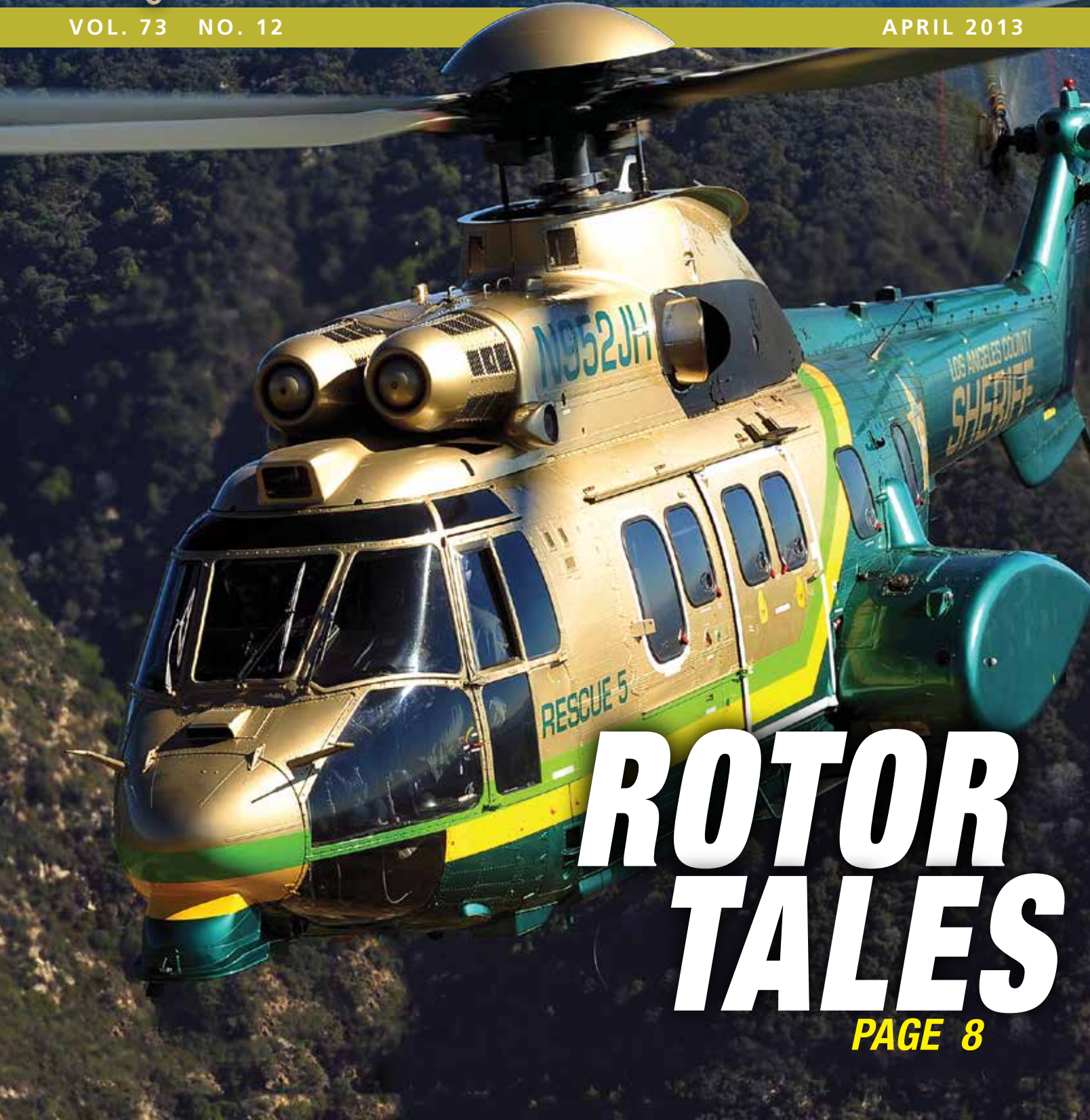
# Star News

Official monthly publication of the Sheriffs' Relief Association of Los Angeles County, California, Inc.

VOL. 73 NO. 12 APRIL 2013




# ROTOR TALES

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# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Tuesday, February 12, 2013, 11515 Colima Road, Whittier. The following officers and trustees were present: Andrew Thompson, President; John McBride, Vice-President; Josie Woolum, Secretary-Treasurer; Trustees Kerry Carter, Paul Drake, Joseph Fennell, J.P. Harris, Jake Katz, Thomas Laing, Richard Maradiaga and Raymond Peavy; Robert Ciulik, General Manager, and Carrol Leonard, Assistant General Manager. Trustee not present: Liza Vera.

The meeting was called to order at 4:35 p.m. A motion was made by Trustee Harris, seconded by Trustee Maradiaga and unanimously carried to approve the minutes of the January 9, 2013, meeting and the December Foundation expenditures.

## COMMUNICATIONS

General Manager Robert Ciulik reported that communications were received from the following during the month of January:

From Rosanne Melita to Bob Ciulik, "Thank you for the very kind and personal note from the Sheriffs' Relief Association of Los Angeles County, California. I deeply appreciate your contacting me concerning Albert's mortuary benefit.

We were married just short of 44 years, and my life without him is so very empty. He was a wonderful husband, devoted father and grandfather, and my best friend. My best to you and your family."

From Debrah Jaramillo to Bob Bouffard, "Thank you so much for getting the reclining wheel chair for my husband, Leo to use. Although he passed away so much sooner than we expected, he did use the chair. It allowed us to take him outside into the sunshine. He was aware that you were responsible for doing the research on that type of chair and we are grateful for your support and for the use of that wonderful piece of equipment.

"Enclosed is a copy of Leo's death certificate for your records. I just received them last week. The check, I must say, was spent immediately. Both the cemetery & mortuary had to be paid before the funeral.

"The flag case now holds the flag that was presented to me during the graveside service. The family and I are so appreciative of the color guard you arranged.

The star flower was beautiful and many of the friends and family commented on the generosity of the Sheriffs' Relief Association. Thank you."

From Lori Duran to Bob Bouffard, "My sisters and I would like to take this opportunity to thank you for the assistance you provided us after the death of our brother John Wolke.

"The caring assistance that Sheriffs' Relief provided to us during this difficult time made making arrangements and notifications much easier. We received so many wonderful e-mails from current and retired employees who knew John, and shared great stories about him. The flag that you provided has arrived, and will be a great remembrance of the time John spent with the Department.

"Again, thank you for everything you've done to help us through this time."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JANUARY: $81,000

MORTUARY BENEFITS PAID YEAR TO DATE: $81,000

*continued on page 4*

# Retired Deputies

**By Chickee Nelson and Don Fandry**
24 W. Winnie Way
Arcadia, CA 91007
(626) 447-6962
Email: *Chickee1@netzero.com* or *Djfandry@att.net*

NEXT MEETING:
Thursday, April 18, 2013
@11:30 a.m.
Bella Italia Restaurant
7232 N. Rosemead Blvd
San Gabriel, CA 91775

## PLEASE NOTE THE CHANGE IN RESTAURANT FOR THE RETIRED DEPUTIES LUNCHEON IN APRIL.

On February 6, the Hi-Desert Retirees got together at *Carrows Restaurant* on I Avenue and Main Street in Hesperia. Those attending were Dick and Lue Obney, Edward Ballinger, Edward and Shirley Sznaper, Joe and Sheila Ortiz, Rick and Judy Greenwood, Beth Combs, Norman and Chickee Nelson. Joe mentioned that the food was a little better than normal. I won't mention any names, Beth, but someone said they had three husbands and the fourth one she has had for 28 years! We were all talking about the Department, etc. When retired Sergeant Ray Verdugo's and Gwen Martin's names came up, we had an extensive conversation about them! See, you never know who might be remembering you. Tom Vetter's name was mentioned, too, and in a good way! Ed Ballinger had to tell us a few jokes that I cannot repeat. Not because they were bad or nasty, but because I just can't remember jokes. We meet the first Wednesday of each month at *Carrows* so come join us. Everyone is welcome.

