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Rocklin PD News



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A Time to Reflect

This week I had the opportunity to attend two events that were very different but brought me to the same place.

Tuesday, I attended the Citizen of the Year Dinner, hosted by the Boy Scouts of America, where our own Sheriff, Ed Bonner, was honored. It was an impressive event with dignitaries and leaders all in attendance. Several speakers told of Sheriff Bonner's compassion, leadership, involvement with his family and community. It was apparent from the stories that Sheriff Bonner was destined for greatness early on and certainly deserving of the recognition. Any of us who know Sheriff Bonner well, would have no trouble coming up with a long list of why he was deserving of such an award.

Thursday, I attended a funeral service for RPD Volunteer Carmen "Cap" Coppola. As I listened to the eulogy I learned several things about Cap that I did not know. Cap was a minor league catcher for the New York Yankees, served in the Pacific in WWII, boxed while in the Navy, owned a Pizzeria in San Francisco, and was the Ad-man for Del Webb Sun City. What I did know about Cap, was that he loved his family, liked people, law enforcement, Ford Crown Victoria sedans and was a pleasure to be around. Cap lived a full and successful 84 years.

These two events caused me to reflect on individual worth, and what is important in life. It also caused me to ponder what success in life should look like. I realize that each of us must answer these questions for our-

selves and discussion of the topics here could take volumes. But, as I paused on this point, a couple of certainties came clear. We build what we will be remembered for every day, largely through what we do for others, and in the end it is too late to change it.



Captain's Corner, By Dan Ruden and Ron Lawrence

The month of October has many distinctions. It marks the beginning of the fall season, the beginning of the last quarter of the calendar year and of course Halloween! October also marks an important time of year for the Rocklin Police Department, as this is the season for submitting your nominations

for Police Officer of the Year, Public Safety Dispatcher of the Year, and Professional Staff Member of the Year. These distinctions of honor are an important recognition for our organization and we look forward to



bestowing these on three very deserving individuals. While every year we receive nominations that outline fantastic work, unwavering dedication and outstanding professionalism by many, only one person in each of the three categories will hold the privilege of being named "Employee of the Year" for their respective work category and walking away with the golden "Oscar." As Captains of a progressive, professional and caring police department, we both feel fortunate to work with such a spectacular group of individuals, both sworn and non-sworn. We acknowledge and recognize that each and everyday, Rocklin Police employees exhibit top-notch police work and compassionate

care of our citizens which often times goes above and beyond the call-of-duty. In fact, we know our law enforcement professionals are among the top in the Region, if not the State! Our regret is that there is only one Police Officer, one Public Safety Dispatcher and one Professional Staff Member recognized each year to hold this esteemed honor and we believe there are many deserving individuals, but if it were any other way it would not hold the same significance. After all, there is only one winner for each category of the Oscar Awards.

Soon, these three selected individuals will be formally recognized and honored, most likely at the P.O.A.'s holiday social

party, and they'll have a chance to stroll down the red carpet and recognize all of us "little people" who helped win them their "Oscar." So now is your opportunity to select the most deserving of the deserving. Don't miss this opportunity to recognize a co-worker for their commitment to our Department and our Community. Let your voice be known by submitting your nominations today! We have received a few submissions already, nominating individuals for this prestigious recognition and we encourage everyone to get your submissions turned in ASAP! Remember, you only have until **November 3rd, by 5PM** to make your nominations to Captain Lawrence. Good luck to all, and thank you for the work you do!

Rocklin Officers Live Locally and It Benefits the Community , by Adrian Passadore

A few weeks ago at around 0230 hours Cpl Paduveris and I decided to go to lunch. We work the grave yard shift, so we eat at strange hours. Cpl. Paduveris decided to make a swing through his neighborhood, which is in the City of Rocklin. As he was driving, he noticed a male stop his car in the middle of the street behind him and walk up to the front door of one of the homes in the neighborhood. Since he lives in the area, he knew the man did not reside at the house. Paduveris parked and watched the male, who pounded on the door. The man then returned to his car and made a u-turn to drive in the other direction.

Paduveris followed and contacted the man as he pulled to the curb again a short distance later. As Corporal Paduveris spoke to the man, Rocklin Dispatchers received a "911" call about an unknown male pounding on the door of their residence. To make a long story short, the male did not live in the area; he had come to the neighborhood to commit crime and was arrested on numerous charges. Good police work, no doubt.

