

ROCKLIN PD NEWS



In this issue:

Secret Santa a Success!

Your Health in 2009

SLI Class 245 Graduates



Rocklin Police Department

Message from the Chief by Mark Siemens

2009!!!!

If the rest of the year is like the first two weeks, let me off the bus now! But seriously, just as a number of our members have already met challenges with valor this year, we are all up for the challenges facing us in the coming months. So what can we expect for the rest of 2009? I guess we can borrow a word from our new President, "Change."

For some of you who have not recognized the signs, our economy has slowed like a snake in the snow! Nearly every city around us has announced layoffs, workforce reductions, and other cuts to make ends meet. While Rocklin trimmed its city-wide

budget nearly three million last year, more will be necessary this next year.

We are fortunate that our city has amassed a substantial reserve in the past decade. Those reserves allow us to make some changes in thoughtful, measured, and organized ways not afforded by many of our neighbors. But even though we have reserves, we cannot continue for very long spending more than we collect in revenues.

As we work through the budget development for 2009/10, we will be sharing more about strategies to bring expenditures closer to revenues. Be patient as many rumors may fly, but anything worth listening to will come directly from an official source.

Let me close this first edition of the year by saying I am proud of our agency and how every one of you are committed to the service of our citizens. Thank you for a very successful 2008 and thanks in advance for the great year ahead.



Captains Corner, by Dan Ruden and Ron Lawrence

Parking space eviction??? I have how many hours to move my car? How long do I give it up?

PARKING EVICTION NOTICE

I suppose it's that time of year again when us administrators give up our parking stalls in the name of goatee fashion. Congratulations go to Amy Lind (Chief Siemen's Spot), Jenny Collins (Capt Ruden's spot), Lisa Niziankiewicz (Capt Lawrence's

spot) and Tracy Hedrick (Lieutenant Freeman's spot), who have volunteered to be this year's goatee judges, and therefore have exclusive rights to the Administration parking stalls from January 15th to February 13th, after which they will be relinquished to the selected goatee winners. Of course "exclusive rights" means the ability to use for self parking, trade, barter, sell, or any other lawful means of transfer, so long as they are returned in the same original condition. Friday, February 13th will be judging day when our four judges will determine best choice of four categories; Most Distinguished, Most Debonair, Best Shaped, Most Terrier-like (I'm not exactly certain what

that looks like, but I'm confident our judges will figure it out!). Please refer to the diagram below for the suggested proper placement of a goatee. The day after judging day, the four winners then gain exclusive rights over the four administrative

parking stalls. By the looks of the hairy chins around this place, I'd say we're in for a great contest! Good luck to all, but especially our judges who have a challenging duty ahead!

The Goatee



Rocklin Officers Help Out During the Holiday Season, by Adrian Passadore

As we all know, we are experiencing a current economic downturn in the United States. Many people have come upon rough times, through no fault of their own. During this holiday season the men and woman of the Rocklin Police Officer Association, wanted to try and help a family in our community. While I will not mention the family name, we were glad to find a large family in the City Of Rocklin

that needed a little extra help.

I was so proud of the officers and police employees who came together to provide this family with a wonderful Christmas. We made sure that each child had several presents and that the family received some items, that many of us take for granted. The packages were delivered Christmas Eve Day and the family seemed very

happy.

I was truly reminded that it does feel better to give then to receive. I also felt very grateful to have a job and a steady income. The men and woman of the Rocklin POA want to thank everyone in the community for their support. We do appreciate working in this great community and this Christmas we gave just a little back. We

will be here next year and we will be ready to help people in our community again. I also have to thank the Rocklin Fire Department who not only helped us but who gave back to the community in a big way. Have a safe and Happy New Year!



"Solve the problem yourself or accept a fate you may not like. From this perspective, the 'ethic' of personal responsibility gains appeal." -Noel M. Tichy

Here's to Your Health, by Rich Cabana

A couple of months ago I wrote about changing your mindset and asked you to consider implementing changes to your physical fitness program or begin one if you have not started one or been without a program for some time. This month, I will write on the overall importance of physical fitness and the benefits of aerobic and anaerobic conditioning.

According to functional-fitness-facts.com the number one reason to participate in a physical fitness program is the fact that you will more than likely live a longer and happier life. Regular physical activity reduces the risk of developing heart disease, high blood pressure, high cholesterol, diabetes, and colon cancer. It reduces the risk of having a stroke. Physical activity may also reduce the risk of breast cancer and lung cancer.

A regular fitness program will not only help you control your weight,

it will allow you to become more active and give you more strength, energy and stamina. A tremendous added benefit, especially to those of us in law enforcement is that if you incorporate abdominal and lower back exercises in your program it can help reduce discomfort and lower back pain. Regular exercise will boost your immune system, allow you to sleep better and is a natural anti-depressant/mood enhancer.

