

NPDR BEAT

NORTHFIELD POLICE RESERVES

ENJOY YOUR COPY OF THE BEAT!

New look, same great news. This is *your* copy of *our* reserve's unit NPDR BEAT chalk full of timely news and views.

Take the time to read the Beat and keep it for reference with information on everything from current events, training opportunities, and patrol schedules, to timely topics you can use in both your police work and home life.

This month the Beat looks at winter weather. Yes, it will be winter once again in Minnesota despite the higher temps and rain so far.

If you wish to include an item, picture, or article, contact Reserve Capt. Moses for consideration of inclusion in upcoming editions.

Archives can be found on the web at deacon.org under the police tab.



James Wiesmueller

VOLUME 8, ISSUE 10

DECEMBER 2011

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Consider:

- Scheduling a Ride Along
- Working a hockey game with another reserve
- Attending our scheduled Meetings
- Pulling a Reserve Patrol

YEAR END PIZZA PARTY

Be sure to come to our year end pizza party this coming Monday, December 19th at 7pm.

There will be plenty of

pizza, and good cheer to go around.

We will take care of a few business items as well as some

announcements and

decisions on our meeting schedule.

Attend and bring your thoughts, suggestions, and your appetite too.

Reserve Captain Memo...



Reserve Capt. Moses

Yippee Skippee... we have the Christmas Concert behind us! Thanks for all your hard work, the time and effort you spent, the cold endured, and the smiling faces through it all. It was another job well done by each of you. Thank you especially to **Reserve Sgt. Sterling** for his leadership and dedication to the Reserve Unit. Sgt. Sterling worked all four nights and kept us all in line, or at least the traffic was kept in line :)

Thank you as well to the reserves who responded to a request for help locating a weapon over the Thanksgiving Holiday.

This was sent from the Deputy Chief...

Steve,

On behalf of Mark Taylor and myself, I also wanted to commend you and the Northfield Reserves that assisted with the shooting incident over the long Thanksgiving weekend. As Sergeant Murphy stated, this was another "shining" example of the dedication and hard work you and the Police Reserves bring to our department. Put simply, we cannot do it alone, and are in debt to your help especially when we have a major incident such as this one. You and the entire reserve membership are to be commended for all of your hard work for not only this incident, but for this past year as well. Your service to this department and to the community is second to none and is greatly appreciated.

Thanks again!

