

# LAWMAN

MONTEREY COUNTY PEACE OFFICERS ASSOCIATION



## President's Message . . .

Dear Members and Friends,

We had a great time at our September Dinner meeting held at Francisco's Restaurant in Marina. The atmosphere was comfortable and the food was great.

The best thing though was honoring two officers for their "above and beyond" service. Salinas Police Officer Juan Cruz-Gonzalez was honored for exceptional police work where he identified a robbery suspect days later in another part of town leading to an arrest. He was able to identify the suspect by a hubcap on the vehicle that he had viewed from surveillance tape.

Our other honoree was Carmel Police Sergeant Paul Tomasi. Sgt. Tomasi responded to a "coastal incident" where a man had drowned. Sgt. Tomasi was able to revive the victim and he made a full recovery. The cool thing here is the victim attended the dinner as well along with his family and told his story to us from his point of view. He talked about how Sgt. Tomasi's timely response would forever affect him and his family and that life was truly appreciated.

Another interesting point that was reflected upon was how we as officers go from call to call and sometimes don't ever know the outcome of our response. This civilian family made it clear that what we do every day is important and appreciated and that we do make impressions in the lives of others. I don't know about you, but at that moment I was proud to be part of the law enforcement profession.

Our next dinner meeting will be on Friday, October 14th at Quail Lodge after our Golf Tournament. We hope to see you there. If you are planning on competing, please get your forms turned in ASAP.

Take care and God bless.

Rachelle Lightfoot

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**REMINDER!**  
**FRIDAY, October 14 -**  
**Dinner Meeting**  
**Quail Lodge**

### Board of Directors 2011-2012

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- Carl Faria, Chaplain - carljude@juno.com
- Executive Director - Joy Junsay -  
joyjunsay@comcast.net

Website: <http://www.montereycountypoa.org>

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# CHAPLAIN'S CORNER

## *... Who Has Your Back?*

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

"Well...Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

Sometimes it feels like we are taking on more and more in our jobs with little help. How can we stay motivated while taking on the extra load? Often it comes down to available resources and attitude.

There are often many resources available to officers on the streets. This can give a department the belief that those resources will always get you to do your job well. Even though there is much information available to you there is no substitute for another person there to get your back if needed. Each officer must be able to asses so much more and decide what situations need what resources. This is not easy and can add to many stressful situations. Given the fact that many of these decisions need to be made in split seconds one can find oneself in many adrenaline rushes often during a shift. If this happens, studies show that after an adrenaline infusion by the body there needs to be a period of physical dumping of the adrenaline. If this is not done the chemical can and does get stored in the body which can lead to possible cancer risks.

Take time to process everything you do. After a code three run, do some squats, a short run or some other brief physical exercise to dump the adrenaline properly. Routinely talk about a detail that had some impact on you. This can also help another officer give input to how different approaches can cause different outcomes; positive or negative. Listening to another co-worker share an experience can also be a learning experience and added intelligence for your beat.

In all cases have the attitude of success and positive completion in your work. Have the attitude of feeling supported by many unseen people.

Know that there are people who will come to your assistance. Know that there are people who can and will build you up when you need the extra strength to do your work effectively and go home safely.

Call a Chaplain. We care and will try to do what we can to be the extra support for you.

Rev. Carl Faria  
Chaplain One

# MCPOA September Dinner Meeting



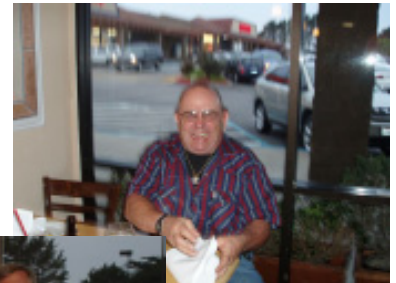
Carmel Interim Police Chief Michael Calhoun made presentation to Sgt. Paul Tomasi



Salinas Deputy Police Chief Kelly McMillin made presentation to Officer Juan Cruz-Gonzalez



## Around the Room . . .



## Advertise your business in the Lawman!

The Lawman Newsletter is a great medium to advertise your products and/or services. Our newsletter is published once a month (12 issues per year). It is posted on the MCPOA website and emailed or mailed to over 600 members.

If you or someone you know would like to advertise in the Lawman newsletter, please contact Rachelle Lightfoot at mcpoa@live.com.

