



## City Of Rocklin

### Chief's Chatter by Chief Ron Lawrence



Chief Ron Lawrence

Welcome home Lieutenant Jamie Knox, who graduated from the F.B.I. National Academy Associates (FBINAA) in Quantico, Virginia, on September 19<sup>th</sup>.

only with an agency's chief of police or sheriff approval and nomination.

As the FBINAA website explains, "Participation is by invitation only, through a nomination process. Participants are drawn from every state in the union, from U.S. territories, and from over 160 international partner nations." The FBINAA has been in existence since 1935, and its' creation was developed while the F.B.I. was under the leadership of then Director J. Edgar Hoover, who wanted to develop a stronger and more advanced law enforcement relationships to fight crime in the United States. Today, the FBINAA has a wide-range of law enforcement participation from around the U.S. and allied countries, and graduates form lasting connections from which to gain reliable research and experience.

16,000 law enforcement professionals who actively work to continue developing higher levels of competency, cooperation, and integrity across the law enforcement community." <http://www.fbinaa.org/>.

I am extremely proud of Lieutenant Knox. The FBINAA is a 10-week intensive live-in course of instruction which includes classroom study, physical fitness, field research and leadership development. Lieutenant Knox joins other Rocklin PD FBINAA graduates who use this wonderful experience to bring sound law enforcement management practices to the City of Rocklin. Congratulations Lieutenant Knox.

Rocklin PD is fortunate to send our managers to the FBINAA to gain a better perspective on global leadership and learn up-to-date law enforcement techniques for police management. Quoting the F.B.I. National Academy website, the FBINAA has a mission to

*"...support, promote, and enhance the personal and professional development of law enforcement leaders by preparing them for complex, dynamic, and contemporary challenges through innovative techniques, facilitating excellence in education and research, and forging partnerships throughout the world."*

Attendance at the FBINAA is voluntary and application may be made

*"Following graduation, each officer has the opportunity to join the FBI National Academy Associates, a dynamic organization of more than*

#### Rocklin PD FBINAA Graduates

- Chief Ron Lawrence
- Captain Lon Milka
- Captain Chad Butler
- Lieutenant Jamie Knox
- Chief Mark Siemens (Ret.)
- Dep. Chief Dan Ruden (Ret.)
- Lieutenant Stuart Davis (Ret.)

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Welcome New Employees,  
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Officers, Tim Sartain and Greg  
Hilton



Are you prepared in the event of an emergency?

### Rocklin PD Joins Forces With United States Secret Service by Captain Chad Butler



Captain Chad Butler

The Rocklin Police Department recently signed a Memorandum of Understanding with the United States Secret Service joining their Internet Crimes Task

Force. The Task Force, based out of San Francisco, investigates computer related crimes. Detective Zack Krempin, assigned to the Task Force part-time, was Depu-

tion. Congratulations **Detective Zack Krempin** on a job well done!



## Body Cameras are on Their Way by Captain Lon Milka



Captain Lon Milka

The police officer of today might think of himself as, and kind of resembles, more of a [Kombinationskraftwagen](#) than the officer of just a few years ago. Of course, as I use the term, I am tailoring it from its classification meaning and using it in

a new way. There is a significant “combination” of equipment that police officers must wear and/or use that needs to be easily and immediately accessible (defensive weapons, in-car camera microphone, radio) and must be carried on one medium (the officer). But now a newer technology exists and the Rocklin Police Department is moving full steam ahead to add yet another component to our combination of patrol equipment to be worn and immediately accessible: The body-worn camera.



**Kombinationskraftwagen** – vehicle with a particularly large loading capacity.

Law enforcement agencies have been recording people for years whether it be with

dash mounted cameras or audio recorders. The newest law enforcement recording tool is the body-worn camera (BWC) or “body cam”. There are two main goals regarding the use of the BWCs. One is that BWCs may actually reduce exposure to litigation. That is why the first four cameras that we obtained for department use were given to us by the city’s insurance group – NCCSIF (Northern California Cities Self Insurance Fund). The other reason is perhaps more quantifiable than the other: to see if the number of response to resistance incidents and the number of complaints against officers is reduced.

