

# ROCKLIN PD NEWS



*"It is the Mission of the  
Rocklin Police Department  
to Serve, Protect  
and Promote a  
Safe Community."*



## Rocklin Police Department

### Message from the Chief by Mark Siemens

#### Slowing Economy

By now everyone has seen and felt the slowing economy. We too are feeling the pinch of shrinking revenues and growing expenses. We are now in the second year of a two-year budget. Of course, budgets are just estimates. When we put the numbers to paper nearly two-years ago, we could not have forecast the complete shutdown of the new housing market, nor the downturn in other revenues.

Last week the City Council held a budget workshop to work on amendments to the current budget to tighten the bottom line. This budget review process cinched-up the belts in every department. In the police department, the plan includes freezing

two vacant police officer positions, eliminating a patrol K-9, reducing overtime, travel, and operating expenses. We are continuing to look for ways to find economies in our operations including economies in our fleet assets where we have identified a number of vehicles to retire and not replace. We expect to see the budget amendment for the 2008/ 2009 Fiscal Year to go before the City Council at the August 12<sup>th</sup>, meeting.

The economic situation in Rocklin is still bright and the downturn we are experiencing is temporary. You need not look far to find cit-

ies and counties in much worse financial shape who are slashing programs and laying-off workers in an effort to survive. Fortunately, our city has reserves and conservative fiscal management that will bring us through this tough time.



### Captains Corner, By Captain's Dan Ruden and Ron Lawrence

A job, or a journey? A career, or a calling? A paycheck, or a profession? Law enforcement for us is much more than a means to pay our bills and support our lifestyles, it's a dedication to safeguard the innocent, help the weak and protect victims of criminals who commit senseless crimes, and enhance our community's quality of life. As Albert Einstein is quoted as saying, "Only a life lived for others, is a life worthwhile." Regardless of how we each got into public service, here you are, and no doubt your "journey" has taken different twists and turns along the way throughout your career. Some of us have been around a long time and others are taking their first steps, but regardless of where you currently find yourself, we all began with the noble idea that we really can "make a difference." And you know what?

You really do! We are truly fortunate the Community of Rocklin genuinely cares and supports their public safety professionals, and we work in a police department which strives to make this the best place it can be. As the incredibly compassionate and devoted public servants you all are, together as a team we continue to make Rocklin PD an innovative police department committed to a pursuit of excellence and dedicated to protecting the citizens of Rocklin and serving mankind. As a large, extended family, Rocklin PD really accomplishes amazing things. But let's focus on you as an individual for a moment. Serving in a profession that artfully transitions from calm and serenity to chaos and disorder and back again all during a days work comes with a hefty toll (but only if we allow it to). Dealing



Circa 1994, West Sacramento PD

with adversity and confrontation 40+ hours a week may impact our personal lives if we are not proactive in dealing with it. Most of us rough-and-tumble cop types are so accustomed to helping others, we tend to forget about ourselves and our families. We were recently sent an interesting article from Officer Greg Cowart written in Force Science News titled, "Pain Behind the Badge," which discussed the hazards of law enforcement professionals not taking care of themselves emotionally. This article caused us to reflect on the wellbeing of

each of you in our extended family. So how DO you deal with the stressors of the job? How do you handle the disappointment of not being selected for a promotion or a specialty position? How do you cope with the suicide call you handled, or the child molestation case you investigated, or the frantic victim yelling at you on that 9-1-1 call you answered, or the physical altercation you were involved in with the drunk who just didn't want to go to jail today? How do you interact with that coworker