On February 6, the Southern Oregon Law Enforcement/Fire luncheon was held at the Grants Pass Elk's Lodge. Nobody had the wherewithal to travel from parts north or east in bad weather and the regulars were off to their own designs ... Bill Patterson readying his live-in ride for a trip, Dale Yellin working (retire, for Heaven's sakes Dale!), Sue Maxwell using an "appointment" as an excuse, Bob Havercroft at a new "vacation residence" in California golfing his brains out, and Joe Kirk has moved too far away to care, which left only Rufus Horne to hold down the fort against the overpowering LAPD group! Thanks Rufie, we'll all try and be there next month! Really. For information or directions or to hear lame excuse ideas, email Sue Maxwell at *Jellybeansbobo@aol.com*.

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# Star News

The Official monthly publication of the Sheriffs' Relief Association of Los Angeles County, California, Inc.

*Vol. 73 No. 12* *April 2013*

**Official monthly publication of the Sheriffs' Relief Association of Los Angeles County, California Inc.; STARS Center, 11515 Colima Rd., Bldg. B, Whittier, CA 90604. Phone: (562) 946-7081 or toll-free (800) 544-4772. Fax: (562) 946-5302.**

COPY DEADLINE: 1st of the month for the following month. Send copy to: *starnews@lasd.org* or *carrolleonard@sheriffsrelief.org*.

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**President** ..... **Andy Thompson**
**Vice President** ..... **John McBride**
**Secretary-Treasurer** ..... **Josie Woolum**

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**General Manager** ..... **Robert Ciulik**
**Assistant Manager** ..... **Carrol Leonard**

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By Matthew Bossier
Altadena Station

Hello all,

Greetings from Altadena Station! Winter came and went quickly this year and warmer weather is upon us; thank you "Punxsutawney Phil" for predicting an early spring. We here at Altadena Station are definitely ready for the warmer weather and all that it brings. A few warm-weather events have already occurred here at the station, such as the annual Pasadena/Altadena "Black History Month" Parade attended by Captain John Benedict, Lieutenant Duane Allen, Deputy Enrique Pena and station Explorers. Thank you all for taking the time to give back to the community and participate in this event.

Warmer weather also means Baker to Vegas is right around the corner, and special thanks goes out to everyone who has participated in all the fundraising events to assist this year's team with raising money. Since our last article, our station volunteers have also been very busy participating in various events at and away from the station in addition to their normal duties. Most notably, the Third Annual Law Enforcement Volunteer Conference held President's Day weekend. The feedback I received from all who attended was positive! Thanks to all who attended the conference; your dedication to the station does not go unnoticed.

In closing, Altadena Station would like to welcome a new addition to our station family. Congratulations to Mr. and Mrs. Duane D. Allen Jr. on the birth of your first child, Duane D. Allen III, born on February 24, 2013. Sadly, during many times in our life when we welcome someone into the world, we also say goodbye to a loved one. With that said, Altadena Station is saddened to announce the untimely passing of longtime station volunteer Mr. Robert Henry Steinbacher (aka, Grandpa) on February 16, 2013. Mr. Steinbacher, thank you for your dedicated service to the community of Altadena and to Altadena Station. You are missed, but not forgotten!

Till next time!

*"Officium Veneratio Virtus!"* ☆

## Trustees Monthly Meeting *continued from page 2*

### EMPORIUM REPORT

Assistant General Manager Leonard advised the Board that we are working diligently to get orders filled by the Jail Enterprises Unit. The items are very popular.

### MEMBERSHIP REPORT

A total of 27 new membership applications were received during the month of January. A motion was made by Trustee Harris, seconded by Trustee Katz and unanimously carried to approve the following new members: A. V. Alcantara Vieyra; Bryan I. Alvarenga; Afia N. Ameyaw; Samuel Y. Baik; Nelson M. Barrios; Alonzo P. Besijos; Bertha Calleros; Nino Anthony B. Castro; Troy A. Cephers; Ya-Ching Chen; Athena O. Colon; Mariano Corona Jr.; Inna N. Dadashova; Jessica Dominguez; D.C. Escobedo-Gutierrez; April N. Espinoza; Brianna M. Garcia; Edgar Garcia; Aaron M. Gautt; Sylvia G. Giammarco; Kathryn M. Greene; Monique L. Haley-Bryant; Taylor A. Harrison; Lila D. Hernandez; Linda E. Hernandez; Kimberly P. Herrera; Jessica J. Hopper; Hrant Kuchuryan; Edward Lazaro; Edgar O. Meneses; Alberto Nava Jr.; Erica Negrete-Fuentas; Crystal S. Nunez; Jose R. Ojeda; David D. Ordaz; Flor Ortega; Cornelius A. Pettus Jr.; Tyler J. Ross; Michael P. Santos; Pritz Neilson T. Sasis; Eric D. Schoonmaker; Ma Corazon T. Serrano; Mario E. Setiawan; Fitnete Sllamniku; Ma C. Spicer; Cheng Feng Tsai; Alphonsus O. Udeh; Jessika L. Valencia; Matthew M. Van; Robert L. Wright Jr.

There were 52 new retirees, 1 death of an active member, 13 deaths of retired members, 4 cancellations of active membership, 3 cancellations of retired membership, 3 new honorary associate members and 4 deaths of honorary associate members, 1 reinstatement of retired membership and 13 members who resigned, were discharged or transferred from the Sheriff's Department during the month of January.

### SHERIFFS' RELIEF FOUNDATION REPORT

A donation was requested in support of the McArthur Reunion. A motion was made by Trustee Maradiaga, seconded by Trustee Drake and unanimously carried to make the same donation as we did last year.

The Retired Lady Deputies requested a monetary donation in support of their event this year. Last year we gave them a nice basket for their raffle. A motion was made by Trustee Maradiaga, seconded by Trustee Fennell and unanimously carried to supply another basket this year.

### SPECIAL EVENTS

A date was chosen for this year's picnic. It will be held on Saturday, September 14, 2013.

### OLD BUSINESS

A copy of the Annual Meeting agenda was passed out so Board Members would have the opportunity to go over the material. The meeting date is set for Tuesday, March 5, 2013, at 11:30 a.m.

### NEW BUSINESS

Assistant General Manager Leonard advised the Board that the collection agency that we have been using for many years, Reliant Recovery Services, Inc. has gone out of business. We will now be using the agency that First City Credit Union uses, Best Services Company. ☆

**Don't miss out on discounted ticket offers for SRA members! See the list on page 28.**

# PARKS BUREAU

By Johnie Jones
Parks Bureau

It's that Baker to Vegas time again, and as always, my words of wisdom to all the runners and those who spend time enjoying the fine establishments: hydrate, hydrate, hydrate. My hats off to all those who participate whether you are a runner or working on the support team. It's a great event, and for those who have yet to be a part of it, I highly recommend volunteering. Where else can you leave the comforts of home or a nicely air-conditioned five-star hotel to drive out to the middle of the desert where it's either extremely hot or cold? The rows of port-o-potties are quite nice, too, and a very welcome sight at times. Seriously, I've been a part of many teams and it's a great time.