Aerobic exercise primarily benefits the cardiovascular system and your overall health. Exercises commonly considered to be aerobic are running, jogging, brisk walking, cycling, swimming, etc. Aerobic exercise is exercise which is performed at 70-80% of your maximum heart rate for a period of approximately 20 minutes. Couple that 20 minutes of exercise at 70-80 percent with a ten minute warm up and ten minute cool down at 50-60% of your

maximum heart rate. To find your maximum heart rate for aerobic exercise, take 220 and subtract your age; that will give you your maximum heart rate and work the percentages from there. If your goal is fat loss, increase the amount of aerobic activity to 40-60 minutes per session.

If you incorporate aerobic exercise in your fitness program it will benefit your cardiovascular system by warding off cardiovascular disease, high blood pressure, obesity, high cholesterol, diabetes, strokes, cancer, etc. You will strengthen your heart, which is essential to the flow of blood through your body. Better blood flow means more oxygen is getting to your cells and with that more nutrients entering your system. It is also effective in assisting with the elimination of toxins and waste materials within the body.

Anaerobic activity, commonly

referred to as strength training has many benefits as well. While strength training provides many of the same benefits of aerobic exercise, it adds several additional benefits as well. First and foremost, it will increase your strength. Without regular strength training, by the age of 65 you will have probably lost 80% of your strength. Worse yet, 25% of all men and 60% of all women over the age of 75 can not lift an object over 15 pounds.

Muscle strength parallels bone strength and if strength training is continued through life, it could delay the onset of osteoporosis which is an associated factor from having a sedentary lifestyle. By increasing muscle strength, you will increase your lean muscle mass which will increase your metabolism and aid in the burning of stored body fat much like aerobic activity.

SLI Proves to be an Invaluable Experience, by Sgt Terry Roide

In May of 2007, I applied to attend the POST Sherman Block Supervisory Leadership Institute. They only open up the application process for 30 days each year and there are some requirements including having been at the rank of Sergeant for at least 2 years before you can even apply for the program. When I was notified that I was sched-

uled to attend, I was excited and a little nervous. I had enough information from some of our other supervisors who had attended to realize that the dynamics and personalities in the class could really change the direction and overall experience. I was really hoping that I was in a class that had some "normal" people and allowed

for a positive experience each month. On May 29th, 2008 I drove to a hotel in Burlingame, CA for the first 3 day session of an 8 month experience. Upon my arrival on my first day, I discovered that my class consisted of 22 Sergeants from Police Departments and Sheriff's Departments from all over the State of California. The teaching methods used by SLI were very effective and concentrated on class participation and limited direction from our facilitators. There were certain leadership topics that needed to be discussed each three day session, but ultimately how that evolved was really up to the actual Sergeants in the class. As the class progressed, I felt I was really able to grow and think out of the box about leadership and supervision within the pa-

rameters of a police organization. During my 8 months, I read 14 books, wrote 10 papers, created a piece of art representing my communication method within my family, and had to prepare a dinner for my family as an assignment. On December 19th, 2008, I graduated with all 22 members of SLI Class 245 at our hotel. I really felt a sense of accomplishment and I was very fortunate to be part of this particular SLI class. It was an invaluable experience to listen and share experiences for 8 months with what I now consider to be 21 friends. I will miss the monthly classes, although my family is very happy to have me home. Our class has already planned a reunion and I recommend the POST SLI Program to any law enforcement supervisor.



EXTERNAL COMMENDATIONS

★ **Officer Elizabeth Montgomery** received a commendation on a front counter comment card, thanking her for her time and concern related to an incident she handled on Pebble Creek Drive.

INTERNAL COMMENDATIONS

★ **Officers Neil Costa, Pat O'Brien, Bart Paduveris and Adrian Passadore** responded to a domestic dispute and discovered the husband had locked his wife out of their residence. The Officers gained entry into the residence to check the welfare of three children in the residence and were immediately confronted by the husband. He became physically combative to the officers on scene who were able to control the subject using great restraint. The Officers are commended for their restraint in a situation that could have justified a higher level of force. Each officer remained level headed in an out of control situation that could have gone down hill faster than it already did.

★ **Animal Control Officer Merae Riley** received information in briefing regarding a string of burglaries that had occurred with a description of the suspect vehicle. After going in-service, she spotted a vehicle matching the description at Sunset and 3rd Street. ACO Riley called in the vehicle to RPD Dispatch and followed the truck into the Kmart parking lot and keeping sight of it until units arrived. The driver turned out to be the person responsible for the recent string of residential burglaries and was taken into custody, while some of the stolen property was recovered from the vehicle. ACO Riley is commended for her outstanding observation skills and careful initiative. The early location of this suspect no doubt prevented numerous additional residential burglaries from occurring. ACO Riley's efforts in the location of this suspect resulted in the return of stolen property and the prevention of further victimization of our local residents!

★ **Animal Control Officer Stephanie Mahlberg** located a suspect vehicle in a grand theft. ACO Mahlberg did an outstanding job of spotting the suspect vehicle, as well as observing the stolen property in the back of the suspect truck that was traveling on Rocklin Road. She immediately put out a broadcast of the location and direction of travel allowing officers to respond and conduct a traffic stop, arresting the suspect. Her initiative and careful observation skills took a thief off the streets and recovered valuable stolen property!