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with the caustic personality that floats negativity into a room like smoke from a forest fire? Do you internalize these things and hang on to them, allowing them to affect all other areas of your life? Do you go home and retreat into a shell, making your family wonder what's wrong with you? Do you only hangout with other cops off-duty, because they're the only ones who understand? Do you drink excessively to kill the emotional pain, or vegetate in front of the television all day during your days off to "decompress?" While the two of us captains are not experts at the psychological ramifications

of law enforcement, we can say that between us we have over 43 successful and positive years of law enforcement experience, and believe me we have traveled many of the same rough-and-tumble roads you have. One common factor the two of us have maintained throughout our careers is how we chose to deal with the adversity in our jobs, or better put, how we chose NOT to let the adversity deal with us. Letting things go and not internalizing the bad things is key to happiness and success for us. Learning to "lighten up" and navigate through the tough times knowing that things will

get better keeps us from agonizing over things that are not within our control. Focusing on the good things and forgetting about the trivial have allowed us to reflect fondly and proudly on our pasts. As the pictures at the top of this article of the two young patrol cops protecting the mean streets of West Sacramento some 14 years ago would suggest, we were having fun and we were excited about our futures, wherever they led us. We certainly didn't know then that we would wind up here in Rocklin, but we were certain our futures were bright because that's how we chose to foresee it.

Make no mistake, not everything was always roses throughout our careers, but we were determined to operate from a position of positive reinforcement for ourselves and those around us. And so we hope the same is true for you. Have healthy mechanisms to "let go" of the bad thoughts you may dwell about or the negative things you focus on. It's not WHAT happens, but how you deal with it that has the most dramatic impact on the rest of your life. It's your life and you only get one, don't let it be inhabited by negative influences! To quote Abraham Lincoln, "*And in the end, it's not the years in your life that count. It's the life in your years.*"

## Joyous Jubilee by Lt. Lon Milka

*Achievement -*

something accomplished, esp. by superior ability, special effort, great courage, etc.; a great or heroic deed.

The Rocklin Granite Jubilee 2008 was enjoyed by thousands of participants and spectators this year because of what the Rocklin Police Department *achieved* - providing safety and security for the tens of thousands of citizens who came.

The weather was warm, the smoke let up, and the crowd was family oriented and ready for fun. But how does our department assist in putting on such a successful event?

The path to community Jubilee-fun was a long one. It started with Sergeant Forrest Richardson and Sergeant Tom Dwyer being involved in the Jubilee Planning Committee meetings. They provided input into all areas of the celebration that involved public safety. This includes the parade, including the parade route, and the grounds of Johnson-Springview Park. These meetings started in the winter and went right up to the actual Jubilee date.

An Incident Action Plan (IAP) had to be developed. Sergeant Richardson worked long hours on the plan using past plans as guides. He had to coordinate with many departments including Public Works, Fire, and Parks and Rec. A schedule had to be created, resources allocated, and

traffic patterns interpreted.

The whole plan came together on Jubilee day at briefing. Each team leader is to be congratulated on jobs-well-done. Sergeants Martin, Jewell, Butler, Knox, & Dwyer, along with Corporals Cabana & Dollar managed their areas of responsibility with diligence and professionalism. Each Officer, CSO, Technical Asset Coordinator, and Dispatcher represented the department with the utmost professionalism.

The Volunteer Team of the Rocklin Police Department did a wonderful job in assisting throughout the entire day and all deserve special recognition and thanks - especially Rich Valone who was a tremendous help during the whole planning process. He was also instrumental in coordinating the activities of the volunteers on

the day of the Jubilee.

As the Incident Commander, I witnessed the professionalism of our department personnel and am proud of each who worked the event. I have received numerous compliments and have heard of other compliments about how our people interacted with the crowd and how the event was free of major problems. Congratulations on your *achievements* during this year's Jubilee!



## New ACO Hired, by Captain Ron Lawrence

Please welcome our newest member of the Police Department, Animal Control Officer Merae Riley. Merae comes to Rocklin PD after having worked as a Veterinarian Assistant, with the Loomis Basin Veterinary Clinic. She recently pursued achieving her 832 PC certificate through the Sacramento Regional Training Center to be qualified for the ACO position.



Merae has worked with animals in different capacities for almost 20 years, and looks forward to joining the Rocklin Police Department as our newest ACO.

Merae is a welcomed addition to our family!