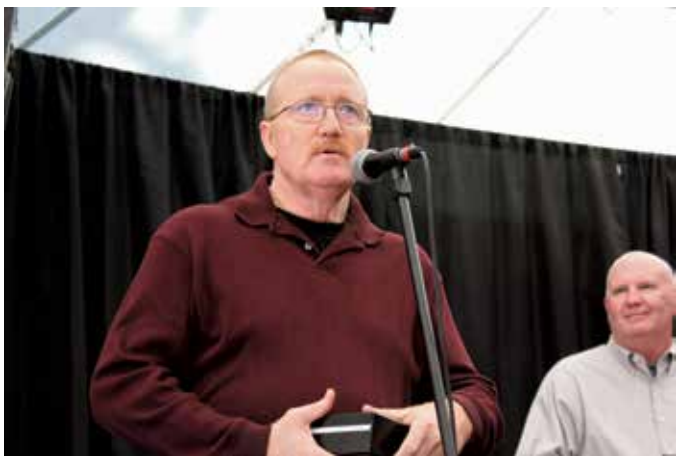
Recently, our Mounted Enforcement Detail was working Veterans Memorial Park located in Sylmar. They were going to an area that is remote and is seldom patrolled due to its inaccessibility, but frequented by the local "Taggers." On horseback, as the MED folks do their job, they came upon three young men who were sharpening their tagging skills on the water tower. One of the young men eluded immediate capture by running across a narrow dirt path, but ultimately fell down the hill. The other two were there for the entertainment of the deputies. As many have witnessed in a Three Stooges movie but rarely in real life, the final two were also trying to escape as their buddy had. Unfortunately for them, they didn't see the large horses in their way. One subject ran right into the tailgate of Dave Swanson's equine partner while Sergeant Teresa Anderson's horse was broadsided by the last subject. Teresa said her horse had just been brought back out of retirement for the day and her feelings were hurt by the incident. Sounds like a problem for Employee Relations to me. This brings us to the subject who got away. He fell down the hill and ran into the backyard of a house near the park where a small gathering was underway. He grabbed a lady there and demanded a ride from the area as the police were after him. Unfortunately for him, at this gathering were numerous members of our brothers in blue from the Los Angeles Police Department who were quite interested in his problem. He was later rejoined with his friends at the tower in a rather touching moment. You just can't make this stuff up.

After 31 years of service, Sergeant Danny Coon is calling it a career. No one likes a quitter, Danny. I think you have a few more months in you to give. I've known Danny for some time as I first met him when I was working Lennox Station (now called South Station) back in the Hot Years in the '80s. I said nothing to him as I was on training at the time, and though things are different now, we were on a "speak when spoken to or suffer the wrath" kind of plan then. I actually got to speak to him in the '90s at Antelope Valley Station, but he had nothing interesting to say. Just, kidding, Danny is a great guy although there was a question whether he or Tony Hackett was the grumpiest sergeant in the South Zone. Tony said Danny was the grump, not him. Take care my friend and enjoy your retirement, you earned it.

Speaking of Sergeant Hackett, or should I say, "Django?" He submitted a picture for this article

stating, he makes this horse look good. Looks are okay, but I'm worried for the horse due to Tony's history with off-road vehicles. Hope the horse is covered by workers' compensation.

The person responsible for editing these fine examples of literary genius, it's a stretch at best, I know, is Lieutenant Erik Ruble. He can spot a missed comma, an extra space or misspelled word from 100 yards away (if he's got his glasses on). He has a keen eye for detail that this reporter has rarely witnessed. He also is responsible for my performance evaluations, so I need to move carefully through this tale. So, he goes down to get his new duty weapon with Sergeant Tom Hill and Deputy Terrence Scuoler (taking care of the operations lieutenant, if you know what I mean, and I think you do). They ask him if he would like to buy his Beretta and he responds with the affirmative answer. They were unable to complete this little transaction due to the fact the gun was not his. OOPS! It seems as though his good friend Sergeant Vic Hess and Lieutenant Ruble were partners some 16 years ago when the exchange took place. He calls his good friend and tells him that he needs the gun back. Sergeant Hess tells him that he has upgraded his gun with a light and special sights that cost him a few bucks. Lieutenant Ruble said, "Thank you. I appreciate what you've done for my gun, now give it back." Friendship is a wonderful thing.



Until next time, enjoy a day at the park. ☆

On February 6, the Marshal's Old Timers Luncheon was held at *Villa Tepeyac* in West Covina. It is always a good time when old friends can get together. There is usually a good showing at this location and this time was no exception. Those in attendance were: Cliff Hartfield, Roger DeHaan, Jack Snyder, Julian Rincon, Richard Duran, Steve Jimenez, Dave Gonzales, Dave Grijalva, Rosie Banuelos, George Garcia, George Moore, Roger Konaski, Eugene Swanston, Al Barnett, Terry Black and Linda Braveman. Don't forget to check elsewhere in the *Star News* for future luncheon dates and locations. Terry

On February 12 to 14, the Sunshine Rollers got together at Desert Willow RV Resort in Hesperia, CA. Members present were: Thom & Linda Champlin, Dick & Marcia Cooper, Art & Joy DeGroot, Ray & Sandy Hoyal, Norman & Chickee Nelson, Steve & Ruth Powell and Claude & Dolores Waddle. A welcome was extended to our guests, Tom Lear and Rae Holtzendorff and her mother, Maxine. The April campout is to be hosted by Art & Joy DeGroot in San Dimas, April 11 to 14. The May campout will be hosted by Steve & Ruth Powell in Lake Elsinore. The June campout will be hosted by Bob & Glenda Hamburg at Flying Flags in Buellton. Rae Holtzendorff submitted her application for membership to the Southern California Sunshine Rollers and is now a member. Welcome Rae. Tuesday night we had dinner at *Spring House Restaurant*, Wednesday night we went to *Shanghi Wong Restaurant*, and Thursday night we went to *Steer and Stein Restaurant*. The weather was nice, but cool at night. We all had a wonderful time and celebrated Valentine's together. Great group of people!

On February 20, the Las Vegas Retirees got together for their monthly luncheon at the *Blue Ox* on Sahara. We ordered from the menu. Those present: Hershel Aron, John Hooge, Richard Wallace, David Galceran, Harold Winters, Jim Heslin, Jim Ellison, John Essery, Tony Silas, Joe Berger from Colusa, CA., Mary Seaton, C.J. Saunders, Doris Gainer, Gary Gray, Chickee and Norman Nelson. In case you have never heard of Colusa, it is one of the oldest cities in California and it is up north by Williams off the 5 Fwy. Joe came a long ways to attend our luncheon! LOL It was nice to meet him, and our doors for lunch are always open! We meet the third Wednesday of the month, and normally at the *Blue Ox,* unless Hershel tells us differently. Come join us if you are in town.

On February 22, there was a memorial to honor the three officers killed in the line of duty at Compton Sheriff's Station. Kevin Burrell and James MacDonald were murdered 20 years ago and Dess Phipps died in a traffic accident while responding to a call 50 years ago. Those are the only three officers who died in the line of duty in Compton's history. Every year on the 22nd of February they have a memorial at 7 p.m. in front of the Compton Sheriff's Station. Numerous police agencies attend the ceremony. The Burrell, MacDonald and Phipps families were there. Bagpipes were played by LAPD Officer Cliff Armas. Then there was an introduction, presentation of colors, National Anthem, invocation, history, guest speakers, benediction, a flyover by our Aero Bureau and closing. Attorney Mark Arnold, who was the prosecutor on the case, is now a judge and attended the ceremonies as well. Regis Thomas was sentenced to death and is still on death row at San Quentin 20 years later. The ceremony was very touching. Everyone was invited to a reception at the "Blue Room" after the ceremony to eat and watch a DVD of Compton's history. It is hard to believe that they were murdered 20 years ago by that hardcore scum gang banger. I remember when it happened and it is like it was yesterday. They gave the ultimate sacrifice while protecting citizens.