First, is it legal for the police to record? Penal Code Section 633 provides for an exception to California’s two-party consent law in that it does not prohibit any police officer from recording any communication that could be lawfully overheard. Case law using that logic explains that a person has no expectation of privacy when they are engaged in an interaction with police.

Additionally, if an officer is lawfully inside a residence then persons inside the home have no expectation of privacy and therefore no state law or constitutional provision exists that prohibits audio recording. The Ninth Circuit has held that video surveillance does not in itself violate a reasonable expectation of privacy.

There are many articles and studies that can be found on the internet regarding how the number of incidents involving the officer’s response to resistance has decreased with

the use of BWCs. The same articles point to a drop in the number of citizen complaints.

A City of Rialto study indicated that the use of BWCs reduced responses to resistance incidents by Rialto Police Officers 59 percent and reduced citizens’ complaints against officers by 87.5 percent. The desire of the City of Rialto for the use of BWCs was to save money on litigation costs and the expenses associated with incidents involving response to resistance and citizens’ complaints. Even frivolous complaints cost a city in terms of dollars and in terms of investigative personnel.

The Rocklin Police Department, for the last three years, has averaged 10 responses to resistance each year. In 2013, our department lodged 13 citizen complaints. Our low numbers are a testament to the professionalism of our entire staff. However, keep in mind that the costs to justify a response to resistance in court can be high and the time to investigate a complaint can be extended.

So to protect ourselves and enhance our abilities of protecting the citizens of Rocklin, the use of body-worn cameras will be advantageous. The roll out of the cameras will begin soon and will be incremental. But first, a policy has been developed and will need to be approved by both the RPOA and by the department. Software to support the cameras will need to be obtained and additional cameras will be purchased.

So prepare yourselves for an additional piece of equipment, albeit a light one, that will help you look even more like a “vehicle” with a large load capacity.

## Team Building Workshop by Lieutenant Forrest Richardson



Lt. Forrest Richardson

Next month, the Rocklin Police Department will be participating in it’s biennial Team Building Workshop. Some of the key topics that will be discussed are as follows:

- How well are we meeting our mission?
- Are there weaknesses or failings in our leadership model that should be identified and acted upon?
- Does our vision of the future anticipate demands on our personnel, equipment and physical surroundings?

- How can we make the Dept. a better place?
- When we act, do we consider the best interests of the Department, the employees, the City and the community?
- What steps can be taken in the next five years to develop future leaders?
- Do our core values manifest themselves in our daily operations?

A survey has been sent out to all Rocklin Police Department employees to gauge how our organizational members feel about themselves, their peer relationships and their other work relationships. Because it is important that all voices be heard, please take the time to participate in the survey.

The survey results will be used as a starting point for the Department’s planning efforts.

A key focus of the workshop is to enhance teamwork among the management supervisory team at the Rocklin Police Department. We will be examining the relationships and organizational decisions that impact public safety. In addition, we will be discussing Strategic Planning.

We hope to come away from the Team Building Workshop with a renewed sense of teamwork, enthusiasm and direction. We will be looking to ensure that the Rocklin Police Department is positioned to provide exceptional service to our community well into the future.

## Hitting the Reset Button by Lieutenant Jamie Knox



Lt. Jamie Knox

Have you ever been using a computer and had the thing lock up on you? Ever notice how much slower your computer is when multiple programs are running at once? Our brains are no different, and once in a while we need to hit our reset button—or just reboot completely. After spending 10 weeks at the FBI National Academy, I realized just how important it is to hit that reset button. That is not to say that your brain needs 10 weeks to reboot, but in my case it took me nearly that long to realize that I needed to.

Knowing when to shut everything down except for the programs you are using at that moment can be more beneficial than we realize. Our brains are not designed to multitask. In fact, studies suggest we make more errors when we try to do too

much at once. It also clutters our lives and makes us lose track of what is really important. In addition to my daily classes at the academy, I took a lot of time to work on areas that I needed to improve on.

The critical key to improving yourself is cognitive knowledge of where you are at and where you want to be. Having a vision for yourself might seem hokey, but unless you know what your desired results are, how will you know if you got there or not? I found the time away from my families, both at the police department and at home, was instrumental in helping me discover just how bogged down my operating system had become. So, unless you make time for self-reflection, and absent any kind of 360° feedback process, you will never realize what you're doing well, and what you could be doing better.