This case got me to thinking because it was the second time this year that Paduveris had caught suspects in his neighborhood. In fact, as I looked at our personal

roster, I noticed that over two thirds of our officers live locally (Rocklin, Roseville, Loomis or Lincoln). In the two years I have worked for Rocklin P.D. we have had several cases where an officer's direct knowledge of the city, resulted in capturing suspects. Earlier in the year, we had another case where Captain Ruden just happened to be on his way home, when he heard an officer following possible burglary suspects. Captain Ruden responded as a cover unit and assisted the officer in the arrests of the three burglary suspects. Again, living locally provides another arrest of the suspects. To be sure, we can't

get all the bad guys but it is good to know that we get some.

Rocklin citizens can have the peace of mind to know that officers care what happens here because we live here. We go to the same stores, use the same roads and send our kids to the same schools. While all officers care what happens where they work, having so many officers that live locally can only make the community a safer place to live.

Making Fitness and Health a Priority, By Rich Cabana

58,634 – Does this number mean anything to you? It should, because it represents the number of law enforcement officers assaulted in the 2006 calendar year, the most recent year with complete data. There are approximately 750,000 law enforcement officers in the United States. On average, there are between 700 and 800 officer involved shootings annually. As an officer you have a less than .01% chance of being involved in a shooting, but you have an 8% chance of being in a situation where you are assaulted. Of those 58,634 assaults, 80% of them involved hands/feet only.

From 1996 to 2006, 578,926 officers were assaulted, 562 were feloniously killed. So when do those assaults typically happen? FBI statistics show that 83.2% of all assaults occurred during the following work related activities: traffic stops/pursuits (11%), disturbance calls (30.7%), suspicious circumstance/person (10.1%), arrest situations (19%) and while handling prisoners (12.4%). Seventy percent of the officers feloniously killed were engaging in those same work activities, with the highest incidents being in arrest situations at 23.7%

As law enforcement officers, we tend to focus a great deal of our

training on firearms and weaponless defense, but have you ever stopped to consider how much you focus on your physical fitness? Ask yourself these questions: Am I prepared physically for a sustained physical altercation? Do I view my physical fitness as a priority? Do you feel like you are invincible or that it simply won't happen to you? Am I an asset or a liability when assisting another officer in a confrontation?

Hopefully, by now you've asked and answered those questions of yourself and have made a decision to make a change if it is needed. You may wonder how to make that change. I would first recommend that if you have not exercised for some time to go see your doctor to make sure you physically can begin an exercise program. The next step is to set goals for yourself. Having a goal will keep you focused and create that motivation to continue when the desire to exercise is not there. Keep your goals reasonable and small to start with; make them attainable by focusing on realistic expectations. Consider having daily, weekly and even monthly goals which are measurable. Find something to drive you to be successful in your desire for improved health such as a sporting event or planned vacation.

Make fitness and your overall

health a priority. It must be non-negotiable and you must be committed. You must be willing to make a lifestyle change which includes changes to your diet and the amount of exercise you get daily. Without that mental commitment, you will fail because something "more important" always will interrupt your workout or prevent you from fixing that healthier meal.

When you begin your program, start slow and be patient; don't jump in the water with both feet. Progress will come slow and one can be easily discouraged. Your body will benefit internally from exercise, long before it shows on the outside. Exercise has been proved to be a great stress reducer; it will give you increased energy, higher self-esteem and an increased sense of well being.

Choose exercises which work for you, not what you read in a magazine or the latest and greatest trend. Exercise is individual, an exercise which is great for me, may have no effect on you. Each body will respond differently to every exercise. In the beginning focus on compound movements; those which work several muscle groups at the same time. That will allow you to spend less time in the gym and more time enjoying life while still receiving the benefits of an exercise program.



Starting a program for some may be as simple as walking somewhere as opposed to driving; consider riding your bike on short trips. At the mall, take the stairs as instead of the escalator or elevator and park further away from the doors. There are literally hundreds of ways to begin a program and there are an equal number of programs out there to be started. In the hustle and bustle of life today, many workout programs can be completed in 20 to 30 minutes a day. All of us have 20 or 30 minutes a day we can free up to improve our health and it may just add a few more years on to your life.

In law enforcement, your health and fitness is not just about you. Remember your fellow officers rest their life in your ability to assist them when needed. Not every call for assistance is as near as jumping out of a patrol car door. It could be ½ mile away in a field or up five flights of stairs in an office building. Are you physically prepared to respond to that 10-35 radio call and what condition will you be in when you get there?

