



# NPDR Beat

June 2009

Volume 6, Issue 6

## Sgt. Mark Murphy...

### MAY'S MEETING :

- > Photos taken for New Police ID's
- > Tour of the Dispatch Center in Owatonna

**Next Meeting  
Monday  
June 15th**

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Hello all, Hope your fall is going well. Oh, forgot, it is spring almost summer. Does not feel like it. Anyway, I have to apologize for the shallow content of my contribution to the newsletter this month. I got caught off guard with June 1st being a Monday and lost track how fast our meeting was coming this Month.

We are still planning on first aid for the meeting this coming Monday, June 15th. Josh Sterling has graciously volunteered to conduct the training and Scott Sterling has donated the use of his equipment to get this accomplished. Thanks guys. There is a slim chance that Josh might have a work conflict, which would mean we would do other

training, such as patrol operations or some other topic of interest.

This weekend, June 13th, Carleton College has graduation. Thursday and Friday nights might be busy, so if there are a couple of you looking for something to do, it would be a good time to be out on foot and vehicle patrol helping out where needed.

June 18th is the Taste of Northfield Event. I would like to see at least four reserves out and about for this event. Most of the event runs from 5 p.m. to 10 p.m., so if we could get you here at about 4 p.m. and out by 4:30 p.m., but will take you when you can get here.

July 4th is usually a busy day. They start festivities in the morning with a Bike race in the downtown area that goes most of the day. Other activities will also be taking place. I would like to see two people out in the morning and into the afternoon to help out and have a presence. Starting about 5 p.m. I would like to see four out until after the fireworks.

We can talk a bit more about these events at the meeting on Monday. Sorry I don't have some deep and exciting for you this month. Take care and as always, Thanks for all you do for our community.

Sgt. Murphy





## Happy Birthday!

*June  
09 Bob Paget*

*July*

*Missed your  
birthday?  
Let Steve know.*

## FROM THE RESERVE CAPTAINS DESK...

Hello everyone, Happy October! Okay, it's not but it feels like it!!! June is quickly passing by, I hope that everyone is enjoying the summer while they can. We have several events coming up and while the weather is not typical for summer, I wanted to give a few summer reminders.

Safety is always our #1 concern so a couple things. Always remember to hydrate yourself. I hope that everyone will take an opportunity to go on Foot Patrol with another Officer or Reserve at least once during the summer. Those hot days in the sun wearing our duty gear can take a toll on us whether or not we believe it. Drink plenty of water whenever you get the chance and don't feel bad about getting out of the sun and enjoying some air conditioning periodically. I believe that every Thursday, starting on June 11th, the community band plays at bridge square in the evening. That would be a great opportunity to be out and about.

Always pair up. Whenever we go on Foot Patrol, Reserve Patrol, Events or whatever, we should always be paired up. There may be occurrences where you might have to perform a task solo. But that choice will be determined by a supervising Officer or Reserve Capt/Sgt. Even in those cases, there will be someone nearby to help if an issue arises. Know where you are and who's around you (and how to get in touch with them). Be aware of the situation so you can make informed decisions if need be. If you do not feel comfortable with performing a solo task, be sure to let that person know. It is okay and there is nothing wrong with that.

The thing that I do when I am on Patrol is to periodically ask myself if everything is fine. I do a self check and am realistic with myself. Am I hungry, tired, thirsty and so on? In a line of work where anything could happen at any time, you must be constantly prepared and vigilant. Take care of your needs as they come up.

If you wait, something could happen and leave you in a less than ideal position. Imagine needing to use the restroom and then getting a DUI stop which turns into you waiting on a Tow.

Another note on being vigilant, I say again, anything can happen at any time! It is important to think of the 'what if' scenario, talk to Officers about it. Understand the Departments policies toward Use of Force and other issues. Having meetings on a monthly basis does not give us much time to go over everything that happens while you are on Patrol. So ask yourself the difficult questions and help yourself to understand what you would do. Is it reasonable, is it what a Northfield Reserve should be doing. If you are unsure, don't be afraid to ask! Challenging yourself and the people around you is the best way to learn and grow. It is what I hope for each and every one of you. Be Safe and don't forget to enjoy yourself! As always, it is an honor to serve all of you!

**LIFE IS TOUGH.  
IT'S TOUGHER  
IF YOU'RE  
STUPID!**

### CPR COMING TO THE JUNE MEETING



**STEP 1  
CALL 911**



**STEP 2  
TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**STEP 3  
GIVE TWO  
BREATHS**



**STEP 4  
POSITION  
HANDS IN THE  
CENTER OF  
THE CHEST**



**STEP 5  
FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
30 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**

**Wear comfortable clothes to our June meeting.** Josh Sterling has graciously volunteered to conduct the training and Scott Sterling has donated the use of his equipment to get this accomplished. Thank you guys!!

**Mark your calendars now for the  
Defeat of Jesse James Days September 10—13, 2009**



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 Department  
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Reserve  
 Cell Phone

**CPR  
 training at  
 the June  
 Reserve  
 Meeting.**

## Upcoming events, a recap:

This weekend, **June 13th**, Carleton College has graduation.

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Taste of Northfield Event. I would like to see at least four reserves out and about for this event. Most of the event runs from 5 p.m. to 10 p.m, so if we could get you here at about 4 p.m. and out by 4:30 p.m, but will take you when you can get here.

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