



Rocklin Police Department

Newsletter

September 2009



Rocklin Police Department

Vol 4 Issue 9

Message from the Chief by Mark Siemens

ROCKSTAT

As of last week, we finished the second round of ROCKSTAT meetings. ROCKSTAT is a series of meetings to continuously monitor performance and gauge our progress in achievement department and unit-level goals. Thank you to all of the supervisors that presented summaries of their team's great work. The process is a great way to take time to plan, reflect, measure and adjust our activities and strategies at the team level.

Overall, I am very happy with the growth in the process and the personnel involved. I could see that the presentations were more relaxed and each presenter is gaining a better understanding of ROCKSTAT, its purpose and usefulness.

It is great to hear from your supervisors about the ideas and creativity of team members to solve problems and create better strategies. In any endeavor, it is easy to do the same thing day in and day out without ever stepping back to see if there is a better way. The ROCKSTAT process is just the placeholder to make sure we step back from our daily tasks to see if what we are doing is working and look for better ways to be effective, successful, and efficient.

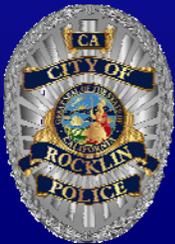
Another very useful part of the process is the opportunity to look at ways teams and units interact and work together. There are several activities going on right now as products of the process

from the redesign of crime analysis products for patrol to the research on installing driver's license readers in patrol cars.

Thanks for your efforts to continue improving our agency.



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



Captains Corner, by Dan Ruden and Ron Lawrence

Bad behavior? You haven't seen anything!

Kanya West, Joe Wilson, Serena Williams, ACORN. The Sacramento Bee recently asked the question, "Is bad behavior the new norm?" The article gives several recent examples that have sparked debate about the behaviors of some public figures and organizations.

As police officers, we know that bad behavior is nothing new in society. In fact, if bad behavior is the new norm, we were likely the first to see it. What's more, the bad behaviors mentioned in the Sacramento Bee article pale in comparison to behaviors police officers see on a daily basis. You know what I'm talking about: Domestic fights, bar fights,

drunks, vandalism, thievery, road-rage, assaults and worse. The bad behaviors we see often include violence, sometimes specifically directed toward us. We are trained and equipped to deal with violent behavior and we're pretty good at it. After all, the public calls on us when things go wrong and expects us to do something to about it. Even after the fracas ends, some people still behave badly and retaliate against officers by filing false complaints or distorting the truth in a court of law. Yet in the face of all this, most police officers remain un-phased.

The Captain's Corner believes that society and the media could learn a lot from police officers about how to react to bad behavior. As police officers we learn not to react irrationally or let other people's bad behavior take control of them. Our course of action is appropriately set by law, policy, our ethical code and/or our training. We don't take things personally. We don't glorify or reward bad behavior, as is so often the case in the mainstream media. We're trained to remain objective, consistent and professional no matter what kind of behavior we encounter.

So, is bad behavior the new norm? We can't say for sure. What we do know is how not to react to bad behavior. Maybe that answers the Sacramento Bee's question.



Dual Purpose Motorcycle Program by Sgt. Bob Martin

Over the years, the dual purpose motorcycle program has declined in ridership and in an effort to revitalize this program a list of interested officers was established. On July

14, 2009, the hottest week of the year, Officer Elizabeth Montgomery started her first day of training. Temperatures climbed over 100 degrees for the entire week which made it uncomfortable for everyone, including the motorcycles.

Officer Jeff Amado, Motor Instructor, had commented on the hot weather and the trainee's ability to ride under these extreme conditions, the stress of pushing the motorcycle to its limit and an audience (motor officers from Elk Grove PD were also training at the same location). We were all im-

pressed with Elizabeth's skills and determination to complete each cone pattern without knocking down a cone, riding out of the pattern or just falling down (which did happen a few times with a couple of clutch lever replacements).

Overall, we all felt Officer Montgomery did an excellent job. By the end of the week she completed the cone patterns, both directions, and made it look easy. There was also an advanced cone patterns set-up that she was able to complete.

Officer Montgomery definitely raised the bar for future riders. Great job Elizabeth! Congratulations.



Coping with Stress and Anxiety, by Sgt Tom Dwyer

With the ongoing economy situation, work difficulties and personal problems, our world continues to change, and focusing on "business as usual" can be difficult. But occupying our time with the routine of work is a necessary step in coping with these and other crises.

Each person reacts differently to a crisis and prolonged stress and anxiety, and a range of responses can be expected. You must remember, however, that for some people the effects may not be felt immediately but, instead, arise months later.

As the effects of the economic situation, work environment and personal situations continue you may see evidence of the emotional impact on employees. This could play out in their performance and productivity in the following ways:

- Working slowly
- Appearing numb or emotionless

- Missing deadlines
- Withdrawal from work activity
- Absenteeism; calling in sick frequently
- Overworking
- Irritability and anger
- Forgetting directives, procedures and requests
- Difficulty concentrating and making decisions
- Difficulty with work transitions or changes in routines

Educational resources

Our employee assistance program (EAP), human resources unit, private health care provider, local mental health center or peer support group may have educational materials and information on covered treatment resources.

What Employees Can Do

Know what to expect of yourself. You may not be prepared

for the intensity of your emotions or how quickly your moods can change. If your feelings are too much to bear, seeking help is a sign of strength, not weakness. Mental health problems – in general and in response to crisis – are real, diagnosable and treatable. Furthermore, mental health treatment is very effective. People should never be embarrassed to seek the help they need.

