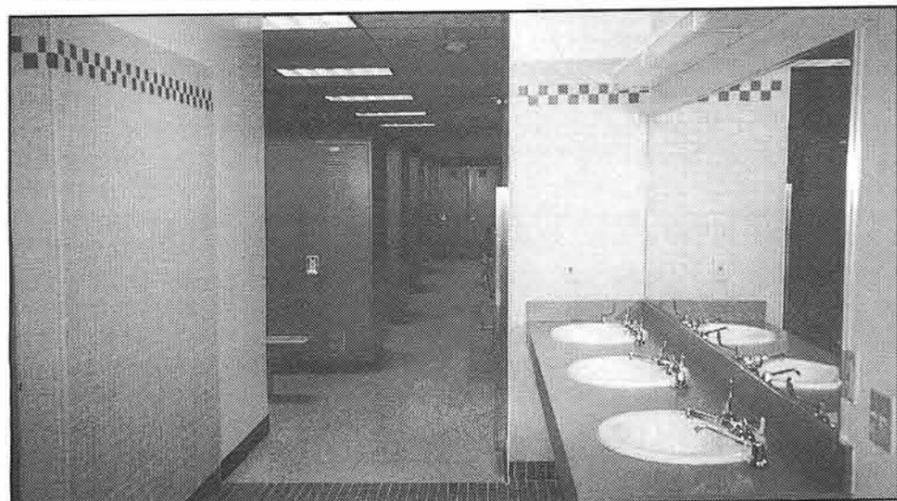
Driving out of new garage: no where to go but up.



Sergeant's office.



Ample basement parking.



Men's locker room: no longer in a vault.

Let's Not Forget Kenny

By Andrew Cohen
POA Public Affairs Office

Although I had not been in the department for very long before he passed away, I can certainly comment on the impact that Sgt. Kenny Sugrue had on my career and on my life.

It was due to Kenny's remarkable compassion for everyone that opened my eyes to the beauty of the Tenderloin and the people who call it home.

It was because of Kenny's ability to listen to others that introduced me to the raw power of an open mind and taught me to treat all people with fairness and understanding.

It was Kenny's continuous passion for making a difference that encouraged me to do what I felt was right and important, and not to be discouraged from what others might say (and there were plenty of them).

Sergeant Kenny Sugrue was a great Police Officer, a great husband, father and friend. His impact on the community was obviously large and appreciated. What he believed in, and worked

so hard to accomplish inside and outside of the Tenderloin is, and always will be remembered. Kenny's Tenderloin Games — which is held annually at the Tenderloin's Children Playground — has become an important part of Tenderloin tradition.

In an effort to keep this event supported, along with the upkeep of the Sgt. Kenny Sugrue Boeddeker Park Children's Play Area, a memorial fund in his name was opened at the Police Credit Union.

Because Kenny was so supportive in my efforts to complete my first "Powder" CD, I contributed the net proceeds to this fund. I would like to extend this effort by contributing ALL of the proceeds from my second CD (Knowledge is Powder), which can be purchased for \$10.00 at the POA Offices. All other donations to this fund should be made directly at the Credit Union.

Thank you Kenny for all you offered and accomplished. You will never be forgotten.

The San Francisco Police Officers' Investment Clubs

By Mike Hebel,
Financial Commentator

There are about 70,000 local investment clubs in the United States and together they account for more than \$350 billion in their portfolios. New ones are forming at an eye-popping rate of 90 a week, fueled by the present long running bull market. Five of those clubs are within the SFPD.

All five investment clubs with active/retired SF police officers are doing well having participated in the greatest bull market of the 20th Century. While their portfolios have suffered from the recent slide in market indices, the clubs have seen this before and are confident that the future is bright for equity investing.

Four are members of the National Association of Investor's Corporation (NAIC) following its investment principles of: regular monthly investment, reinvestment of all dividends and gains, purchasing growth stocks, and diversifying the portfolio by industry and company size.

Warren Buffett's Advice

At the April 29, 2000 annual meeting of the Berkshire Hathaway Company (Warren Buffett's holding company), Mike and Gity Hebel had a direct opportunity to observe and talk with the "Oracle of Omaha". In his talks with shareholders and investors, Mr. Buffett emphatically states: "Investors in stocks are expecting far too much these days." He noted that for the last 17 years the power of lower interest rates and growing corporate profits have produced an annual return of 19%. He says that this increase in equity values since 1981 beats anything you can find in history.

Mr. Buffett warned that market psychology has produced expectations that are just too rosy. He referenced a recent survey by Paine Webber and the Gallup Organization wherein investors with less than 5 years in the market expect an annual return over the next 10 years of 22.5%. Mr. Buffet believes that the next 17 years, were he to pick the most probable return from appreciation and dividends combined, will produce an average annual return of 6%. But, he argues forcefully, investors who stay in the market will grow considerably wealthier simply because the American public companies that they own will have been chugging along increasing their profits by 3% annually in real terms.

This is sweet music to the ears of the numerous active/retired San Francisco police officers now participating in investment clubs.

Star Performers Investment Club

Formed in August of 1995, this Club of 29 partners just recently saw their portfolio cross the \$500,000 mark. Their 5th anniversary celebration dinner, held at Alfred's restaurant, was a tribute to the patience and persistence of this highly motivated group.

This club's prominent investments include America on Line, Amerindo Technology Fund, Applied Materials, Cisco Systems, Coca Cola, EMC Corp., General Electric, Harley Davidson, Intel, Home Depot, Lucent, Merck, Microsoft, Novellus Systems, and Walt Disney. In order to obtain international diversification, the club also has invested in the Janus Overseas Fund and the Janus Global Life Sciences Fund.

This club is well on its way to achieve its goal of accumulating a one million-dollar portfolio by 2003. Partners, on average, contribute \$175 per month. It meets the last Tuesday of every month at the POA.

The KMA Investment Club

The "Kiss My Assets" investment club was formed in November 1996 with 42 partners. It now has 30 partners. Its \$260,000 portfolio is a source of much pride for the partners. The \$200,000 celebration dinner was held at the Ft. Mason Officer's Club as a tribute to the determination and dedication of this highly energetic group.

This club's prominent investments include: Cisco Systems, Harley Davidson, Home Depot, Intel, Johnson and Johnson, MBNA, Pfizer, Videophone, and Walmart. Its most recent purchases include Wells Fargo and Microsoft.