As we all work hard in an effort to be the best employees we can be, it is important to remember when it's time to hit the reset button. I encourage you to set some time aside for yourself on your next weekend.

Focus on developing a personal vision for yourself. Identify what you do well and try to discover opportunities for improvement. Set realistic goals and write them down in a journal. Identify a symbol or a trigger that will keep the goals omnipresent. Finally, reassess your progress at regular intervals and compare results to your personal vision. Are you where you want to be yet?

So, the next time you hit control-alt-delete on your computer, or hit the power button in a fit of frustration, remember not to wait so long before rebooting your mind. The process can be enlightening and even spiritual.



## National Night Out by Crime Prevention Coordinator, Wendy Smith



Wendy Smith

Hundreds of Rocklin Neighborhood Watch members participated in our annual National Night Out celebration on August 5, 2014.

Divided into 13 teams, approximately 45 City of Rocklin employees, volunteers, City Councilmembers and on-duty Police & Fire Department personnel visited 26 different Neighborhood Watch block parties in celebration of National Night Out. Special guests included Councilmembers Greg

Janda and Diana Ruslin, Police Chief Ron Lawrence & Fire Chief Jim Summers.

National Night Out is an annual nationwide event designed to increase neighborhood spirit, raise crime prevention awareness, and develop the partnership between the City and the community.

The block parties provided an excellent opportunity for residents to communicate with each other and with city staff members & officials in a relaxed environment. The celebrations featured great food as well as games and activities. The party locations were at various locations all over the city to include residential streets, parks and specifically a free public event sponsored by the Rocklin Target at Johnson Springview Park. Target brought out several volunteers to serve barbecued hotdogs and treats. We had staff, including Police Services Administrator Sandi Bumpus, as well as many department volunteers to provide information to the public.



Reserve Officer Doug Vance provided bicycle and helmet safety checks, (see photo), and we were even joined by retired Public Safety Dispatcher Pam Henley. A local face-painter provided free art for the kids in attendance and we even got a visit from retired Community Programs Coordinator Mike Nottoli (who looks happy and well

rested)!

It was great to see such fantastic neighborhood spirit and camaraderie, and all of the residents extended a warm welcome to our elected officials, city employees and volunteers. We are very fortunate to work in a community that supports its public safety personnel so enthusiastically and takes such an active role in making Rocklin a great place to live, work, go to school, raise kids, and retire!!! Thanks again to all who participated in making National Night Out a success.



## Shop With A Cop by Corporal Chris Osborne



Corporal Chris Osborne

It is that time of year; we are gearing up for another great Shop with a Cop event. On December 13th, 2014, officers from the Rocklin Police Department in conjunction with the other local law enforcement agencies in the region will join forces to deliver holiday joy and cheer to more than fifty underprivileged children and teens in the Placer County area.

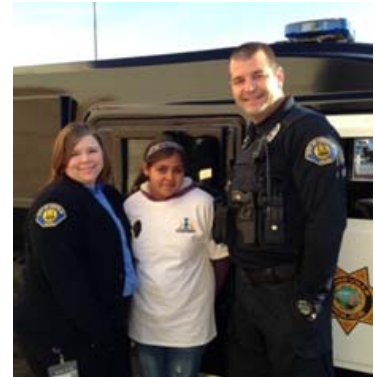
This special "Shop with a Cop" event rewards youth who are in financial need, working hard in school, living a crime-free lifestyle, and making strides to improve their situation and attitude by pairing them with police officers who donate their time to take them shopping for clothing and gifts for themselves and their families. The youth participating in this program are nominated by their schools, police officers or any community member. If you know a child in Rocklin between the ages of 5 and 18 who fits the above criteria, please submit a letter of nomination to Corporal Chris Osborne at the address listed below by November 10, 2014.