Chuck

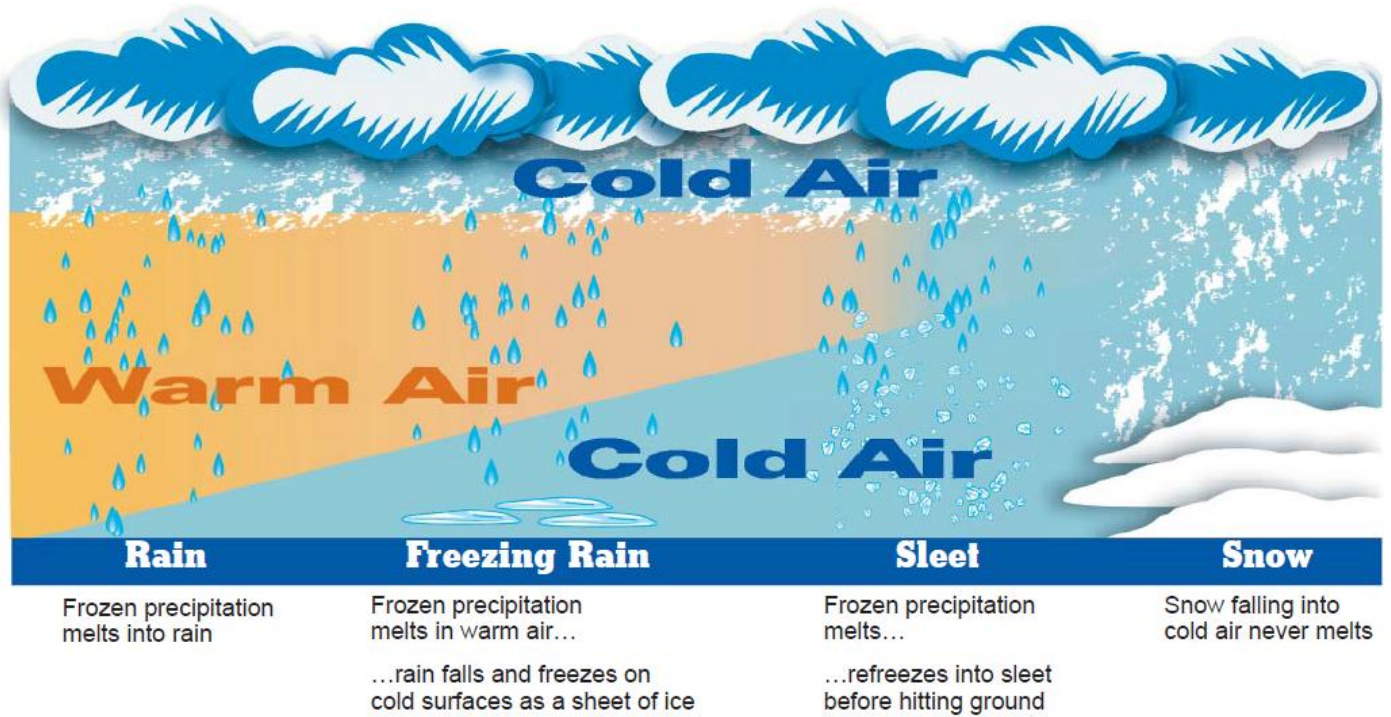
From Sgt. Murphy...

Hello all. Just wanted to say thank you to everyone for your time and commitment to the annual St. Olaf Christmas Festival this past weekend. I know we have lost a few members over the past several months that required extra hours from many of you. I heard nothing but good things about your performance and conduct. The snow storm, which seems to be an annual thing the past several years, added some challenges, but it seems you all worked through the challenges to make it work. I really do appreciate your efforts. We could not make this happen without your generosity of your time and talent.

I hope to see you all at our December meeting. Till then, stay warm and enjoy. As always, thank you for all you do for our city and department. Take care.

Sgt. Murphy

Good job everyone. **You** make this Reserve Unit one the best, thank you!



Do you know the differences?

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

Photo to the right is of Moses' place last December!



Front page winter photo, various articles, and other graphics in this newsletter came from these sources...

<http://www.nws.noaa.gov>

<http://www.redcross.org>

Hockey: Boys Varsity Winter 2011-12 Schedule (as of 9/18/11)



FROM: Tom Graupmann
RE: Coverage for High School
Boys Hockey Games

I would like to again request the presence of the Northfield Police and the Reserve Police Officers at our home, boys' hockey games.



The dates and times of our home games are listed below. We would like to have at least two officers at each game.

As in the past the officers are admitted free to these contests, and if they would like a pass to attend other home events, just have them contact me or send me a list of names and we would be glad to provide such a pass.

Thanks in advance for your assistance and for all of your help in the past. TG

I have only included the Varsity Schedule below...

Saturday, Dec 17, 2011	2:00pm vs Rochester Lourdes
Thursday, Dec 22, 2011	7:30pm vs Dodge County
Thursday, Jan 5, 2012	7:30pm vs Farmington
Thursday, Jan 26, 2012	7:30pm vs Red Wing
Tuesday, Jan 31, 2012	7:30pm vs Chanhassen
Monday, Feb 6, 2012	7:30pm vs Academy of Holy Angels
Thursday, Feb 9, 2012	7:30pm vs Shakopee
Tuesday, Feb 14, 2012	7:30pm vs New Prague
Thursday, Feb 16, 2012	7:30pm vs Chaska

Sgt. Sterling has put in dates he would like to work. Go to our online calendar and click on the hockey games your interested in to see which he is available to work. The link is listed below...