On February 23, nine of us Antelope Valley retirees met for the monthly breakfast at *Carrows Restaurant* in Lancaster. We had been absent from *Carrows* for three months, so the waitress, Peggy, was happy to see us back. Among the various conversations, information was forwarded regarding the upcoming memorial service for fellow retiree, Fred Fate, and a card of condolences was signed by those present to be forwarded to his widow, Peggy. Fred was a formidable man and the "Sheriff" in Acton for many years. Fred will never be forgotten by all of us who worked with him. By the time this goes to print, Fred's memorial will have been held on March 8th at the Highlands Church in Palmdale. From all of us retirees to our friend, our patriot, our fellow worker, may you rest in peace. God bless you. Attending the breakfast were: Mary McKain, Vance Kirkpatrick, Marvin Jones, Ron Oest, Scott Budge, Bob Bullard, Glenn Hutchinson, Gilbert Sherwood and yours truly, Carlos Valdez.

Greetings to you all. The Ole Road Warriors are back! I apologize to you all for taking a temporary hiatus from writing our little monthly tidbits. One of the advantages of retirement is that your time is your own to devote to your family if the need arises and the need did indeed arise. I wish to thank all of you for your understanding and support during this difficult period. Well now, The Ole Road Warriors met for their monthly breakfast on February 24 at *Max's Mexican* cuisine in Monrovia. This month's eatery was suggested by Herm Cortez, and I must say, it was an excellent choice. The food was very good and the servings were generous. We were joined by our oldest retiree, George Meyers, who has been retired since 1983 and is still going strong (my hero!). We had some retirees from the "elite unit" of transportation (statewide) Jim Rice, George Housos and Art Solis. Also gracing us with their presence were two guys who were the backbone of the morning chain up for court, Lee (we need more loaders) Czarnecki and Scott (scan em) Dillion. Ken Rosa was in town from Arizona and stopped in. Joining us and making a rare appearance was Larry Russo. We were also pleased to welcome Pete Farino, who retired from IRC, Steve Sandoval retired from ELA Court and Richard Smith who was part of TST from 1961-1965 and retired from the department in 1992. We sat down for breakfast at ten in the morning and the last Warrior left the parking lot about three hours later. The meals were tasty, and as always, the company was warm and pleasurable. So until next month, we hope to see you at our next breakfast, and as always, we will welcome all of our retirees to our breakfasts. So until then ...be well, be happy and be safe. Joe

Rene Delgadillo is trying to locate deputies and officers of participating agencies from Academy Class 234 for a reunion on June 8, 2013. Please contact Chris Marquis at *colgandesign@yahoo.com* or Rene at (562) 665-0277.

On June 16 to 22, the 32nd Annual Retirees Reunion will be held at the Inter-Mountain Fairgrounds in McArthur, CA. All retired members and civilian of the Los Angeles County Sheriff's Department are invited to gather together for this reunion. RVs, tents, or stay in one of the local motels in Fall River Mills. Full hook-ups, showers, laundry and 50/30 amp service for $15 per night. The reunion registration is $10 per person. Activities include golf, horseshoes, lawn darts, bocce ball, card tournament, potluck dinner, steak fry, a catered dinner, a pancake breakfast. Newly retired and surviving spouses are especially welcome. Adult participation. For more information, contact Frank and Cheryl Linley, (460) 642-2491, *fslinley@hotmail.com*; Richard or Judy Smith, (626) 444-0686, *retiredstars@earthlink.com*.

On April 1, Norman and I will be in Lisbon, Portugal, traveling and going to Germany to visit our son and family. We will be back in Brooklyn, New York, on June 1! Enjoy your retirement as it is

By Lee Davis
Community College Bureau

Greetings from the College Bureau.

In this article, I am highlighting Officer Edgar Salazar (aka, Sal). Without giving away his age, he is from the SO Academy Class #2. After graduating from the academy, he was assigned to West LA College Sheriff's Station where he is presently assigned. Young Sal has worked all three shifts during his tenure there. He has survived through four team leaders, many deputies, SOs and District employee cadets. Sal has handled many calls throughout the years that ranged from assisting the faculty and staff with unlocking classroom doors to burglary calls. He has volunteered to work countless of hours of special event overtime at his campus and throughout the Bureau.

Although Sal has seen personnel changes from within the Bureau, he has expressed the recognizable change with the relationship between the District faculty and staff members and the Sheriff's Station. He notes that, at first, when we took over the contract, the District employees were leery

about their police presence on the campus. They were not used to seeing law enforcement around when the previous agency was in place. After months of being visible, approachable and proactive, the District employees began to feel more safe and trustworthy because of the Sheriff's Department's presence and style of policing. Sal goes on to say that the administration has never been more supportive and happy that the Sheriff's Department is present on its campus and that they associate the white uniform shirts with someone who is there to help them in times of need. His personal work ethic has gained a level of respect and rapport with most of the administration, so much that they call him "Sal" or "Edgar." Sal has taken advantage of the perfect opportunity to further his education by obtaining an AA degree in Liberal Arts at West LA College.

It should be noted that Sal credits his having a safe shift from beginning to end to the training that he has received here in the Bureau throughout the years. He is always enthusiastic when it comes to sharpening his skills as a security officer and says that he can't get enough training. Sal also attributes a successful shift to his experience in working in the hotel industry prior to LASD. He realizes the importance of customer service and understands public relations. So, to all of the new Sheriff's security officers throughout the County, Sal would like to pass on a few words, and I quote, "Officer safety is ongoing. Just because things are quiet sometimes doesn't mean that crime is absent. Follow your instincts and remain vigilant." THE GREAT SALAZAR HAS SPOKEN.

## YOU NEVER KNOW WHEN IT'S YOUR TURN TO HELP SOMEONE

Early one Saturday evening at LA Southwest College, Deputy Reginald Ducree was working hard, as usual, on his campus when he responded to the gymnasium regarding a medical emergency call. When he arrived, he was informed that an off-duty Westminster police lieutenant was having a heart attack while watching his son's sporting event. As the lieutenant was being tended to, Deputy Ducree helped to coordinate the transportation efforts to Harbor General Hospital. He followed the ambulance to the destination where he made sure the medical staff was ready to receive the patient. After conferring with Sergeant Tony Rodriguez, who was a former Community College team leader now currently assigned to Harbor General Hospital, Deputy Ducree made sure that the lieutenant received the utmost care. The Westminster Police Department and the family of the lieutenant were, in turn, very grateful for all that Deputy Ducree had done. He was presented with an award for his actions by Westminster Chief of Police Kevin Baker. However, Deputy Ducree will be quick to tell you, in a loud voice, "This is what we do at South Weezie! I just hope you would do the same for me if it came to that." Congratulations are in order for this self-motivated Deputy Sheriff. Ok, Reggie, you can take that "kid in candy land" look off your face now.

Community College Bureau, Homeland Security Division, over and out. ☆

# ROTOR TALES

**By Jonathon Brick, *Aero Bureau***

## AIR RESCUE 5 TRANSITION

The Sheriff's Department's Air 5 Rescue program officially made the transition from the old H-3 Sea King helicopter to the new Super Puma on January 8, 2013.