This club is also well on its way to achieve its goal of accumulating a one million dollar portfolio by 2005. Partners, on average, contribute \$125 per month. It meets the first Tuesday of every month at the POA.

The Alford Lake Investment Club

24 partners, of whom 20% are active/retired SFPD officers, formed the Alford Lake investment club in July 1997. Many of the partners are CCSF employees with several departments including the City Attorney's office and the Department of Parking and Traffic. The club has celebrated its \$200,000 anniversary and now has a portfolio exceeding \$220,000 — a tribute to the long term perspective and educational efforts of this highly talented group. The club is now anticipating its \$300,000 celebration.

This club's prominent investments



Mike and Gity Hebel with Warren Buffett (America's most celebrated 20th Century investor) at a recent Berkshire Hathaway annual meeting in Omaha

include: America On Line, Charles Schwab, Cisco, Dell, EMC Corp., Flextronics, Home Depot, Johnson and Johnson, , Nokia, Safeway, and Walgreen. Its most recent purchase was Genentech. This club meets the first Wednesday of every month in the Community Room of Park Station.

Academy Investment Club

The newest police investment club was formed in April 1999. It has 22 partners and meets, on a monthly basis, at the Academy's community service room. This club has grown its portfolio to \$22,000 with investments in solid companies such as Borders, Intel, Dell, America on Line and Lucent Technology. Partners contribute \$50 per month — an amount set so that "learning accompanies earning."

This club, like the others, desires to compound its investment return by an annual average of 15%. It is well on its way to meet its goal. Congratulations.

HOJ Investment Club

The oldest police investment club was formed in July 1990. It started with 5 partners who each invested \$5,000. Within one month the club had lost 20% of its value; within 3

months it was down a whopping 30%. The partners were persistent and grew their numbers to 12, their by-law limit.

This club learned over the years how to buy and how to sell admitting that mistakes were made. But darn few mistakes — the club calculates a compound average annual gain of 23% over its lifetime. Wow!

The HOJ Club meets 6 times a year. Even though additional capital contributions are optional, most partners contribute to additional purchases. Their portfolio has now topped \$310,000 with a portfolio that varies between 18 to 20 stocks. Their largest holdings are: General Electric, Lucent, Oracle, Intel, Merck, Microsoft, and Motorola. The Club's motto is: "a group is smarter than any one individual." In investing, how right they are.

These five clubs were formed for education, enjoyment, and enrichment. Their partners have not been disappointed. Those who remain with their investment clubs for another 10 + years will certainly achieve results to provide the financial resources, when coupled with their deferred compensation program and CCSF retirement plan, for a most financially secure retirement.

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SFPD References: Officer Richard Aceret & Officer Brian Barron



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Invocation at the 25th Anniversary of Women on Patrol

Delivered by Sister Lillian Repak, San Francisco Police Chaplain

*This evening,
Let us bow our hearts in gratitude.*

*It is written
There is a season for everything and a time for every affair under the heavens.*

*This is our season of Jubilee.
It is a time to celebrate...
a time to hold on to friendships...
a time to let go of grudges...
a time to forgive...
a time to heal...
a time for unity...
a time for gratitude...*

This year is the season of Jubilee for the entire San Francisco Police Department.

For tonight we remember the journey of 25 years for our dedicated women on patrol, serving the San Francisco community. It is good for us to be here.

Tonight,

We stand together as legacy for all those who have been instrumental in building a tradition of service during these past twenty five years of patrol.

And so we pray, Gracious God,

*Giver of Life
We ask you to...*

*Bless us with a heart
filled with respect, a respect that recognizes in all people your presence.*

*Bless us with a heart
willing to remove the barriers we raise through our lack of understanding.*

*Bless us with a heart
conscious of the need to educate for justice and peace.*

*Bless us with a heart
woven in solidarity women, men continuing the tradition of service to the people of San Francisco.*

Gracious God,

As we walk toward the tomorrow of the new millennium, may Your Prophetic Spirit continue to be our light.

May Your light shine deep within our hearts,

with trust and confidence, walk with us as we recommit ourselves to a journey that continues to bring Your peace to our streets,

*unity to our department, and integrity to our hearts...
We thank you today, tomorrow, always,*

Amen

Dear Chris –

Thank you for the tremendous support the Police Officers' Association gave to the recent events celebrating the 25th anniversary of women on patrol. I was the chair for the Outreach Committee. Two members were particularly awesome and invaluable to us, and I would like to acknowledge them. Sergeant Ray Shine's contributions included remarkable patience with missed deadlines, lost mail, reluctant writers, and shoddy graphics. Sergeant Carri Lucas' personalized outreach on behalf of the Association helped generate so much support for our events that they all were "sell-outs" with significant amounts of media coverage. These contributions were in addition to the *Hearts of the City* by Officers Bob Mammone and Andrew Cohen, and the *Code-33* segment by Officer Michele Jean.



Many hands, many hearts, and many hours were needed to prepare for the Proclamation, Baseball game, and Dinner. Throughout the chaotic year of planning, fraught with just about the normal amount of challenges for an event of this magnitude, the POA remained a reliable partner. Our combined efforts vividly illustrated what Sister Lillian Repak, Police Chaplain, wished for us in her dinner prayer.

I have enclosed this invocation and hope you have the room to publish it in the next *Journal*. Her prayer captures the intended spirit of these events celebrating twenty-five Years of Women on Patrol.

I look forward to working with you again in the year 2025 for the Fiftieth Anniversary!

Until then, I remain
Sincerely yours
Marsha P. Ash

PHOTO CREDITS: We omitted the names of our photo contributors in the September *Journal*.

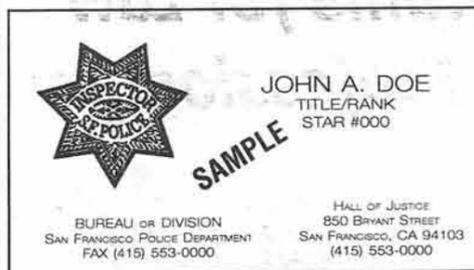
They are Matt Perez, Michelle Jean and Henry Lam.

Thanks to each of them for their help and support.

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Letters



Dear Mr. Cunnie:

OMI-Neighbors In Action wishes to thank you for your generous donation of \$500 in support of our annual Family Day Picnic, Saturday, September 15, 2000 at Oceanview Park. This Annual Event is one the whole neighborhood looks forward to.