We are also seeking community financial support to make this nonprofit program possible. Our goal in Rocklin is to raise \$3,750 to sponsor 15 children from the Rocklin community. This will pay for each child to receive \$250 which they will use on December 13<sup>th</sup> during their shopping event with a uniformed officer. Community members wishing to donate to this cause may make checks payable to the Roseville Police Activities League (RPAL nonprofit 501(3) (c) tax ID #68-0347253). Please mail or bring them to Corporal Chris Osborne at the Rocklin Police Department, 4080 Rocklin Road, Rocklin, CA 95677. Corporal Osborne can be reached at [chris.osborne@rocklin.ca.us](mailto:chris.osborne@rocklin.ca.us).

Raffle tickets are currently being sold to support this program and can be purchased by contacting Michelle Edwards or Corporal Chris Osborne at Rocklin P.D. You can buy one ticket for \$5 or 5 tickets for \$20 and have five chances to win! Here is what you have an opportunity to win:

- \$1,000 dollar gift card at Nor Cal Gunvault.
- Big screen TV (\$700 dollar value from Target).
- \$500 dollar gift card at Nor Cal Gunvault.
- Apple Ipad (2 available)

We greatly appreciate the community's support for the "Shop with a Cop" program, and we thank our sponsors in advance for their kindness and generosity.



## The King of Fires! by Officer Greg Jensen



Officer Greg Jensen

By now, most of you have already heard some of the details surrounding the King Fire which started September 13, 2014 in El Dorado County near Pollock Pines. Although the fire burned 97,717 acres it became 100% contained on October 9, 2014 with no lives lost in the process. During the fire, California Office of Emergency Services requested Rocklin police's assistance in evacuations and traffic control for this fire. Rocklin Police sent several officers to assist and offer support. This incident was a great example of how fire and police personnel can work together on a national scale to handle a massive incident.

A hundred years ago the story wasn't the same, the city did not have similar resources and as a result, fire was a constant threat to our city. On May 3, 1914, Rocklin experienced perhaps one of the worst fires in its history. During a particularly windy day, a fire

swept through Front Street heavily damaging and destroying many buildings. One of these buildings was the Burchard Hotel.



Fortunately, over the last several years, Rocklin Police and Rocklin Fire have integrated together to become an effective team. During our last mass causality incident

training at Rocklin high school, police and fire trained side by side to create the best emergency response for our community. Rocklin Police and Rocklin Fire are committed to working together towards a common goal. It's great to know that over the last hundred years we have progressed to create a wonderful public safety team. For more details regarding the history of Rocklin's fires please visit the Rocklin Historical Society website at <http://www.rocklinklinhistory.org/>

## Emergency Preparedness is Not Just for Doomsday “Preppers” Anymore by Sergeant Gil Farrulla



Sergeant Gil Farrulla

Ideas of emergency preparedness used to conjure up images of people building bunkers, or doomsday “preppers”. We have all seen end of the world movies, but how many of us are prepared for a much smaller scale natural disaster? It is up to each of us to be prepared for an emergency because during a natural disaster it may take much longer for first responders to get to you or your family. The King Fire, the Applegate Fire, the Napa earthquake, and yes even a possible Ebola outbreak should have all of us making some sort of preparation just in case.

Emergency preparation is no longer just for those who want to prepare for some extinction level event. Even much smaller natural incidents can cause a great deal of chaos in our lives if we are unprepared. Are you prepared to be without power or water for several days? Are you prepared to evacuate in case of a fire or earthquake? Before we all go out and start digging bunkers in the backyard and start stockpiling every dry-food item we can find, what am I really talking about?



We should all have some sort of disaster or emergency plan with our families. Have a pre-determined location where you would meet family members if communication went down. Cell phones might not work and landlines might be down, so hav-

ing a meeting place or plan of how to gather makes sense. It is a good idea to have radios available with extra batteries to receive updates or evacuation notices. Some suggest having access to a “HAM” radio or amateur radio to communicate. The American Red Cross suggests having a radio which is not powered by batteries and can be turned on by a crank-type handle. The Red Cross calls their version a “Hand-Turbine Weather Radio.” We should also learn where our gas, electric, and water shut-off locations are and how to turn them off.