Talk with your co-workers and listen patiently. If you feel grief, anxiety or anger, know that you are not alone. Talk with colleagues (peer support) or with others who are experiencing the same feelings. Don't hesitate to seek professional help if needed.

Take care of yourself. Eat well, get plenty of rest and exercise, spend time with those closest to you, postpone major life decisions and other significant stressors if you can, and seek professional help when necessary. Accept that life will go on. Acknowl-

edge that everyday life will be subdued and, perhaps, different in some way, depending on your particular situation, but there will be continuity. Continuing everyday routines helps with healing.

Take care of your children. You may be concerned about the well being of your children. There are things you can do to help them handle the effects of this crisis:

- Turn off the TV news when children are in the room.
- Let children express their feelings and ask questions.
- Share your own coping strategies with them.
- Maintain a family routine.
- Reassure children that they are safe.

**TAKE CARE OF YOURSELF
AND BE SAFE**

MENTAL HEALTH AMERICA

* Editors note (by Captain Lawrence)

The August edition of the Captain's Corner described Rocklin PD's response to a bank robbery which resulted in a high-speed pursuit, followed by the suspects shooting a Sacramento County Sheriff's deputy on August 8th. The article failed to mention the calm, professional and decisive acts by CSO Myra Salazar. Just moments prior to the robbery, Myra had stopped her CSO truck in a parking lot across from the bank to use her cell-phone. While parked, Myra heard the bank robbery being dispatched over the police radio. In a calm and professional voice, Myra broadcast that she could see the suspects fleeing the bank on foot wearing masks, gave a clothing description and provided a direction of travel. Myra's observations and quick thinking provided valuable details for Communications personnel and responding officers. Great job Myra!

Prints! Prints! Prints! co authored by Sgt Scott Horrillo and CSO Tracy Hedrick

The Investigations Unit would like to give kudos to everyone for their efforts to book in evidence for processing and prints to be searched through AFIS. Some officers may wonder whether it's worth booking in evidence for processing or prints that may not seem conducive to a search. If in doubt, book it! We would rather have evidence booked that cannot be processed than none at all. There are a few things to keep in mind though, when requesting items to be processed.

First, fingerprints are extremely delicate so please make sure

you package items of evidence to be processed in a way that will limit the destruction of possible prints. For example, place containers in a paper bag and make sure that containers are void of all fluids. If the container leaks, it could destroy any prints.

Second, make sure you complete a request when booking evidence to be processed. If a request is not completed, we are unable to know what items to process and they will be placed on the storage shelf instead of given directly to the Lab.

Also, elimination prints are a necessary evil. It helps to determine if the print lifted at the scene, or located on evidence booked in to be processed, belongs to the victim. If the print does not belong to the victim, we can enter the print into AFIS to be held in the system, if it does not result in a match. In the event another agency matches the print to a known suspect, we can be notified.

So, please continue booking evidence to be processed for prints and continue lifting those prints at the scene! If

you have any questions, please feel free to contact Tracy at any time and she will be willing to assist you. For those interested in seeing how AFIS works, feel free to stop by the Lab on Monday or Thursday and she will be happy to show you!

One more thing, just to make sure this article is being read, the first person to email Tracy with the correct number of times the word "print(s)" were used in this article will receive a special prize!

Employee Commendations, by Sgt Jamie Knox

On 08/13/09, **Officer Krempin** was commended for his role in solving a neighborhood problem on Water Lilly Lane. A resident in the area, who was later found to be a Parolee at Large, was hosting loud parties and harassing neighbors. Officer Krempin led his team into action and arrested the PAL. Needless to say, the peace of the neighborhood was once again restored.

On 08/18/09, **Detective Brad Alford** received a thank you note from an assault victim. The victim and her family couldn't thank Detective Alford enough for his patience and compassion while handling the case.

On 08/13/09, **Detective Chris Spurgeon**, received a commendation after investigating and arresting a suspect for multiple felonies. Over 15 search warrants were served in connection with this case where the victim was being stalked by the suspect.

Unforeseen Dangers of Law Enforcement, by Ofc. Casey Finney

Throughout our training and experience we have developed an extra set of scenes when it comes to detecting suspicious vehicles and people. Officer Amado recently had an experience which added to his arsenal of scenes.

Officer Amado had just completed a traffic stop on Pacific Street and was pulling into the K-Mart lot to complete some notes. As he entered the lot his attention was drawn to a squirrel in his path. The squirrel had the confused sense of direction which we have all seen when these animals are crossing the roadway. As Amado closed the distance on the fluffy tailed nut collector he

thought, "I'm going to hit this **#! thing!" Just prior to Amado swerving and taking his chances with the raised curb the varmint leaped from the pavement and onto Amado's right leg!



After verbally expressing a few adjectives about his newly acquired furry leg tumor Amado began shaking his leg trying to free himself from his capture. This only seemed to heighten the animal's determination for

a police motorcycle ride-along because it crawled a few inches further up Amado's leg. Amado was certain a reconstructive surgery was in his immediate future. Amado describes the animals' position as a wide low stance with a concentrated look of determination in its eyes. "Its claws were locked into my leg and I could see its fangs", Amado admitted. "Do those rabies shots hurt as much as I've heard?"

Soon the cuddly little creature leapt from Amado's limb and ran back into the wilds of the K-Mart lot. Officer Amado, through his superior skill, was able to keep his bike upright during this intense wildlife contact.

Steve Irwin (Crocodile hunter), Marlin Perkins (Mutual of Omaha's Wild Kingdom) and Jim Fowler (frequently on Johnny Carson's Tonight Show) would all agree Officer Amado handled the encounter bravely.