The Family Day Picnic celebrates Oceanview Park's return to the community and provides an opportunity for the community to come together for a day of fellowship, fun and good food.

We feel it is extremely important

not to charge attendees for any of the organizing or production costs. Your donation allows us to make this possible.

Thank you again,
Sincerely,
Regina Blosser
Chairperson
OMI Neighbors In Action

Dear Chris,

Thank you for the wonderful tailgate party you put together for the celebration of women on patrol on Sept. 1st. My wife and I had a fun

time and enjoyed meeting some of Brenda's co-workers. We are from North Canton, Ohio and flew in for the many different celebrations. This was our first visit to the Pacific Bell Park. We stayed very busy looking at and listening to all of the different activities going on within the ball park. We want to say thanks again for the terrific seats, the easy shuttle over and the wonderful food. We had a great time. Oh, what a game it was.

Sincerely,
Mr. & Mrs. Ernest L. Walker
North Canton, Ohio

To The Friends Of Marty Trester,

On behalf of Marty's Family we would like to thank all who have given us such wonderful support and generosity after the loss of Marty. Especially Dan Hance, Bob Barbero and Franklin Wong. To Frank Walker we express our gratitude for the very touching tribute you made in Marty's memory.

Marty would have been overwhelmed for all the love and respect you have shown his family. We also cannot forget to recognize and thank the San Francisco Police Department for sending Police escorts to his services. We were very touched at the honor you paid to him.

Sincerest Thanks and Appreciation,
The Family of Martin J. Trester

Dear Chris -

Thank you so very much for sending the beautiful floral arrangement to honor my mother. I appreciate the thoughtful cards and expressions of sympathy from so many of the members of the department during this rough time.

We have shared in a lot of tragedies this year, and I'm touched you reached out to me in my time of sorrow.

Fondly,
Maggie Ortelle and Family

Chris Cunnie
Police Officers' Association
510 7th Street
San Francisco, CA 94103

Re: Paramount Picture's
"Nash Bridges"
Episode 106
"Double Trouble"

Dear Chris:

Paramount Pictures is seeking permission to use The Journal (an SFPD newspaper) as a featured prop/set dressing in the above-mentioned series "Nash Bridges."

"Nash Bridges," an action comedy series that airs on the CBS Network, stars Don Johnson as a San Francisco Police Inspector who gets all A's in his professional life, but is somewhat less successful in his personal life. As captain of the Special Investigations Unit, Nash relies on his street wise instincts, keen sense of humor, experience and charm to solve the bigger than life crimes that fall into his purview.

You understand that Paramount and its successors and assigns have the unrestricted right to distribute the episode and series in all media throughout the universe in perpetuity.

Production is underway and I must know as soon as possible, whether or not permission will be granted. If there is no objection to such use, please have this letter signed on behalf of The Police Officers' Association and return it to me by facsimile.

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News From... Congresswoman Nancy Pelosi



2457 Rayburn Building, Washington D.C. 20515

202-225-4965

For Immediate Release

October 2, 2000

Pelosi Announces \$2.6 Million Grant to San Francisco to Improve Public Safety and Reduce Crime

Rep. Nancy Pelosi (D-CA), a senior Democrat on the House Appropriations Committee, today announced the award of a \$2.26 million grant to the City of San Francisco from the Department of Justice's Local Law Enforcement Block Grants Program to help the City reduce crime and improve public safety.

"Funding for this project will enhance our community's safety and will help us reduce crime and make our community more livable. The fight for safety in San Francisco is a fight for a better quality of life for all of our citizens. We must work to strengthen our neighborhoods and the security of law-abiding San Franciscans," Pelosi said. Rep. Pelosi commended Mayor Brown and Attorney General Reno for their support of programs important to San Francisco.

This important block grant pro-gram funds projects that support law enforcement-, enhance school safety; establish or support drug courts; enhance the adjudication of violent offenders; establish multijurisdictional law enforcement task forces; enhance crime prevention programs; or defray the costs of indemnification insurance.

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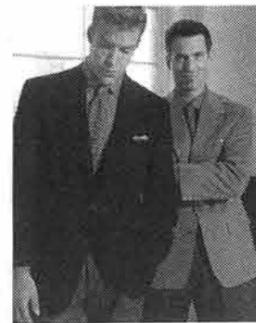
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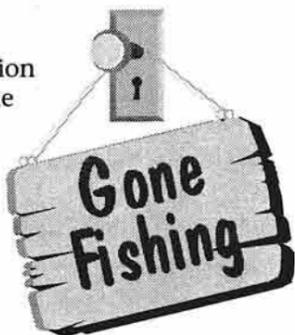
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Retirements

The San Francisco Police Officers' Association extends congratulations and best wishes to the following members upon their service retirements from the SFPD:

Officer Michael Morris #1229
from Legal Office

Sergeant Gary Weber #2007
from the Airport Bureau



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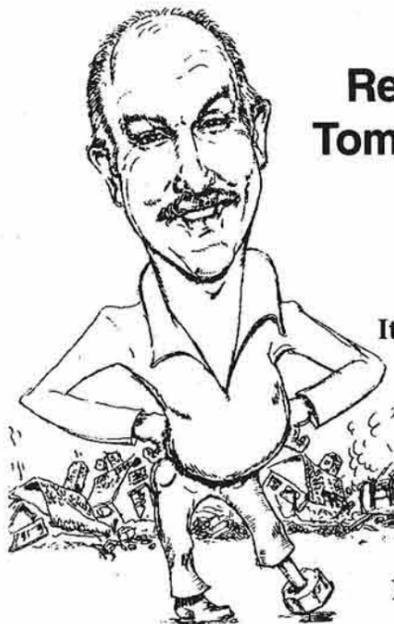
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- Matt Maciel, SFPD - Co. B ♦ Jason Fox, SFPD - Co. E
- Rob Terry, SFPD - Co. B ♦ Al Cardenas, SFPD - Marine Unit
- Brett Thorp, SFPD - Co. E ♦ Bob Glembot, SFPD - Co. F
- Sgt. Craig F. Tom, SFPD - Co. B ♦ Richard J. O'Reilly, SFPD - TTF
- Nelson Artiga, SFPD - Co. A ♦ Anthony M. Montoya, SFPD - Co. D
- Michael Radanovich, SFPD - Co. B ♦ Mike Guldner, San Bruno PD
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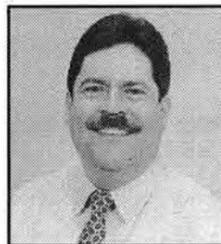
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PAL CORNER