We should all have a “kit” or some supplies that will hopefully last us a short time to get through the initial emergency phase of the disaster. Pacific Gas and Electric advises that your emergency kit should include: flash-



lights, one-week supply of water, one-week supply of food, a first aid kit, blankets, warm clothes, sturdy shoes, and heavy gloves. On average you will need at least one gallon of water per day, so that is at least one gallon per day, per family member. Dried food, canned goods, and an alternate way of cooking could be crucial during a natural disaster. Another suggestion is to have some way of purifying water if like most of us, you are unable to stockpile gallons of water.

Like most things, if we apply common sense and are reasonable, we can prepare for most emergencies. We can never be totally prepared, but we can make a difference in how the event affects our families. A little preparation goes a long way... *“I have always found that plans are useless, but planning is indispensable” - Dwight D. Eisenhower.* For more information you go to [www.ready.gov](http://www.ready.gov) or [www.fema.gov](http://www.fema.gov).



## Welcome Aboard by Captain Chad Butler

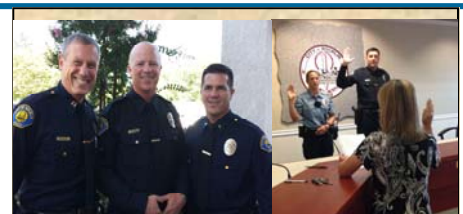


Captain Chad Butler

Welcome aboard and congratulations are extended to the newest employees of the Rocklin Police Department. Effective September 2, 2014 Officer Greg Hilton, a recent graduate of the Fresno County Sheriff’s Academy began his field training. Greg comes to us from the private sector and was a prior level II reserve with our Department. On October 13<sup>th</sup>, we welcomed two more new employees; Officer Tim Sartain

comes to us with two prior years as a Deputy at the Yolo County Sheriff’s Department and Animal Control Officer Heather Rodgers comes to us from the California Parks Department, Auburn State Recreational Area, where she was an Interpretive Specialist and

Volunteer Coordinator over the past three years. Both Tim and Heather were sworn in on October 14, 2014 by City Clerk, Barbara Ivanusich. All three employees will spend time in a rigorous field training program before beginning their solo assignments in their respective units.



Captain Lon Milka, newly sworn Officer, Greg Hilton and Lt. Scott Horrillo at Officer Hilton’s academy graduation

Animal Control Officer, Heather Rodgers and Officer Tim Sartain being sworn in by City Clerk, Barbara Ivanusich

## Are You Vulnerable to Cyber Thieves? by Corporal Chris Spurgeon



Corporal Chris Spurgeon

You grab your coffee, connect to the coffee shop's Wi-Fi and begin working. You've done this a hundred times before. Nothing seems out of the ordinary, but someone is watching you.

They're monitoring your Web activity, logging your bank credentials, home address, personal email and contacts – and you won't know it until it's too late.



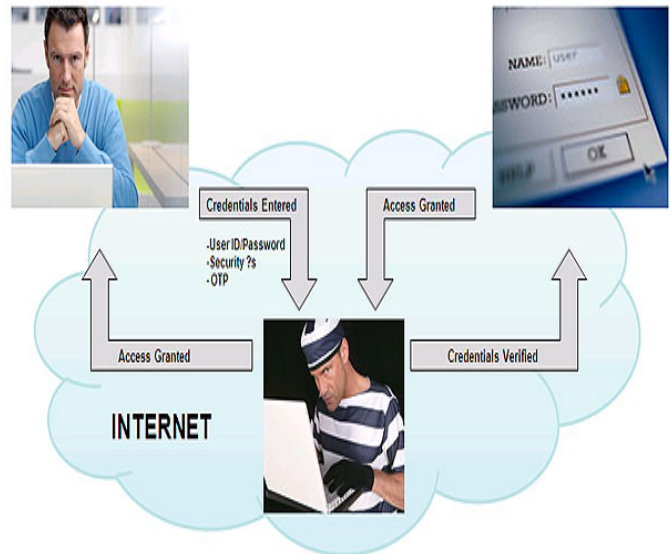
Today's thief won't steal your wallet out of your back pocket while shopping, but instead will use an arsenal of cyber-attack methods to secretly pry your information from you. While you're checking your account information at your nearby coffee

shop, a hacker will intercept the communication between your computer and the Wi-Fi network's router, tracking your every move.