The Aero Bureau has been flying the Sikorsky Sea King H-3 helicopter since 2000. This aircraft has served the Sheriff's Department well over the past 13 years, handling rescues, patient transports, tactical operations and personnel transportation missions.

The H-3 was first acquired by the Sheriff's Department as surplus from the U.S. Navy in 1998. It took two years to modify the aircraft to the specifications required for use on the Sheriff's Department. Four airframes were acquired, with the goal of having three available to maintain a viable rescue operation. The final transition could not have happened too soon. The Aero Bureau was down to its last flyable H-3, and it only had a few flight hours left on it before it would be put down for good.

These aircraft served in the Navy as their first all-weather hunter/killer anti-submarine warfare helicopter. It was developed to respond to the massive increase in submarines produced by the Soviet Union during the Cold War. Unlike previous aircraft, the H-3 could both hunt for submarines and engage them. The H-3 could be armed with torpedoes, depth charges or Exocet missiles. Previously this had to be done by two separate aircraft.

The Navy also used the H-3 for carrier operations. It remained at the ready to rescue pilots during the inherently dangerous carrier landings and departures. The H-3 was also used during the recovery of astronauts beginning in 1962 and served as a rescue helicopter during the Vietnam War.

The Super Puma is the first large helicopter the Sheriff's Department has acquired that was not military surplus. It is a modern, highly capable machine that is used by operators around the world. The Super Puma is manufactured by

Eurocopter, the same company that manufactures our patrol fleet of ASTARS, so there is some commonality between the two, which improves maintenance efficiency.

The Super Puma's official designation is the AS332L1. Compared to the H-3, it can fly faster, is more crashworthy, has more horsepower, significantly superior all-weather capability, with a slightly smaller fuselage and main rotor diameter.

It is considered a Transport Category helicopter, which means that pilots must have the same Air Transport Pilot rating that airline pilots have. Two of Aero's rescue pilots, Deputies Pat McKernan and Mark Burnett, have completed this advanced training and are now fully qualified in the aircraft. Deputies Mike Granek, Scott Osborne and Tom Bogdan are currently in transition flight training in the Super Puma.

Not only is flight training ongoing during this transition, extensive training is being done with the paramedics and crew chiefs from Emergency Services Detail. ESD is an integral part of the rescue flight crew. They are involved in all aspects of the flight, from startup procedures to ensuring tail rotor clearance during rescue operations in tight canyons. During this transition, ESD is adapting procedures for accessing rescue and tactical equipment, payload placement, hoist operations and a host of other details associated with the rescues and tactical missions they perform.

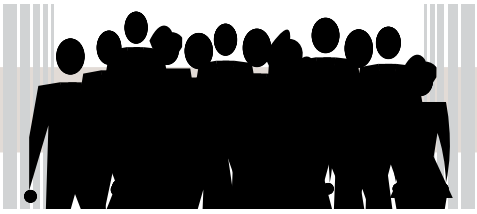
The delivery of the third and final Super Puma should take place in late March or April. Air-5 is currently operational for rescue operations on a limited basis during this transition period, with training being the priority for now. By the end of summer 2013, all the pilots and ESD crew members should be trained up and Air-5 will be back up to full operational status.

## PATROL NEWS

On February 16th, Air-24, Deputies Jim Wolfhope and Brian Barre responded to a 459N call in Norwalk's area. Just as they came overhead, they observed the suspect vehicle speeding away from the victim's house. Deputy Barre began broadcasting the location of the vehicle on both Norwalk's dispatch frequency as well as Whittier PD's frequency. The suspect abandoned the vehicle prior to the arrival of any ground units. Air-24 maintained sight of the running suspect while coordinating a containment with both Norwalk deputies and Whittier PD officers. With the containment set, Deputy Barre directed ground units to the suspect and he was taken into custody.

On February 19th, Air-21, Deputies Chuck Gonzalez and Will Tawdi assisted ELA deputies with a foot pursuit and search for a parolee with a gun. As the air unit came overhead, the ELA deputies pointed out the last location the suspect was seen. Deputy Tawdi began searching the area with the FLIR and located the suspect in an adjacent yard. At the direction of the K9 unit on scene, Air-21 used their P.A. system to do a K9 announcement and ordered the suspect to surrender, which he did.

On February 20th, Air-29, Deputies Tim Alsky and Ken Dailey responded to assist Palmdale units with a 920C call at a trailer park in Acton. A 72-year-old lady with dementia had been reported missing for three hours and temperatures were approaching freezing. Utilizing both the FLIR and Night Vision Goggles, Air-29 located the woman lying in a ditch about 100 yards from the trailer park. She had accidently fallen in while walking her dog. Deputy Dailey directed the Palmdale deputies to her location and she was rescued. ☆



# PEER SUPPORT PROGRAM

By Mike Rodi

I hope everyone and their families are doing well. This has been a challenging year for law enforcement to say the least, with the recent murders by the terminated LAPD officer. I don't like to use his name because I don't want to give him the satisfaction. His name needs to be forgotten as far as I'm concerned.

I think it was absolutely awesome to see all of the law enforcement agencies working together and bringing this tragedy to an end. Had it not been for the teams that responded up there, who knows how many more innocent people could have been killed. Great job heroes!

On March 18, 19, 20, we will hold our three-day Peer Support certification class. The class will be held at Wayside Honor Ranch (Cedar lodge). I am excited to meet the new members to our team.

In April, we are looking at having our first Peer Support meeting. I am currently looking for venues. I hope I can find a place that is neutral for all of us.

I want to thank all of our Peer Support and OIS members for what they do. All of you do such a great job in taking care of us in our troubling times. Keep up the good work.

If you have any questions about our upcoming training or our Department resources, please feel free to call me at (213) 738-3500 or email me at *marodi@lasd.org*. ☆

# LASD 32nd Annual Retirees' Reunion

**Sunday, June 16 – Saturday, June 21**

Inter-Mountain Fairgrounds
McArthur, California

All retired members including professional staff of the Los Angeles County Sheriff's Department are invited to gather together at the Inter-Mountain Fairgrounds in McArthur, California, for the 32nd Annual Reunion. The location is on Highway 299, approximately 70 miles east of Redding. This beautiful place lies between the peaks of Mt. Lassen and Mt. Shasta.

Bring your R.V., tent or stay in one of the local motels in Fall River Mills. Full hook-up camping, showers, laundry and 30/50 amp service at $15 per night. These camping fees are from June 16, 2013, through June 21, 2013. The reunion registration is $10 per person.

Activities include golf at a championship 18-hole golf course, horseshoes lawn darts, Bocce ball, cart tournaments, potluck dinners, steak fry, a catered dinner, a pancake breakfast, fishing, sightseeing or just kick back and relax. Plenty of war stories heard daily. Newly retired and surviving spouses are especially welcome. Adult participation.

**Please RSVP and for additional information contact:**

Frank and Cheryl Linley: (360) 642-2491
Tom Sargent: (530) 243-8982, *tsgt907@charter.net*
Richard or Judy Smith: (626) 444-0686, *retiredstars@earthlink.net*

# THE OPEN MIKE

By Eric Patton
Sheriff's Communications Center

Greetings from SCC. This might, in fact, be the last Open Mike written before we step foot back inside a newly renovated and fully modernized radio room. As of press time, it looks like we will be having an unauthorized "Viking funeral" for our old and outdated radio room and equipment. 10-29H plans to set fire to the pile of antiquated equipment have not yet been released, but hopefully, we will be doing that here soon.