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PAL Basketball

The PAL Invitational Basketball League started on September 29, 2000 with 83 teams. Games are held at Ernest Ingold Boys Club, Columbia Park Excelsior Branch, Mission Recreation Center, Presidio Middle School and SOMA (South of Market) gyms. If you are interested in seeing these games, call the PAL Office 415-695-6935 for a schedule. Officer Mark Ballard, Company E, directs this program. The divisions are as follows:

6th Grade Girls

M.R.C. Rebels
SOMA
St. Cecilia Irish
Destinee
Dragons
L.A. Express

7th Grade Girls

SOMA
Hawks
San Francisco Marvels
Red Dragons
Black Dragons
Eagles

8th Grade Girls

Lady Rebels
M.R.C. Rebels
A.F.Y. Dragons
San Francisco Marvels

6th Grade Boys East

SOMA - Blue
SOMA - Red
M.R.C. Bulldogs
High Hopes Panthers
Taraval Chumps
Mission Dolores Tigers

6th Grade Boys North

The Lions
St. Cecilia Irish
S.A.I.C.
Operation Contact
Mission Dolores Eagles

6th Grade Boys South

Rebels
High Hopes Panthers
NDV Dragons
Epiphany Eagles
Hawks

6th Grade Boys West

Columbia Park Excelsior
SOMA
Tomcats
Baby Running Reds
Upper Noe
A.F.Y. Dragons
Epiphany Eagles
Corpus Christi Bucs

7th Grade Boys North

Corpus Christi Bucs
St. Philip Bruins I
Dragons
Salesian
S.V.D.P. Vikings

7th Grade Boys South

SOMA
Rebels
High Hopes Panthers
Junipero Serra Padres
Hambeano's
Cougars
Epiphany Eagles
Mission Dolores Tigers

7th Grade Boys West

Tomcats
M.R.C. Rebels
Running Reds
St. Philip Bruins II
Epiphany Eagles
Mission Dolores Tigers

8th Grade Boys East

St. Monica's Bulldogs
Tigers
Upper Noe Magicmen
San Francisco Warriors
Operation Contact
Epiphany Eagles

8th Grade Boys North

M.R.C. Rebels
M.R.C. Sonics
St. Stephen Cougars
Road Warriors

8th Grade Boys South

Tomcats
S.F. Rebels
High Hopes Panthers
High Hopes Wildcats
Salesian
Impalas
Epiphany Eagles
St. Cecilia Irish

8th Grade Boys West

SOMA
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PAL Judo

Year round activity for boys and girls ages 7- 17. Classes are held at the PAL Gym, 3309 26th Street. Call 415-695-6935 for more information.



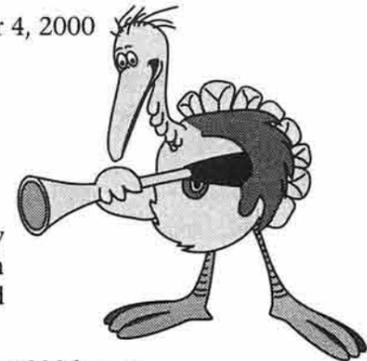
POA Bulletin

#0047
October 4, 2000

To: Association Members

From: Chris Cunnie, President

RE: TURKEY SHOOT



The POA will host the Annual Turkey Shoot at the Police Range during the month of November on the Following dates and times:

- Monday, November 6, 2000 — 0800 to 1000 hours
- Tuesday, November 7, 2000 — 0800 to 1000 hours
- Wednesday, November 8, 2000 — 0800 to 1000 hours
- Thursday, November 9, 2000 — 0800 to 1000 hours

100 turkeys will be given away to those POA members (active members only) qualifying.



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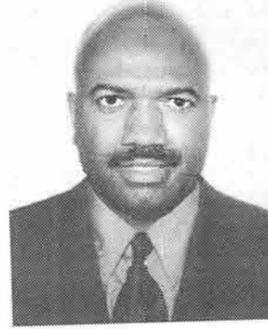
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Sports



NICK'S NOTES

by Nick Shihadeh
Journal Sports Editor

CHECK IT OUT: Can you name the department member who with his young son is in this photo that was featured all season long on the Pac Bell Park scoreboard? He, like many others originally had the picture taken out at a booth in the "Coca Cola Fan Lot" that allows for the stadium to be in the background. Just by chance the pic was used on the scoreboard each game to accompany the "Real Time Memories Photos" ad. This was a cool thing to happen for this SFPD'er and his son who's name I will reveal at the end of this column.

I want to congratulate Joe Engler Sr. on his recent retirement; I was fortunate enough to be able to attend a successful luncheon held in his honor last month at Ceasar's Italian Restaurant. I've had the pleasure of knowing Joe for over ten years and he's always had the reputation for being someone who did so much for others during his career. He had another reputation for being a great softball player. Gifted with great agility for his size Joe was an all around player who hit for explosive power at the plate, had great range

while playing in the outfield, and had a strong arm as well. Joe represented the department on many all star teams over the years and has stayed a consistent ball player throughout — he was even honored with the Michael O'Brien Memorial Softball Award a few years back. Now he will have ample time to be successful on the golf course during retirement as he is also known to be able to hit the golf ball a ton. I wish nothing but great things to Joe Engler Sr. in the future.

On a somber note I want to mention a great SFPD athlete who passed away last month. It was retired Inspector Jim Deasy who left us gradually and honorably. Jim was an original member of our San Francisco Police Soccer Club back in the late '70s and started a wonderful legacy for the department when it came to that sport. He was only 45 years old back then when he used to dazzle teammates and opposing players as the consummate left winger who scored goals at will on the soccer pitch.

People should also know that he was a professional soccer player in Germany while stationed there during the Korean war back in the early '50s. Jim was able to pass on what he could to others on the soccer club with his coaching, and had an enthusiastic way of expressing himself when it came to



how much skill individual players had or didn't have. Being a member of the SFPSC I was one of the "didn't haves" when it came to soccer skills but I always did the best that I could and I know that he always appreciated it. I am proud to have known Jim Deasy over the years, to have played with him and to be coached by him as well. I wish condolences to Jimmy's close friends and family, and I am hoping that Mr. Deasy is "making magic" on the soccer fields up in heaven as we speak.