## New PSD Hired, by Captain Lawrence

Denise Campoy will begin working in Communications as our newest Public Safety Dispatcher on Monday, July 21<sup>st</sup>. Denise comes to Rocklin PD from the Sacramento County Sheriff's Department, where she has been a Dispatcher II since April of 2001. She has also worked part-time as a dispatcher with the California State Fair Police since August of 2002. Denise earned a Bachelor of Science degree in Criminal Justice from Sacramento State University in December of 1997. We welcome PSD Denise Campoy to her new home!

## Cpl. Westgate Wins 3rd Consecutive MADD Award, by Lt. Dave Johnstone



On May 25<sup>th</sup>, Corporal Jason Westgate received the Mother's Against Drunk Driving 2008 Anti-DUI Award for his outstanding contribution stopping the crime of DUI. Last year Jason led the department with 39 DUI arrests! He also received the MADD award in 2006 and 2007. Corporal Westgate is a 12 year veteran officer with the Rocklin Police Department. In addition to his patrol duties, he actively teaches DUI enforcement.

## Rocklin Police Volunteer Program Receives Honorable Mention, by Mike Nottoli

On April 10, I submitted an application to the League of California Cities nominating the Rocklin Police Department Volunteer Program for the 2008 Helen Putnam Award for Excellence. The nomination described the Volunteer Program in great detail and highlighted the wide range of services (more than 50 different functions) provided by our volun-

teers, the number of hours donated per year (10,542 hours in 2007), and the monetary value associated with their efforts (\$196,800 in 2007, based upon a United States Bureau of Labor Statistics figure of \$18.67 per volunteer work hour). The criteria for receiving the award were based on many factors including the city's population and overall

general fund budget.

On June 30, 2008, I received a letter from Chris McKenzie, the Executive Director of the League of California Cities, stating that although we were not selected as the winner in the Public Safety Category, they were greatly impressed with our nomination. Our Volunteer Program did earn a

"Certificate of Honorable Mention and Appreciation". The certificate will be framed and proudly displayed in the Rocklin Police Volunteer work area. Congratulations to all of the Rocklin Police Volunteers, and thank you for your service and dedication to the Department and community.



## Are Those Our Motor-Cops? By Captain Lawrence

Palo Alto PD motor unit made a surprise visit to Rocklin while on training in the Sacramento area, to check out our building and to visit. After getting the grand tour, they were impressed by the facility and expressed how profes-

sional everyone was. One even asked why everyone was so happy and wondered if we served some special "Kool-Aid" to keep people smiling. I told him that's just the way we roll here in Rocklin! After the Palo Alto motor-cops left I

was reminded of the many fantastic relationships I had made while working in Palo Alto, and reflected on what a great profession we are in. It's the people who make all the difference in the world!

## There She Blows! By Staff Writer

It was mid-day on a hot July afternoon, when water pressure throughout Rocklin suddenly dropped. Thirsty citizens and lawns would have to go unquenched. Why? You might ask. It seems a fire hydrant located behind Fire Station 1 (or 23) got in the way of a vehicle.



The story from fire personnel is that a delivery truck, *yeah a delivery truck, that's the ticket*, backed over the hydrant. Others believe that the fire personnel were just trying to create their own water park.

## Lt. Freeman Gets Buns' Burned, By Capt Ron Lawrence

It was a sultry, early May 15<sup>th</sup> morning, as Lt Freeman awoke to embark on a 1,520 mile motorcycle journey from Rocklin, to Utah and returning through Nevada in less than 24-hours. Riding his personal 2003 BMW 1150RT, Lt Freeman made the distance from Rocklin, to Salt Lake City, Utah, Cedar City, Utah, and Tonopah, Nevada and returning to Rocklin within the allotted 24 hours. This earned him the prestige of being awarded the Iron-Butt Motorcycle Associations' "Bun Burner 1500 Gold"

award. The Bun Burner 1500 Gold is awarded to motorcycle riders agreeing to adhere to strict guidelines set by the Motorcycle Association. Only a handful of riders from around the world have managed to solve the equation of time, distance and endurance to complete the Bun Burner 1500 Gold! Congratulations to Lt Freeman for becoming one of the select few long-distance endurance riders!