Welcome New Employees, by Captain Lawrence

Public Safety Dispatcher Natascha Pimentel started work on October 6 in Communications. Natascha came to Rocklin PD after having worked in the mortgage and lending industry for eight years and was highly recommended by her previous employers who expressed that she is an excellent communicator, very professional and friendly. She has begun training and will be attending the Public Safety Dispatcher Academy soon. Congratulations Natascha, and welcome to the Rocklin Police family!



Officer Michael Alway comes to Rocklin from the City of Citrus Heights Police Department as a lateral police officer, where he has worked since the inception of the CHPD in May of 2006. Prior to Citrus Heights, Michael had worked for the City of Vernon Police Department for eleven years and had been a police sergeant for Vernon during the last few years he was there. Michael earned a Bachelor of Science Degree and a Masters of Public Administration from Long Beach State University. Congratulations Michael and welcome aboard!



Best of the West, by Lt. Mike Freeman

On October 8th the Rocklin Police Department was awarded the "Best of COPSWEST" for "Go Green Efforts" by the California Police Officers As-

sociation. The Department competed against numerous law enforcement agencies throughout the Western United States.



The "Go Green Effort Award" was given for the police departments innovative building design concepts which utilize eco-friendly tech-

nologies including a 143 kW photovoltaic (solar) carport system saving the City of Rocklin approximately \$40,000 annually.



★ **External Commendations for September/October:** ★

★ **Ofc Osborne** received a letter from a parent of a Whitney HS student who thanked him for being "professional and very friendly" when they interacted with him after a school dance. ★

★ **ACO's Mahlberg and Riley** received a citizen commendation from a woman who said that "our ACO's treated her and her nephew great" and cared about what she had to say." She expressed that they were very friendly and that both of them "made her smile." ★

★ **Ofc. Booker and Ofc Hollis** received a commendation from a victim of a credit card fraud. The citizen said both Officers were very polite and helpful. She thanked them for their professional assistance. ★

★ **Motor-Ofc Finney** received a card thanking him for "such a quick response to our non-emergency complaint many weeks ago regarding speeding motorcycles down our street. It has made a tremendous difference. We have lived here for 8 years and are truly impressed with your service. Thanks for keeping our families safe." ★

★ **Internal Commendations for September/October:** ★

★ **Ofc. Jensen** received a commendation for his "Excellent work and follow up... He took the time to investigate a seemingly small (possibly civil) case with the well being of our elder citizens at the forefront. His diligence will be instrumental in putting a stop to a crime ring that is preying on elderly citizens." ★

★ **Sgt. Knox, Cpl. Cabana, and Officers Constable, Law, Lewis, Montgomery, Wilks, and Reserve Officer McCray** all received a commendation for their exemplary handling of an intoxicated individual threatening teenagers with a handgun. After a careful, swift and safe tactical plan was initiated, the individual was taken into custody without incident. ★

★ **Ofc. Olivera** received a commendation for being a "...consistent source of quality information regarding narcotics activity and officer safety bulletins for the department... We continually use him as an expert in the field of narcotics and he freely shares his wealth of experience. He is commended for his dedication and high standards that he excels towards as an officer..." ★

★ **Ofc. Lewis** received a commendation for "his patrol efforts around the Springview and South Whitney area. He has located two occupied 10851 VC vehicles in the last month in these areas. He is very pro-active and is developing into a solid officer and has become an outstanding team member on weekday graves." ★



Free “Shredding Day” on Saturday, October 25th, by Mike Nottoli

One of the best ways to reduce the risk of becoming an identity theft victim is to shred all documents containing personal and/or confidential information before discarding them. On Saturday, October 25, 2008, between 9:00 a.m. and 1:00 p.m., Rocklin residents and business persons can bring their documents to the main parking

lot of the Rocklin Police Department for free shredding. Cintas Corporation is donating the services of a large portable shredding truck to the Rocklin community. They will be able to shred up to 3 banker’s boxes of paper at no charge, and there is no need to remove paper clips, staples, or file folders. You will be able to witness your documents being

shredded, and you will also receive a certificate stating that your documents were destroyed. The Rocklin Police Department is located at 4080 Rocklin Road, Rocklin, CA 95677. Don’t miss this free opportunity to safely discard your personal documents. Please contact Mike Nottoli at 625-5416 if you have any questions.



YOU DON'T WANT TO MISS THE 07-08 PLEA AWARDS!!!

Please join Placer County law enforcement as we honor our local hero's at the 2007-2008 PLEA Awards banquet

Wednesday, November 12, 7 PM, at the Rocklin Sunset Community Center

Member of the public are also invited, and Department personnel are authorized to wear your Class-A uniform.