Back to the scoreboard ad, the department member in the pic is Mission Station's Glenn Ortega along with his cute five year old son Luciano. They

took that photo during the first regular season homestand at Pac Bell Park on Thurs. April 13th and have had a blast going out to the games ever since. Luciano is well coached by his dad and it certainly shows when he is stroking hits from both sides of the plate at "mini-Pac Bell Park" for kids that is also located in the bleacher section. Glenn was very proud to be on the scoreboard with Luciano all season long and like others is looking forward to next year to continue the wonderful tradition of parents and their kids going out to baseball games...

That's all for this month...
So See Ya next month.....

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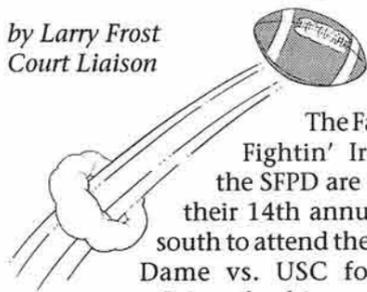
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Notre Dame Football Trip

by Larry Frost
Court Liaison



The Faithful Fightin' Irish of the SFPD are taking their 14th annual trip south to attend the Notre Dame vs. USC football game. Join us for this great time.

We will leave San Francisco on Friday, November 24, 2000, and return Sunday, November 26, 2000.

On Saturday night last year, we went to a Latin restaurant and bar. John Glynn and Mike Keane, from the Airport Bureau, won a dance contest. They were so cute in their little tutus! We were all so proud!

This year, we will be leaving Friday morning on November 24th. We will be staying 2 nights at a super Marina Del Rey lodge right on the beach. So, since I only have 15 seats available, available, call me soon. Last year's game, our seats were on the 45 yard line.

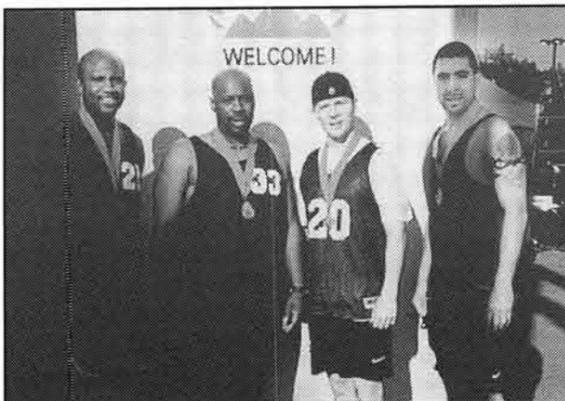
The cost of the trip will be \$350 per person. Round trip air fare, and two nights lodging, plus tickets to the game, are included in that price. It's a deal!

Send your checks to Larry Frost #87, c/o SFPD, 850 Bryant St. #575, San Francisco, CA 94103.

Basketball Team Wins Silver Medal in Three-on-Three

by Officer Wilfred Williams

This year we were unable to field a five on five basketball team. And I must admit, it was a little difficult sitting in the stands watching agencies smaller than ours compete in the five on five competition. Nevertheless, Officer Carl Bryant and I toughed it out and supported the San Francisco Fire Department who entered a team in the first Annual Police and Fire Olympics. Several players from Southern California noticed that the SFPD was not participating this year and said that they were looking forward to competing against us this year.



Officer Wilfred Williams, Officer Carl Bryant, Officer Gerald Newbeck, and Officer Eric Solares.

Although we did not enter a team into the 5x5 competition, we did enter a team in the 3x3 Open Division. Our schedule consisted of 5 games in two days. After the first day of competition, we were 2-0. On day two of the competition, with blistering heat conditions outside, our first game in a sweat box gym was against the Ontario Police Department. We started out very cold and very slow (Probably due to two members of the team waking up at 1145, and the game starting at 1200 hr. No names being mentioned). After half time we finally warmed up and

made a game of it. Unfortunately, they were able to hold off our late charge, and we lost our first game. We had a

45-minute brake after the first game, and then began our second game of the day against the Sacramento Sheriffs Department. We played a heart wrenching game that went down to the last minute. After being ahead by as many as 14 points, we found ourselves down by five points with less than two minutes to play. With a very timely three pointer from Carl I have never taken a shoot I didn't like, bombs away" Bryant, a couple free throws from Gerald "Cross-over, between the legs, I gottem" Newbeck, tenacious hustle and defense from Eric "soaring" Solares, and a free throw and a couple

of rebounds from myself we were able to squeak out a victory. As soon as our second game was over, the officials informed us that we had a whole 30 minutes before the start of the gold-medal round game against Ontario Police Department. Although we were playing on empty with rubber legs, we dug down deep and gave them a good game. By half time, we were seeing stars and looking for the nearest Jacuzzi. Fatigue and dehydration set in and ultimately slowed us down. We were defeated by a very good Ontario team and ended up receiving silver medals.

Next year fellas, hope to see you in San Jose.

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Ninth Annual San Francisco Police Officers' Golf Tournament

Attention S.F.P.D. Golfers, Friends and Guests, get ready for the 2000 S.F.P.O.A. Golf Tournament

When: Monday, November 13th, 2000

- Check in at 0900 hours — Continental breakfast and warm-up range balls
- Shotgun Start at 1030 hours, cart included
- Hot lunch and cold beverages served during your round of golf
- Longest Drive and Closest to the Hole awards
- Banquet Dinner w/wine
- Awards and Raffle prizes

Where: Round Hill Country Club, 3169 Round Hill Road, Alamo, CA

Format: Individual Play (play your own ball). *Note: This will be considered the S.F.P.D. Championship for the year 2000, friend and guests are also welcome.*

- Flights:** Dept. Low Gross Champion (active and/or retired)
Dept. Low Net Champion (active and/or retired, two flights)
Dept. Unit Champion (must have at least 4 golfers from unit)
Guest Flight
Woman's Flight

Fees: Active and Retired S.F.P.D. Members — \$150.00
Non-Members and Guests — \$175.00

Round Hill is one of the finest Country Clubs in the entire Bay Area. It will be a great site for our first Department Championship and Awards Banquet. Round Hill is also conveniently located just 35 minutes from the Hall of Justice.