<http://deacon.org/police/npdrcalendarofevents.html>

We are also often requested at the Northfield Hockey Rink during men's college hockey games as well. Call another reserve to work together at a game, any game. Email Reserve Capt. Moses for the phone list if you lost yours.

Injuries Due To Ice and Snow

- About 70% result from vehicle accidents
- About 25% occur in people caught out in a storm
- Most happen to males over 40 years old

BE PREPARED, KNOW THE SIGNS...

Frostbite and Hypothermia

Frostbite and hypothermia are cold-related emergencies that may quickly become life or limb threatening. Preventing cold-related emergencies includes not starting an activity in, on, or around cold water unless you know you can get help quickly in an emergency. Be aware of the wind chill. Dress appropriately and avoid staying in the cold too long. Wear a hat and gloves when appropriate with layers of clothing. Drink plenty of warm fluids or warm water but avoid caffeine and alcohol. Stay active to maintain body heat. Take frequent breaks from the cold. Avoid unnecessary exposure of any part of the body to the cold. Get out of the cold immediately if the signals of hypothermia or frostbite appear.

Frostbite is the freezing of a specific body part such as fingers, toes, the nose or earlobes.

Signals of frostbite include—

lack of feeling in the affected area;
skin that appears waxy, is cold to the touch, or is discolored (flushed, white or gray, yellow or blue).

What to do for frostbite—

1. Move the person to a warm place.
2. Handle the area gently; never rub the affected area.
3. Warm gently by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.
4. Loosely bandage the area with dry, sterile dressings.
5. If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
6. Avoid breaking any blisters.
7. Do not allow the affected area to refreeze.
8. Seek professional medical care as soon as possible.

Hypothermia is another cold-related emergencies. Hypothermia may quickly become life threatening. Hypothermia is caused by the cooling of the body caused by the failure of the body's warming system. The goals of first aid are to restore normal body temperature and to care for any conditions while waiting for EMS personnel.

Signals of hypothermia include—

shivering, numbness, glassy stare;
apathy, weakness, impaired judgment;
loss of consciousness.

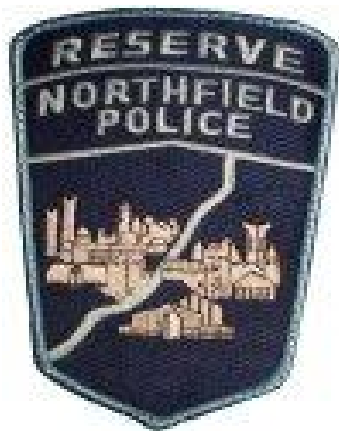
NORTHFIELD POLICE RESERVES

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Farwell to Sgt. Bill Olsen. Thank you for serving the community of Northfield for so many years with great dedication and professionalism. Your experience, wisdom, sense of humor, and skill as an outstanding officer will be missed by many. Enjoy your retirement and well earned free time!



CPI PRACTICING LISTENING SKILLS

Listening is an art, a skill, a discipline, and like other skills, it needs self-control. You must understand what is involved in listening and develop the necessary techniques to be silent and listen. You must ignore your own needs and concentrate attention on the person speaking. Hearing becomes listening only when you pay attention to what is said and follow it very closely.

YOU DEMONSTRATE
THAT YOU ARE
LISTENING BY:

- * your body language
- * echoing words
- * making eye contact
- * nods of your head
- * keeping your body open
- * leaning toward the speaker

YOU LISTEN TO:

- * show your support and help the other person(s) relax
- * show you are accepting them, and open to them
- * enable each one to speak and be heard
- * be able to ask questions to clarify
- * check assumptions
- * clear up misperceptions
- * re-state or paraphrase
- * find the key points or issues
- * provide the silence necessary to encourage speech
- * know when to bring to closure and when to test for agreements

Training notes from the Crisis Prevention Institute training on listening skills.

www.crisisprevention.com