As usual, this author is playing catch up, so the "new" news in here is now very "old" news, but as promised, here are some parting words from the now happily retired Pam Thomas, who traded her headset for greener pastures as she entered the world of retirement back in December. Pam started here at SRC on June 25, 1984 (she was 12 at the time), and almost 30 years later, she gave herself the greatest Christmas gift ever: RETIREMENT.

Via some friendly cyber stalking, I was able to get a quick update from Mrs. Thomas who writes:

*I worked at SCC for 28 1/2 years. I always really LOVED the job and my co-workers but seriously HATED that 3 am alarm clock. And that is the very best thing so far about retirement...not having to set that alarm and being able to get up when I feel like it. I also love knowing that whatever I don't get done today doesn't matter since tomorrow is another "day off."*

Thanks Pam. My retirement clock reads like my credit card statements, so I think I still have a few more decades to tackle and wade through. At any rate, congratulations on your much deserved retirement and please drop us a line now and then and keep us updated!

Of course, not everyone who starts here sticks around for retirement day. Congratulations are in order for FORMER PRD II Joseph "Young Joseph" Curiel, who traded his blue civilian shirt and headset for the tan and green uniform and job title of "Deputy Sheriff." Mr. Curiel was part of the fine men and women of Academy Class 392 who graduated on Friday Feb 1, 2013.

Naturally, some of his success and dedication can be attributed to the training he received here at SCC, as he was constantly reminded of our Department's Core Values when one of his SCC mentors removed his transmit keys one evening while he was on break and placed them right within reading distance of our Core Values poster. I am not at liberty to say who went that extra mile, but I can say this, you're welcome Joseph. I just hope he doesn't remember that "extra mile" training in a few years when he hits patrol and conducts a traffic stop on this author.

I recently spoke with Deputy Curiel and asked him to send me a paragraph or two and he shared this with me before heading off to his new assignment at NCCF:

*I miss the people and the behind the scenes aspect and action of SCC. I loved being able to help people out and do what I can for the deputies on the other end of that radio. I appreciate everything I was taught by everyone who took their time to share things with me because it has definitely benefitted me in many ways during my training in the academy and at my new assignment at NCCF.*

Curiel enjoys spending time with his fiancée and their 4-year-old daughter and is preparing for the arrival of a new baby here soon. In his rare spare time, he enjoys long-distance running and basketball as well as riding motorcycles in the beautiful Antelope Valley. (Dad must still be letting you borrow the Harley.)

Thanks Joseph. Seriously, congratulations on all of your hard work. Even though we are now down another body, we are proud of your successful graduation and promotion to deputy sheriff. Your first "official" 10-38 from the other side of the radio will no doubt sound like that of a seasoned pro.

Last but definitely not least, another long OVERDUE congratulation to FORMER PRD II Arlene Ruffin, who promoted to "Specialist" and

is now working alongside the training staff here at SCC. Arlene is awesome and her promotion left a void in the radio room and on the air, but we are proud of her continued success here at CFMB (feel free to "borrow" that "approved" stamp from the back office for our time off requests Arlene).

Now for some bloopers that have been collecting dust in my inbox:

**PLM 459V** — Inf holding susp he caught breaking into his car on the ground with a bb bat, patiently waiting for deps to arrive. (The subject was beyond cooperative with the informant.)

**SCT 415F** — Wife and mother in law in a verbal argument because wife wants to live like all of the other wives do in Stevenson's Ranch. (She is now possibly single, living alone in Lake LA as a result of this.)

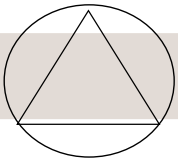
**PRV 415FT** — 2 wheelchair patrons jumped out of chairs, now fighting on the ground. (They were simply doing their interpretation of *Chariots of Fire*.)

**TEM 918 415N** — Infs neighbor naked and chanting in the front yard…again! (Just trying out her own homemade version of Miracle Grow.)

**IDT 211JO** — 3 males stole infs cart at knifepoint. (Shiny Vons shopping carts are very coveted amongst the transient community.)

**CEN 918** — Subject threatening staff with a holepunch and stapeler. (Ever seen that movie *Office Space*? Some people get VERY hostile and territorial over their staplers.) ☆

# Peace Officer's Fellowship



## STRAIGHT UP

A couple of years back, someone emailed me an audio copy of an old Jack Webb (in character as Sergeant Joe Friday) "speech" about being a "policeman." For our younger readers, Jack Webb was one of the most ardent supporters of law enforcement, especially the LAPD. He portrayed Sergeant Joe Friday in *Dragnet,* first on radio in the 1950s, then TV beginning in 1967, and was responsible for co-producing the series *Adam 12* and *Emergency*. The "speech" was made to a suspect in a 1967 episode of *Dragnet* (available on YouTube); the suspect was either a rookie cop or a recruit candidate who pulled a 211 to help pay for a wedding ring for his fiancée, who did not want him to become a cop. The speech, while a little dated, dramatic and corny, points out all the "highlights" of a law enforcement career, from being labeled a cop or the fuzz in the most negative of connotations to working alone with no one to talk to during a shift. Searching a backyard in darkness where it's unknown what or who you may find. Dealing with the elderly, pimps and prostitutes, seeing abused and dead kids, all for an "adequate" salary. Writing reports when you're right or wrong or don't know and maintaining reports on all the reports you write. Dealing with various case law decisions and being accused of violating someone's rights, dealing with defense attorneys and prosecutors and the court system. Pretty much summing up that being a cop is not glamorous and you won't get rich, but it is a dignified job that requires pride, integrity and honesty. What he doesn't mention is how to deal with such a career.

Now, don't tell me you didn't see this coming. You knew this article had to turn toward alcohol talk at some point. While much of his speech does become reality for many, it doesn't happen the same way for everybody. Maybe your reality is numerous car stops where your gun is at your hip or pointed at others; maybe guns are found during a body search, numerous entries through windows or doors searching for possible 459 suspects, or coordinating a containment or calling a pursuit. Throw in a few irate citizens, drunks, 918s, a couple of preventable TCs and you've got a patrol career. It's not necessary to have the child abuse cases or even be involved in a shooting to make life stressful, but add some of this and how much room do you have left? But how you handle the stress is what's important. I never saw Joe Friday at a bar and then stay until closing. Pete Malloy or Jim Reed never went out on a bender. Not until Andy Sipowicz on *NYPD Blue* did a TV cop show present how the pressures pile up and how some gain relief. His choice was making repeated trips to the bar, smoking and not quite thinking through his choices in personal affairs with the opposite sex.

But TV and movies aren't real life, although sometimes they emulate it. At other times, life seems to copy the screen. As a cadet in the Academy, the warning I heard about what might get cops in trouble was the three Bs: booze, bills and broads (I know, this is no longer PC, but it's illustrative and factual). There was never a real warning to any of us in the class or family members about the stress involved in the job and how it might consume some people. I don't recall any mention of seeking support or help if life got to be too much. No one spoke about the injuries one might incur, both physical and mental, except for wear and tear on the feet and back. I use a real scenario when training to illustrate "selective" peer support: a deputy who was involved in an on-duty shooting. The shooting was good and he wasn't injured, just rattled. His peers took him out drinking to calm his nerves, but failed to ensure his safety on the trip home; he was hooked for DUI. Where was his support when he really needed it? This demonstrates the need for culture change and for not using alcohol as a sedative to make problems "go away" or as a rite of passage within law enforcement. Not that I truly believe this will happen anytime soon.