ACT Fast! At this great price, the tournament will sell out fast. The first 144 players (active and retired S.F.P.D. members have priority) will be accepted. Corporate and Hole sponsorships are also available and insure a place in the tournament.



For information call:

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San Francisco Police Officers' Golf Tournament

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S.F.P.D. Takes 4th Place in "Best in the West S.W.A.T. Competition"

By Mark Solomon
CPC/Tactical Division

On September 14th & 15th 2000, members of our department were invited to participate in the *Best in The West S.W.A.T. Competition*. Due to obligations in the past, our department has not been represented there for three years so it was an honor to be selected to attend. Sheriff Laurie Smith and the Santa Clara Sheriff Department host this first class annual competition.

With the blessing of our Captain, Denis O'Leary and Lt. Bob Puts, and after a stringent selection process, the team members were chosen from our unit. With Dino "The Wizzard" Zografos at the helm, he along with Tommy "The Bomber" Smith, Angelo "Dead Eye" Spagnoli, Mark "Daddy Long Legs" Madsen, Eddie "Iron Man" Yu, Johnny "One Shot" Syme and me Mark "Fetch Boy" Solomon responded.

Due to our hiatus, we chose to drive to Santa Clara the night before the competition to acclimate ourselves with the various courses of fire that had been set up. Once there, we met up with one of our member's twin brother. (Guess Who) Needless to say, he would not let us on the range. We tried to schmooze him but our attempt was thwarted. We were then informed that the courses of fire that had once been deemed "fun" were now extremely physical and challenging but we knew we could rise to the occasion.

Since we couldn't get on the range, we decided to go out for a nice dinner. We asked the young lady at the front desk of our motel, Motel 6 in Gilroy, (do we know how to live) where there was a nice restaurant. She stated that "Tassels" was the best steak house in the area; it sounded more like a strip club. But when in Rome, you got it, we went. After a short ride, we found the place. We learned that "Tassels" is Gilroyese for "Tassos", a Greek restaurant. Dino knew the proprietor and we had a great meal. Then it was off to bed for a good night sleep, or so I thought You could set your watch by the trains going by our room, great selection Angelo. I thought I was stuck in an episode of "I Luv Lucy", you know the one...

The following morning, we woke up at 0500 hours so we could be at the range for the check in. After orientation, we were ready for the infamous "hill run". A six-man team carrying a litter with a 165-pound dummy in it, would run through an obstacle course, over a six-foot wall then proceed up a mountain with a 35 degree slope, to an

awaiting helicopter. What a great way to start your day off. Going up the mountain was easy; coming down with the wobbly legs was the tough part...

Over the next two days, we also competed in a multiple weapons obstacle course, a jungle course which included a force on force scenario using Simunitions, a shotgun obstacle course, a sniper initiated live fire shoot house exercise which included a hostage rescue and an individual and team sniper course. All courses proved to be very challenging.

After the final shot was fired, the dust cleared and everyone made his or her way to the award ceremony, we learned that our team took 4th place. We were just edged out by the team from Dallas Texas.

Out of 133 competitors, with a blistering time clearing all the targets, Angelo Spagnoli placed #2 in the combined weapons course and received a great plaque. John Syme was involved in an 8-way tie for first place on the Sniper course. Although John had the best overall time, you might say a sudden gust of wind blew his chances for taking first place. On an individual note, John took 3rd place and received a pat on the back and handshake for a job done well; But thanks to John combined with the team member's rigorous efforts our overall score put us in 2nd place. Don Pardo actually gave us some great parting gifts for the extra effort.

Usually at the end of the awards ceremony everyone immediately takes off for home, and for good reason. Two years ago, Sunnyvale took first place and started a new tradition, the final night barbecue. Because Team Dallas took first place last year their Department hosted a Texas Style barbecue for all the participants. The celebration continued into the night, stories were traded and an overall good time was had by all that attended.

We would like to thank Sheriff Laurie Smith and all the members of the Santa Clara Sheriff Department. If you have ever put something together for your unit, you know it takes a great deal of time, effort, coordination and money to host an event as special as this one. Also to El Monte Rents in Pleasanton: we appreciate your continued support and sponsorship of our team. Without them, we would have probably perished in the heat. We hope to participate in the competition next year. Our goal is to take first place so our department can host the final night barbecue and show these other departments what good food is all about.

Semper Fidelis, James

By Off. Sean O'Leary,
Specialist Team

In May, 2000, twelve members of the S.F.P.D. Specialist Team endured 95 degree heat while participating in the annual Bay-to-Breakers. In the 'uniform-of-the-day,' we survived the 12K mobile-madness event with sanity and humor in tact. The purpose of this team effort was to raise money for Off. James Guelff's surviving children, to help offset the cost of summer pro-

grams, as well as to be spent on whatever they wanted' Special thanks to all of the officers at all of the district stations for your very generous support and donations for our fund raising effort. Sgt. Marty 'the evil red head' Lalor has remained in contact with Jim's family and assures us all that the family appreciates the gestures and efforts of Jim's 'extended family'. The members of the Specialist Team, young and old, will be 'always faithful', and will never forget SPEC 56.



J. Burke, J. Conway, D. Farmer, S. Kendall, R. Lee, A. Lozano, M. Lundin, M. O'Leary, S. O'Leary, J. Sawyer, A. Vanderbilt, P. Zapponi.

Spagnoli Shoots 5 Plates Down In 1.58 Seconds

by Bob Puts
CPC/Tac

Imagine what it would have been like to have walked the streets of Dodge City with Wyatt Earp, the fastest gun in the West. This is the experience of Sgt. Ed Callejas and his team, as they patrol the streets of San Francisco with their very own Angelo Spagnoli. On August 16, 17 and 18 Officer Spagnoli of the Tactical Unit participated in the 2000 World Speed Shooting Championships (The Steel Challenge). At the Steel Challenge there are 7 different stages of fire all consisting of 5 metal targets. The way the competition is judged is very simple, fastest times hitting all 5 metal target's wins.

Officer Spagnoli has participated at the World Speed Shooting Championships since 1984. In 1989 he won the overall title becoming the first World Champion in Northern California. Since then he has placed in the top five several times. In 1996 he started competing in Stock class. Stock class is similar to production class where the weapons used do not have dot scopes or compensators. The weapons used are very similar to the weapons that police officers use on duty.