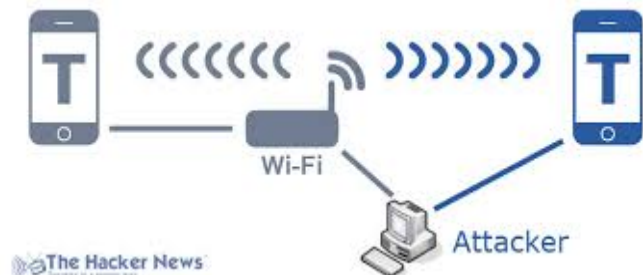
This method is known as a "man-in-the-middle" (MITM) attack and it's just one of many weapons cyber-thieves use to steal from you.

**Techopedia** explains MITM as being named for a ball game where two people play catch while a third person in the middle attempts to intercept the ball. MITM is also known as a fire brigade attack, a term derived from the emergency process of passing water buckets to put out a fire. The MITM intercepts communications between two systems and is performed when the attacker is in control of a router along a normal point of traffic. The attacker in almost all cases is located on the same broadcast domain as the victim. For instance, in an HTTP (The Hypertext Transfer Protocol) transaction, a TCP (Transmission Control Protocol) connection exists between client and server. The attacker splits the TCP connection into two connections – one between the victim and the attacker and the other between attacker and the server. On intercepting the TCP connection, the attacker acts as a proxy reading, altering and inserting data in intercepted communication. The session cookie reading the HTTP header can easily be captured by the intruder.

In an HTTPS (Hypertext Transfer Protocol Secure) connection, two independent SSL (Secure Sockets Layer) connections are established over each TCP connection. A MITM attack takes advantage of the weakness in network communication protocol, convincing the victim to route traffic through the attacker instead of the normal router and is generally referred to as ARP (Address Resolution Protocol) spoofing.



**Open Source Forum** describes sniffing as capturing, decoding, inspecting and interpreting the information inside a network packet on a TCP/IP (Transmission Control Protocol/Internet Protocol) network [TCP/IP provides end-to-end connectivity specifying how data should be packetized, addressed, transmitted, routed and received at the destination]. The purpose is to steal information, usually user IDs, passwords, network details, credit card numbers, etc. Sniffing is generally referred to as a "passive" type of attack, wherein the attackers can be silent/invisible on the network. This makes it difficult to detect, and hence it is a dangerous type of attack.

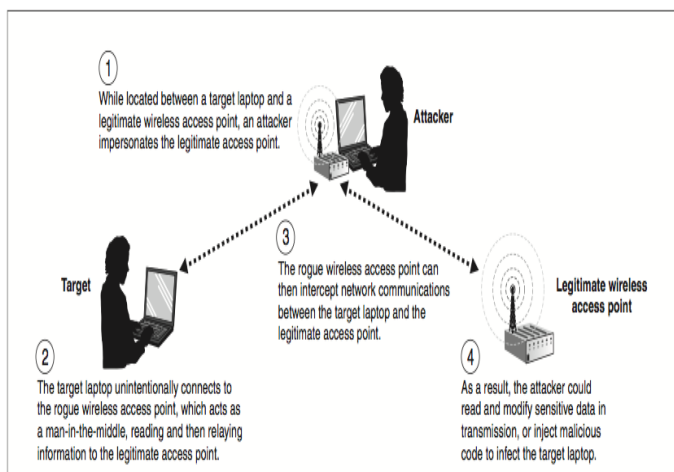


The TCP/IP packet contains vital information required for two network interfaces to communicate with each other. It contains fields such as source and destination IP addresses, ports, sequence numbers and the protocol type. Each of these fields is crucial for various network layers to function. By its very nature, the TCP/IP protocol is only meant for ensuring that a packet is constructed, mounted on an Ethernet packet frame, and reliably delivered from the sender to the receiver across networks. However, it does not by default have mechanisms to ensure data security. Thus, it becomes the responsibility of the upper network layers to ensure that information in the packet is not tampered with.