Congratulations to our Rocklin members being awarded this year: Ofc. Brandon Olivera (Bronze Medal of Honor recipient), Ofc. Dan Groff (Life Saving Award recipient), and Frank Yoschak (Volunteer Recognition Award recipient)

Giant Zucchini Attacks Police Department!!! by Lt. Lon Milka

Not really. But looking at the size of one on Janice Westmoreland’s home-grown zucchinis, one might think that! Janice has been kind enough to distribute her mega-zucchinis to fruit lovers (Yes! I said fruit. Look it up!) at the department. The fruit has been so large that the defensive tactic guys wanted to see if they could incorporate it during train-

ing somehow. Some officers thought that a 12020 PC could be charged to anyone who would possess one. Still others wanted to dissect it to see if it was possible to discover the secret of “enormousness.”

Thinking totally within the box, I took a zucchini home and asked my wife to make (what else?) zucchini bread. I

brought the finished bread product to the PD and distributed it. “This is quite possible the best zucchini bread ever!”, commented Jen Collins. There were other rave review as well as I decided that the Wendi Milka “secret recipe for zucchini bread” was destined for publication. So here it is:

TOP SECRET

Beat: 3 eggs	1 teaspoon salt
Add: 1 cup oil	1 teaspoon baking soda
2 cups sugar	2 teaspoons cinnamon
3 teaspoons vanilla	1/4 teaspoon baking powder
2 cups peeled and grated zucchini	*OPTIONAL: 2 cups chocolate chips or coconut or nuts Mix together, but don't over mix.
Mix lightly, but well.	
Add: 3 cups flour	Divide batter into two greased and floured loaf pans. Bake at 325 for 50 minutes.



Size shown IS actual size



Don't forget, the Rocklin PD Halloween BBQ and Costume Contest is Friday, October 31st. For those of you who have yet to decide what you're going to be, time is running out!

There will be barbecued hamburgers and prizes awarded for scariest costume, most original costume, funniest costume and best group costume (3 or more people). Costume judging will be provided by our esteemed colleagues Nancy Colby of the Fire Department, Wanda Ditmars from Human Resources and Sherri Abbas from the Planning Department. You may recall these judges from last year's Christmas decoration contest.

The barbecue starts at Noon. Costumes will be judged at 12:45 p.m. The dress code and uniform policy will be suspended for the day so that all PD employees can wear a costume (except uniform field personnel who will have to come dressed as themselves). Off-duty personnel are also welcome to compete. Good luck and we hope to scare you there!

"Choose a job you love, and you will never have to work a day in your life" -Confucius

2008 Survey Released, by Sgt Terry Roide



Since 2005, the Rocklin Police Department has solicited input from the community regarding the Department's performance and future direction. We sent out our 2008 Annual Neighborhood Survey on October 7th, 2008, to 5,750 randomly selected households. The survey asks residents to rate the police department and to rate their neighborhoods in the following categories; Quality of Service, Neighborhood Concerns, and Neighborhood Quality of Life.

Last year the survey was sent to 5,541 households and over 20% of the residents completed the surveys and returned them. In analyzing the survey responses, they showed that 83% of the respondents were very satisfied and 13% were somewhat satisfied with the courtesy and professionalism of the department, which has been consistently high in the previous surveys. Overall in the survey conducted in 2007, Rocklin residents identified traffic issues as their largest con-

cern and indicated they would like to see more proactive police patrolling in their neighborhoods.

The objective of the survey is to receive community input about crime, police services, and how the police department can better service community needs. The results of the survey are key components used to assist in developing new department goals and strategies.

Farewell Friend, by Mike Nottoli

Rocklin Police Department Volunteer Carmen "Cap" Coppola passed away on October 8 after a short illness. He was 84 years of age.

Cap became a Rocklin Police Department Volunteer in November of 2005, and has been a solid and dependable member of the "Day Shift Volunteer Patrol Team" for nearly three years. Cap was born in Newark, New Jersey on Octo-

ber 6, 1924. He was a World War II Veteran and served in the United States Navy from 1943-1945. He also served as a Deputy Sheriff in Maricopa County Arizona for many years. Until his recent illness, he worked as a Security Officer for Thunder Valley Casino in addition to volunteering at the Rocklin Police Department.

Those of you who had the

pleasure of knowing and working with Cap will remember him as a very hardworking man who loved his country, his paid and volunteer positions, his friends, co-workers and family. He was polite, tough, patriotic, and a true gentleman. Cap will certainly be missed around the Rocklin Police Department and the community.



**Rocklin Police Volunteer
Carmen "Cap" Coppola**