This year Spagnoli again competed in the match and placed first overall to win the title of the fastest Stock gun shooter in the world. Along with that title he also won top gun in the Law Enforcement category.

While the world championship was on its way, another interesting match was evolving, the side match. The side

match was a contest sponsored by Sig Firearms. The match consisted of 5 round metal targets fired from 10 yards away. The side match would be held for three days and the fastest single time would win the Sig Pro firearm and the title (The Fastest Sig in the West). On the first day several hundred runs on the side match were shot and the fastest time for the day was 1.78 seconds. Off Spagnoli did not participate the first day but was well aware that he had two more days and his work cut out for him in order to beat that time. On the second day Spagnoli was again competing in the overall match and noticed that the time on the side match was now lowered to 1.68 seconds. Spagnoli then decided it was time for him to play. At the end of the second day Spagnoli had the fastest time of 1.65 seconds. He knew that the speeds were now getting very fast and that it would take a perfect run to get below the times posted. His rival and the by far the best revolver shooter in the world is Jerry Miclick his main competition. It is now day three and Miclick is again on the line determined to win the title. Miclick posted a time of 1.63 seconds shooting 3 hundreds of a second faster than Spagnoli. Spagnoli continued with the overall match and noticed that his time of 1.68 seconds had been beat. When he finished with the overall match Spagnoli was now ready to go for the title. After the smoke cleared Spagnoli shot 5 plates down in an unbelievable time of 1.58 seconds, winning the title of the fastest Sig in the West.

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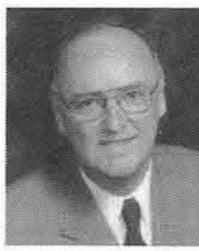
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Training Heart Smart Part 2

Do You Feel the Need for Speed?

By Lou Perez
Legal Division

Caution: Always consult with your doctor before using a heart rate monitor or beginning an exercise program.

There's an old saying that goes, "Speed kills." That is so true when you apply this axiom to speed workouts. Speed sessions are designed to break your body down and push it to its physical limits. After a proper recovery period, your body will rebuild itself and come back stronger than before. As previously explained in Part 1 that's what a heart rate monitor is for. To let you know when you've recovered from a hard effort and when you can push it again.

Before you begin any of the following speed workouts you'll need to do two things; first, you'll have to classify yourself as a beginner, intermediate or advanced exerciser. I would define a beginner as someone who has been running three times a week for at least 20-30 minutes per session. I would define an intermediate runner as someone who runs three to four times a week for 30-60 minutes a session. An advanced runner is someone who exercises three to five times a week, 30-90 minutes per session, with competitive racing and speedwork thrown into the mix.

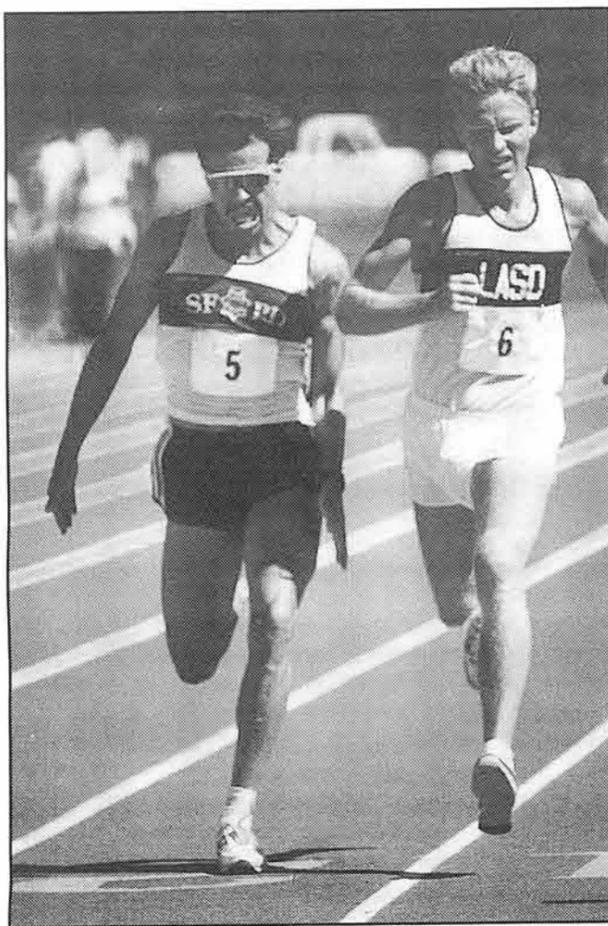
The next thing you'll have to do is build up a sufficient base of long, slow distance runs. Long runs build an aerobic base, which strengthen ligaments and tendons. They'll prepare your body for strenuous speedwork sessions and will help you to avoid injury while training in the Red Zone. A good long run should last between 45-90 minutes. If you're a beginner shoot for the lower end. If you're an advanced runner go for the higher end. Do these long runs at the lower or middle range of your Yellow Zone. I'd advise that you do at least 3-6 months of base training before you attempt any speedwork. Alternate long runs with short runs or do more long runs if you're up to it.

Once you've determined your classification and have tucked a few long runs under your belt, you can start constructing an effective exercise program with the appropriate speed workouts (The following workouts are designed for runners, but the same concepts can be applied to almost any form of cardiovascular exercise.) Here are a few of my favorites that will boost your speed whether you're training for the S.F.P.D. Fitness Assessment Test's mile and a half run, the Jeff Barker Memorial Ironman 4.6 mile run, the Specialist/Tac entry test, or the Police/Fire Summer Games Toughest Cop Alive 5K run:

Beginner/Intermediate/Advanced Workouts

Fartleks (a Swedish term for "speed play"): During a 3-5 mile training run pick out some landmarks and push the pace until you're at the upper limit of the Yellow Zone or in the Red Zone. Run as fast as you can to that speed limit sign, telephone pole or tree. Push yourself up the hills and recover on the downhill. Visualize yourself smoking your competition in a race or catching

up to that 10-30 red suspect! Ease up, then jog slowly and recover until you feel that you can have a conversation. Your heart rate monitor will dip into the lower end of the Yellow Zone and confirm your recovery. Pick out another landmark and do it again. It's up to you to determine the length of the fartleks and how many you do. The



Speed kills

fitter you get, the longer you can go and the more you can do.