The next time you think someone is heading in the wrong direction, turn them around and have that talk with them. If they don't listen, that's on them. Remember, you at least tried. And if this sounds like it describes you, have that talk with yourself and maybe even someone you trust, then check out the handy list of names that came with this article and make a phone call. Be seeing you. ☆

These people have agreed to give up their anonymity so that others who are in need of help can find the POF. Don't worry about bothering us; helping those with drinking issues is one of the ways we stay sober.

| NAME | HOME PHONE | CELL PHONE | WORK PHONE |
|---|---|---|---|
| Eric Castano* | (562) 493-5465 | (323) 537-0927 | |
| Joe Collins | (320) 684-4008 | (909) 240-0509 | |
| Chris Loomis | (626) 447-9011 | (626) 230-3137 | |
| Bob Ghan | | (714) 916-3299 | |
| Ray Terhorst | (505) 705-5656 | | |
| John Heckman | (661) 272-5756 | | |
| Marty Weirich | (360) 570-1216 | | |
| John Valencia | (909) 599-1160 | (951) 316-3633 | |
| Kathy King | | (714) 323-8600 | |

**Active LASD*

**Updating your beneficiaries with the Sheriff's Department does not update them with SRA.**

Please call today for a form to update or print the form from our website.

By Lamont Stringer
Malibu/Lost Hills Station

Greetings from the sunny west side of the County.

## MONTHLY HEADLINERS

Congrats to Deputy Erin Jefferys on his promotion to FTO. He will promote and transfer to West Hollywood Station.

Congrats to Deputy James Stafford and Deputy John French on their promotions to FTO. They will promote and remain here at Lost Hills Station. We also congratulate Deputy Rafael Mejia and Deputy Oscar Najarro for successful completion of patrol training.

We want to bid farewell and good luck to Deputy Katie Williams, who will lateral transfer to the San Mateo Police Department, Deputy Maria Villalobos, who will transfer to Custody Support Services, Deputy Joshua May, who will transfer to Transit Services Bureau, and Deputy Carolyn Garrett, who will transfer to Marina Del Rey Station. Thank you all for your hard work and positive contributions to our station.

## STATION EVENTS

Malibu/Lost Hills Station hosted a "Juvenile Parenting Program" event in the station's assembly room. The program covered topics such as parenting, substance abuse, truancy, suicide, cyber bullying and other issues parents are faced with. This was a great opportunity to learn about trending problems challenging today's youth and how our station's Juvenile Intervention Team is dealing with them.

Sergeant Tui Wright and the Malibu/Lost Hills Search and Rescue Team (MSRA) conducted an "Active-Shooter Training" (multiple

scenario) at Topanga Elementary School in the unincorporated County area of Topanga. Also participating in this event was Sergeant Hugo Mosquera (Detective Bureau), members of the Juvenile Intervention Team, Station Reserve deputies, deputies from various Countywide patrol assignments and outside agencies. The training was part of the Sheriff's Department's ongoing preparation effort in the event of an active shooter incident. The training cycled through more than 30 officers and deputies in real-life scenarios featuring two active shooters and multiple adult and child victims. Conducting the scenarios with other agencies provided deputies and rescue team members the opportunity to learn additional tactics, facilitate interagency radio and interpersonal communications and prepare for the eventuality that multiple agencies would be called upon to respond to an active-shooter incident, each having different training, equipment and procedures. The end goal for the training was to give deputies and officers the training needed to stop such an incident and save lives.

## NOTABLE INCIDENTS

Deputies arrested a 50-year-old Moorpark resident for burglary on January 3, 2013.

*continued on page 14*

# COUNTY SERVICES BUREAU

By John Coleman
County Services Bureau

### DEDICATION

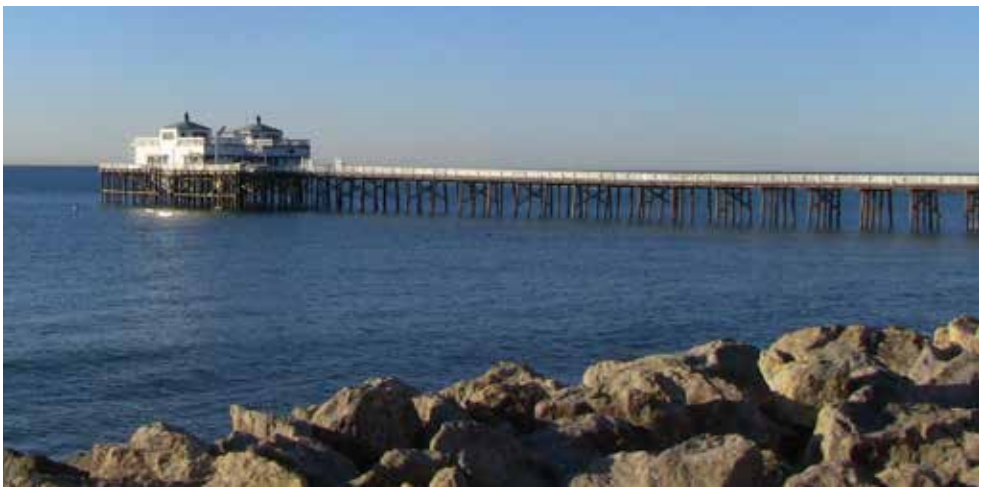
I was told a story a few days ago about Sheriff's Security Officer Salvador Ruiz-Gonzalez, who works at our Exposition Park DPSS office. His goal is to become a deputy on our Department. To make his goal a reality, he started his quest to get in shape and lose some weight. I am told he rides his bike to work, works out five days a week and sneaks in extra treadmill sessions during his lunch break. Deputies Marlene Beringer and Gabriel Calderon will stop by to give a few extra words of encouragement to help keep him motivated. As you can see in the accompanying picture, he is also a frequent participant in our Department's Mug Run Series. All told, in the last year and a half, he has lost over 120 pounds and counting. I would say he is definitely on the right track to obtain his goals. Keep up the good work Salvador.

### SSO OF THE YEAR

Not long ago Sheriff's Security Officer Roy Olivares was given a special award by our bureau. Captain Chuck Stringham honored him with the Sheriff Security Officer of the Year Award. He earned the award for his hard work and leadership skills he has demonstrated while working at Rancho Los Amigos Rehabilitation Center. Congratulations Roy.

Until next month, stay safe. ☆

## Malibu/Lost Hills Station *continued from page 13*



A witness called the Sheriff's Department after they observed the suspect break into a vehicle parked on Pacific Coast Highway. The handling unit quickly put out a crime broadcast, which allowed an assisting unit to locate the suspect as he was driving away from the location. After a short vehicle pursuit, the suspect bolted from the vehicle he was driving and ran into a ravine where he attempted to hide from deputies in the tall brush. Responding deputies contained the area and conducted a search. A short time later, the suspect was located and taken into custody. Deputies searched the suspect and recovered the property taken during the vehicle burglary along with a stolen checkbook. During the investigation that followed the suspect's arrest, detectives discovered that some of the personal checks from the recovered checkbook were used to fraudulently purchase several thousand dollars worth of goods and services.

On January 9, 2013, deputies responded to a "shots fired" call in the city of Malibu. As they were driving to the location, the call was updated to an "assault with a deadly weapon" call and a suspect vehicle was identified fleeing the location. Deputies arrived at the location and located a victim with a single gunshot wound to the chest. Emergency medical personnel also responded and transported the victim to the hospital. Assisting units located a vehicle matching the description of the suspect vehicle. They conducted a traffic stop and detained the suspect (27-year-old Malibu resident). During the inquiry, deputies located a semiautomatic assault rifle and handgun inside the suspect vehicle. They also discovered the suspect was wearing body armor and that he lived next door to the victim. Detectives who responded to the crime scene were able to determine the shooting was the result of an argument between the suspect and the victim. The suspect had driven to the victim's house and confronted him in regards to an allegation of trespassing. The investigation also revealed the suspect had additional firearms in his residence.