**Wikipedia** describes Cain and Abel (often abbreviated to Cain) as a password recovery tool for Microsoft Windows. It can recover many kinds of passwords using methods such as network packet sniffing, cracking various password hashes by using methods such as dictionary attacks, brute force and cryptanalysis attacks. Cryptanalysis attacks are done via rainbow tables which can be generated with the winrtgen.exe program provided with Cain and Abel.

Cain and Abel is a legitimate network analysis tool which is free to download and use. The GUI (Graphical User Interface) makes it an easier program to use by generally pointing and clicking like many common programs. Used in combination with Wireshark (a free and open-source packet analyzer), Cain and Abel is able to “poison” a network router, basically telling the router it is no longer working correctly and to direct all web traffic to the third party host which is the man in the middle. The man in the middle then sends the packets (web traffic, searches, log-in’s, and inquiries) onto the Internet. The man in the middle quietly logs all of the web traffic and with Wireshark, can view individual packets, looking for plain text website addresses, user names, passwords, and other log-in credentials.

Regarding the technical details of how sniffing is done, we need to remember that packet capturing software always runs in promiscuous mode, whereby it is capable of intercepting and storing all packets on a network. This also means that, even though the packet is not meant for the network interface on which the sniffer is running, it is captured, stored and analyzed. Disabling promiscuous mode on network interfaces results in shutting down most sniffer software.



This is a lot of information to pass along and one does not need to understand the inner workings of a network. If a wireless access point is public, or available to customers with a general password such as “Hyatt” or “Coffee”, then it is a good idea not to conduct business on that type of connection. I define “business” as: checking email, checking my bank accounts, transferring funds, and checking any type of social media accounts you may have. All

of these have your digital access identity embedded in them. Would you take your checkbook or debit card and walk past a table at the coffee shop and just leave them there with a stranger and walk away? I wouldn’t, but equate that with the type of damage that could be done to your financial accounts when you use free wireless Internet, or Internet at a hotel that everyone else there is using if there is a man in the middle monitoring your packets.

If you are in dire need to remotely check your account balances or transfer funds, then use your cellular network connection. Large corporations such as the major cellular carriers in the region invest millions of dollars to secure their cellular networks through the use of encryption and monitoring. The cellular carrier’s reputation is at stake so they are usually on the cutting edge of technology for network security.

If you are using a wireless router at home, make sure it is password protected and not left unlocked so someone parked in front of your residence can just hop on it and conduct “their business.” Utilize routers with strong password protection and high levels of encryption. These settings are usually not the default on those devices (Please do not use your phone number as your password on the router).

Nobody is 100% safe from identity theft or financial account take-overs, but you can minimize your potential exposure by being aware of high risk activities and avoiding them. The next time you’re at coffee, take a look around. Who’s on a computer and what are they doing? Is the image on their computer screen similar to this?

```
Request | Response | Trap |
POST http://janaina:8180/WebGoal/attack?menu=410 HTTP/1.1
Host: janaina:8180
User-Agent: Mozilla/5.0 (Windows; U; Windows NT 5.2; en-US; rv:1.8.1.4) Gecko/20070515 Firefox/2.0.0.4 Paros/3.2.1
Accept: text/xml,application/xml,application/xhtml+xml,text/html;q=0.9,text/plain;q=0.8,image/png,*/*;q=0.5
Accept-Language: en-us,en;q=0.5
Accept-Charset: ISO-8859-1,utf-8;q=0.7,*;q=0.7
Keep-Alive: 300
Proxy-Connection: keep-alive
Referer: http://janaina.8180/WebGoal/attack?Screen=57&menu=410
Cookie: JSESSIONID=B33154E70ABA78849F1D83EC1183BB9B
Authorization: Basic Z3Vlc3Q6Z3Vlc3Q=
Content-Type: application/x-www-form-urlencoded
Content-Length: 81

QTY1=6&QTY2=6&QTY3=6&QTY4=6&field2=4128*3214*0002*1999&field1=111&SUBMIT=Purchase
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If it isn’t, maybe Cain is running in the background/minimized; quietly capturing and logging the packets as the MITM enjoys a two pump Zebra, no foam, dairy free-gluten free, ½ caff tepid latte.

***Be safe, be aware of your surroundings, and minimize your exposure to criminal activity online.***