Intermediate/Advanced Workouts

Tempo: Measure a 3-5 mile course that is free of traffic intersections which would hamper an all-out effort (Lake Merced is perfect or you can run loops around a smaller course.) Use your heart rate monitor to run at close to race pace in the upper Yellow or Red Zone. You'll know you're improving when your times fall and you can maintain a higher average heart rate throughout the run.

Treadmill Intervals: Ugh. I used to detest this type of speedwork until I began using the treadmill in the HOJ Police Gym to supplement my training. Now I absolutely love to torture myself on the dam thing! The treadmill forces me to execute proper form and provides a reliable barometer for improvement. I can concentrate on my workout without worrying about traffic or weather conditions. It's also easier on the knees. Find a treadmill that offers a speed workout. Stick with it until your average heart rate drops for the entire workout. This indicates that your heart is recovering faster and adapting to the workload. Increase the intensity of your workout and do it all over again. If you're at the Hall of Justice, try the 30-minute Speed Challenge workout on the Trotter treadmill, Program 2, at either Level 1 through 9. 1 credit five months of one hour back-to-back Speed Challenge workouts for setting a new personal best of 8:02 for our mile and a half run, boosting my maximum heart rate from 188 to 201 bpm, and dropping from 7% to 5.3% body fat.

Advanced Workouts

Competitive Racing: This is the best form of training because it's what you're training for. You'll experience a tremendous adrenaline rush that will push you into the Red Zone with ease. You'll reach levels that you'll never see during your training runs. You can find a local 5K, 4-mile, 5-mile or 10K (6.2 miles) race in any area on most weekends. Pick the race you'll want to peak for. Precede it with some low-key races that you can train through and use as training races. You can use your heart rate monitor to pace yourself or just go for it and hit a new high for your average heart rate and maximum heart rate. Join a racing club for added incentive and motivation. I'd recommend the Dolphin South End Runners Club. This club hosts many scenic races around the San Francisco Bay Area for a dirt-cheap fee (\$20 to join for the year and \$2 for every race that you enter.) The club welcomes and supports runners of all levels. For additional information check out their website at www.dserunners.com.

Track Workouts: Ok, these bite more than running on the treadmill. Track workouts can make you blow big chunks and are tough on your knees. However, they provide the most bang for the buck because they offer the quickest results in the shortest amount of time. I avoid track workouts unless I'm trying to

peak for the Police/Fire Summer Games. I'll start doing track work at least 6-8 weeks before my scheduled events. If you'd like to experience some of this anaerobic hell, go to your local track and do a one-mile to two mile warm-up (four laps equals one mile.) Then do 5-10 laps hard, with one lap of easy jogging or walking to recover in between. Your hard laps will put you in the Red Zone and your recovery laps will land you back in the Yellow Zone. When you're done, do an easy one-mile cooldown jog to get back to normal.

Always remember to do some form of warm-up before attempting ANY of these speed sessions. I'd recommend slow jogging instead of intensive stretching. Save the stretching for the conclusion of your workout when your muscles are more pliable (muscles are like rubber bands. You'll want to stretch them when they're warm and loose.) Don't do any speedwork sessions if you have any nagging injuries or are prone to injury.

I'd also encourage you to cross-train for those days when you don't feel like running or need to recover from your running days. Lift weights, swim, ride a bike or perform any other type of cardiovascular exercise (I prefer cycling because it strengthens the muscles that running neglects and provides me with additional flexibility.) Your heart won't know the difference and you'll be giving your running muscles a much-needed break.

Utilize your heart rate monitor properly and you'll be able to avoid injury and obtain the best results from your training. I've been using this information to compete and remain injury-free for the past 15 years. You can do it too. Good luck and Godspeed!



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1436-P1223E

Prop E Will Provide Health Care Security

By Mike Hebel,
Certified Financial Planner

The San Francisco Police Officers' Association firmly believes that Proposition E on the November's S. F. ballot will provide health care security for retired city employees whose premiums have skyrocketed during the last 3 years.

The POA's Board of Directors has contributed significantly to the Yes on E campaign. The POA will print and distribute over 150,000 bulletins urging voters to cast a Yes on Proposition E.

This charter amendment will provide financial relief to over 16,000 retired city workers of whom nearly 2,000 are SFPD retirees and their surviving spouses.

A 50/50 Split

Proposition E is a 50/50 proposal. The City and County of San Francisco would pay one-half of the retiree's out-of-pocket premium costs and one-half of the retiree's out-of-pocket pre-

mium costs for first dependent coverage (spouse, domestic partner, or child). Only 25% of retirees have any dependents.

As a result of collective bargaining, the City and County of San Francisco now pays, in most cases, for most of the health care premium costs for active employees and their primary dependents. Retired employees are not covered by collective bargaining agreements. Their health care premium costs have come to consume a larger and larger part of their monthly pension benefit.

Proposition E is a fairness issue sponsored by a coalition of the Retired Employees of San Francisco, the San Francisco Veterans' Police Officers Association, and the Retired Firefighters and Widows Association.



Protect Our Seniors' Health Care

San Francisco's senior retirees are facing a health care crisis.

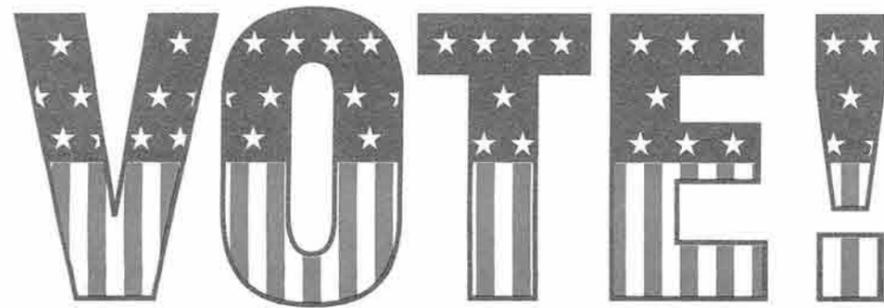


Vote YES on E

Upgrade 2000

Proposition C will help ensure the highest level of care in our city's hospitals, libraries and other key city services by ensuring that we can attract and retain the most qualified personnel.

YES on C



Vote YES on K

Vote NO on L

Vote Tuesday, November 7, 2000

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Propositions

Yes on A
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 Yes on D
 Yes on E
 No on F
 Yes on G

Yes on K
 No on L
 No on M
 Yes on P
 Yes on Q