### LAWMAN NEWSLETTER 2011 Advertising Prices

		6 Months	12 Months
Business Card	(2" x 3.5")*	\$ 90.00	\$165.00
Quarter Page	(4.5" x 5.5")*	150.00	275.00
Half Page	(8.5" x 5.5")*	240.00	440.00

Advertisement print must be camera ready and mailed with your payment to:  
MCPOA, P.O. Box 1823, Monterey, CA 93942



\*Sizes are approximate

*Do you own a business ...  
or know someone who does?  
Why not suggest that they advertise in the Lawman!*


*A great place for exposure!!!*

## Our Advertising Supporters

**Roger Williams, BA, MPA**  
*Agent*  
*Roger Williams Insurance*



**FARMERS**  
Auto • Home • Life • Business  
21 W. Laurel Dr., Suite 55  
Salinas, CA 93906  
Bus: 831-443-6033  
Fax: 831-422-7036 License #0F90787  
rwilliams9@farmersagent.com



**PAUL KEENE INVESTIGATIONS**  
Retired Monterey Co. DA Investigator  
MCPOA Life Member  
CIVIL/CRIMINAL INVESTIGATIONS  
LOCATES SURVEILLANCE BACKGROUNDS  
P.O. BOX 2598 831 393 1622  
MONTEREY, CA 93942 FAX 831 393 1214



**Mission  
Linen Supply**  
MISSION LINEN & UNIFORM SERVICE  
**831-375-2491**

# Oct. 2011

## M.C.P.O.A. RANGE SCHEDULE

SCHEDULE SUBJECT TO CHANGE

John Carr, Rangemaster

Phone: 831-373-7614 or 422-9483

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 0800-1700 OFFICER FREE SHOOT
<b>2</b> 0800-1700 OFFICER FREE SHOOT	<b>3</b> 0800-1700 MONTEREY PD	<b>4</b> 0800-2000 CHP	<b>5</b>	<b>6</b> 0800-1700 MARINA PD	<b>7</b> 0800-2000 CHP	<b>8</b> 0800-1700 OFFICER FREE SHOOT
<b>9</b> 0800-1700 MARINA	<b>10</b> <i>Columbus Day</i>	<b>11</b> 0800-1700 MONTEREY PD	<b>12</b> RACE	<b>13</b> RACE	<b>14</b> RACE	<b>15</b> RACE
<b>16</b> RACE	<b>17</b> 0800-1700 MARINA PD	<b>18</b> 1300-2000 MCSO	<b>19</b> 0800-1700 PMO PD	<b>20</b> 0800-1400 SANTA CRUZ HARBOR PD	<b>21</b> 0930-1130 FBI	<b>22</b> 0800-1700 OFFICER FREE SHOOT
<b>23</b> 0800-1700 OFFICER FREE SHOOT  0800-1700 OFFICER FREE SHOOT  <b>30</b>	<b>24</b> Hold 1130-1330  1200-2000 SAND CITY PD  <b>31</b>	<b>25</b> 0800-1700 PROBATION	<b>26</b> 1100-1500 STATE PARKS 1500-1700 DA 1700-1900 CID USA	<b>27</b> 0800-1700 MONTEREY PD	<b>28</b>  1200-2000 SAND CITY PD	<b>29</b> 0800-1700 OFFICER FREE SHOOT

# Nov. 2011

## M.C.P.O.A. RANGE SCHEDULE

SCHEDULE SUBJECT TO CHANGE

John Carr, Rangemaster

Phone: 831-373-7614 or 422-9483

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 1600- 2000 SEASIDE PD	<b>2</b> 1600- 2000 SEASIDE PD	<b>3</b> 1200-2000 DMV	<b>4</b> 0800-2000 CHP	<b>5</b> 1600- 2000 SEASIDE PD
<b>6</b> 0800-1700 OFFICER FREE SHOOT	<b>7</b> 1200-1800 STATE PARKS	<b>8</b>	<b>9</b> 0800-2000 CHP	<b>10</b> 0800-1600 CSUMB PD 1600-2000 PMO PD	<b>11</b> 1200-1800 STATE PARKS <i>Veterans Day</i>	<b>12</b> 0800-1700 PMO PD
<b>13</b> 0800-1700 OFFICER FREE SHOOT	<b>14</b> 1400-1600 DA	<b>15</b> 1500-2000 MCSO	<b>16</b> 1500-2000 MCSO	<b>17</b> 0800-1400 SANTA CRUZ HARBOR PD 1500-2000 MCSO	<b>18</b>	<b>19</b> 0800-1700 OFFICER FREE SHOOT
<b>20</b> 0800-1700 OFFICER FREE SHOOT	<b>21</b> 0800-2000 CHP	<b>22</b>	<b>23</b> 1200-2000 NAVY PD	<b>24</b>  <i>Thanksgiving</i>	<b>25</b>	<b>26</b> 0800-1700 OFFICER FREE SHOOT
<b>27</b> 0800-1700 OFFICER FREE SHOOT	<b>28</b>	<b>29</b> 1200-2000 PROBATION	<b>30</b> 1200-2000 NAVY PD			

# Executive Director's Note . . .

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Wow! Praises and emotions filled the room at the September 21, 2011 Membership Dinner. The evening was a special time for Officer Juan Cruz-Gonzalez of Salinas Police Department who was honored with the Award of Merit for his actions in the arrest of a robbery suspect on May 18, 2011, after he observed and recognized the suspect vehicle in a surveillance video. Officer Cruz-Gonzalez was able to obtain a full confession from the suspect and Officer Cruz-Gonzalez's efforts resulted in a dangerous felon being taken off the street.



Sergeant Paul Tomasi of Carmel Police Department was presented with the Distinguished Service Award for his exceptional performance in saving the life of a surfer on July 25, 2011. Sgt Tomasi was surprised by the presence of Mr. Tim Gruber – the man whose life he saved. Mr. Gruber was joined by his wife, Teresa, and son, Brandon. After Mr. Gruber expressed his appreciation and thanking everyone involved in his near death experience, Brandon made a special presentation to Sgt Tomasi and told him, "Thank you for saving my Dad's life".

Lot's to be thankful for today and always.

The MCPOA Shooting Range at Laguna Seca repairs and remodel have been completed. To keep the floors covering clean of debris, we received a vacuum donation from one of MCPOA's Honorary Members, Mr. Sam Matar, and from Monterey County Sheriff Posse Treasurer Tom Polyniak – THANK YOU!

With a 50-inch television, Range Master John Carr is ready to take reservations for classroom use!

FOUR! The organization's biggest fundraiser, the Golf Tournament, is set and ready for you golfers on Friday, October 14, 2011, 12:30 p.m., Shotgun Start: Shamble, at Quail Lodge Golf Club, 8000 Valley Greens Dr., Carmel Valley, California. The fee of \$135 per person includes: Golf, lunch, heavy hors d'oeuvres, optional buffet dinner (add \$25 for your guest,) prizes, raffle and auction at dinner. If you don't plan to golf and want to join us for the buffet dinner, go to [www.montereycountypoa.org](http://www.montereycountypoa.org) and make your reservations on PayPal.

SCRAMP is looking for four (4) volunteers each day to work the races October 14, 15 and 16<sup>th</sup> to provide traffic control at the South Boundary Road entrance and directing patrons to the parking area. Volunteers will be provided lunch. In exchange, SCRAMP has offered to pay MCPOA for the hours the volunteers put in. If you are interested, contact Mr. Charlie Rider at 831-998-0478

If we don't see you at the Golf Tournament or the Buffet Dinner on October 14<sup>th</sup>, we hope to see you at the **Cioppino Feed, Tuesday, December 6, 2011**, at the American Legion, 1000 Playa Avenue, Seaside. Watch for more information in The Lawman and/or in your email!

Membership is now at 408! I am in the process of seeking out those LIFE members approved by the Board of Directors to create a historical record. If you are a Life Member and are not receiving the *Lawman* newsletter, send me your information by completing a membership application and return to me via email ([joyjunsay@comcast.net](mailto:joyjunsay@comcast.net)) or MCPOA, PO Box 1823, Monterey CA 93942.

Joy P. Junsay  
Executive Director



**Membership to M.C.P.O.A. is only \$20/annually**  
*Donations most welcome to help defray the costs associated  
with the newsletter and administration expenses.  
MCPOA is a registered 501 C (4).*

**2011-2012 MEMBERSHIP APPLICATION/RENEWAL**

**(July 1 to June 30 each year)**

Monterey County Peace Officers Association  
PO Box 1823, Monterey CA 93942

Name \_\_\_\_\_

Address, City, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Monterey County Agency Affiliation \_\_\_\_\_

Position \_\_\_\_\_

Retired  Active  Associate

New Member  Renewal

Annual Membership Fee  \$20

Donation  \$10  \$30  Other \_\_\_\_\_

TOTAL PAYMENT ENCLOSED: \$ \_\_\_\_\_

CREDIT CARD (VISA / MASTERCARD) NO.: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

\_\_\_\_\_  
Signature

**LAWMAN NEWSLETTER PREFERENCE**  US MAIL  EMAIL

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***Office Use Only***

RECEIVED: \_\_\_\_\_

PROCESSED: \_\_\_\_\_

ITEMS PROVIDED:

MEMBERSHIP CARD

MEMBERSHIP PIN

MCPOA DECAL