Patrol deputies were dispatched to a residence in Malibu in response to an embezzlement complaint. The victim stated she discovered a woman who she employed as her nanny (Los Angeles resident) embezzled as much as $200,000 from her. When the victim learned of the theft, she confronted the suspect via telephone at which time the suspect admitted to taking the money. The victim had limited personal information about where the suspect resided, however, she did have the suspect's Social Security number and cell phone number. With this information, detectives were able to track the suspect's phone. The tracking led to a several block area in the city of Los Angeles. With the assistance of the station COPS team, detectives set up a surveillance operation in the area. The surveillance eventually led to the location of the suspect and a subsequent arrest. ☆

# OCEAN VIEWS

By David Rozas
Lomita Station

Lomita Station's energetic PM Shift watch commander, Lieutenant John Wolak, recently experienced the "once in a lifetime" privilege of participating in the annual Senshu Marathon in Osaka, Japan. This opportunity was made possible because of the cohesive bond the city of Lomita has with its sister city Takaishi, Japan. Each year two athletes are selected to represent the city of Lomita in this prestigious race, competing against 5,000 runners on the other side of the globe. Oh, by the way, the temperature for the start of the race is usually near 30 degrees, and the race must be completed in less than 4 ½ hours. Stragglers are picked up by passenger vans commonly referred to as "shuttles of shame."

Proving there is no shame in his game, Lieutenant

Wolak, along with the other Lomita representative, Rosie Borchert, finished the marathon in a highly respectable four hours.

The city of Takaishi provided airfare, accommodations, sightseeing and interpreters for the two Lomita delegates. Along with the marathon, Lieutenant Wolak and Ms. Borchert met with Takaishi city officials, sister-city representatives and many residents of Takaishi. One highlight of the trip was a visit to an elementary school and junior high school. At the junior high school, Lieutenant Wolak had the opportunity to assist with an English language lesson. The students also performed a rendition of songs from the movie *Sister Act*. As an ambassador for the Sister City Foundation, we know that Lieutenant Wolak represented the Sheriff's Department, the city of Lomita and Lomita Station with dignity and professionalism. In turn, his journey to the Far East provided him with memories he will cherish forever.

Congratulations are in order for two "Top Cops" at Lomita Station: Deputy Juan Lara and Detective Dave Peterson.

Deputy Lara was recently honored by his peers as the Lomita Station Deputy of the Year for 2012. Deputy Lara's assertive police work and detailed field investigations have resulted in several quality arrests, which no doubt played a significant role in reducing our Part I crimes during the latter part of the year. Deputy Lara went on to receive "Community Hero" awards from the Lomita Chamber of Commerce and the Lomita Veterans of Foreign Wars Hall Post #1622.

Detective Peterson was recently recognized by the local Elks Lodge for his tenacious handling of a few identity theft cases wherein upwards of 50 victims were identified. Detective Peterson's patience and persistence paid off with the eventual apprehension and conviction of the culprits. Way to go Juan and Dave!

Speaking of going, I must admit that we are coming to the end of an era at Lomita Station with the retirement of three "stand-up" gentlemen: Sergeant

Keith Taylor, Deputy Ruben Lopez and Detective Randy Oviedo. Sergeant Taylor is retiring to the good life after 30 ½ years of dedicated County service. Of course, he will be plenty busy thanks to his "gig" at *Dancing with the Stars*. However, Keith couldn't leave without his last "Gotcha" of our Traffic Sergeant Steve "Ponch" Eschagary.

Deputy Ruben Lopez, the longest tenured deputy at Lomita Station, is retiring after 30 years. During his illustrious career, he became something of a celebrity on the Palos Verdes Peninsula. His unyielding drive to rid the peninsula of menacing drivers led to a local restaurant printing T-shirts of his likeness. And, in what may have been the ultimate compliment, Deputy Lopez had a game piece created after him for the Palos Verdes version of Monopoly. Yet, with all the accolades he has received, including the Legendary Lawman Award last month, Ruben is most proud of his work as the Lomita Station Explorer Post Advisor. Over the past 15 years, Ruben transformed the program into one of the premier posts throughout the County. The Explorer Post has been lauded by many service groups and has been named LASD's "Post of the Year" on several occasions. Ruben's lasting legacy is his investment of time and energy in the lives of young men and women who came through the

*continued on page 16*

## Lomita Station *continued from page 15*

Explorer Program. Some have gone on to become deputies, some have pursued higher education, some have started businesses, yet all have set a course for success thanks to Deputy Lopez.

Considering that events often "happen in threes," I certainly don't want to forget Randy "I once was a Marshal" Oviedo. According to Randy, back in the day, it was the Marshal's Office and LA Rams football. Well, things change with time. The Marshal's Office folded neatly into the Sheriff's Department and the Rams moved to St. Louis. Although Randy's expertise was in a courtroom, he wanted to experience the thrill of going "10-8." After a stint at Century Station, Randy transferred to Lomita Station, and for the past 20 years, he has called this station home. Randy was one of the original Community Resource (CO.RE) Team members that helped to launch the program and develop it into one of the top 50 police programs in the country. His efforts didn't go unnoticed as he was selected to join the Surveillance and Apprehension Team (SAT), where he received many accolades for his hard work and dedication in capturing several "career criminals" that achieved notorious status in Lomita and throughout the Palos Verdes Peninsula. Randy was selected as "Deputy of the Year" on several occasions and even rode as the guest of honor in the annual Holiday Parade in the City of Rolling Hills Estates. The cities of the Palos Verdes Peninsula owe you a great deal of gratitude.

Keith, Ruben and Randy, the men and women of Lomita Station salute and applaud you for your outstanding careers. We will miss your presence, your dedication, your loyalty, and most of all, your friendship. We hope retirement treats each of you as well as you have treated each of us.

A few weeks ago a grateful resident dropped off some delectable delights for station personnel. The main station hallway was lively as the watch commander barked out orders to get tables set up. The commotion and scent of the food drew out our dayshift jailer, Greg Belluomini. As other station staff piled their plates high, Greg pretended to walk by as if going to the secretariat with a booking packet, acknowledging everyone and making comments about their abhorrence to their New Year's diets. Greg didn't miss a beat as he did his patented "Belluomini Swivel," spinning around on a dime and cutting in line so he could make his way down the table in his quest to enhance his caloric intake.

Deputy Naomi Cabrera declared she needed to be comfortable when she went to qualify. Her idea of "comfortable?" Bright pink shorts, pink t-shirt and black hoodie. While the look may not work for everyone, she claims she it helps her shoot better. I do not believe the Department will be adding this attire as a uniform option.

That's it from the crown jewel of the County… Stay safe !!! ☆

# R.F.D. SOCIAL CLUB

*Invites you to the Annual May Luncheon & Meeting*

**11 a.m. - Social Hour | Noon - Lunch**

Italian Buffet, includes coffee or tea and dessert
(wine, beer and soft drinks available)

Cost: $35 for members | $38 for guests

**Saturday, May 4, 2013**

At Wilson Creek Winery, Champagne Ballroom
35960 Rancho California Road, Temecula, CA 92591
(951) 699-9463
*www.wilsoncreekwinery.com*

For further information, please contact:
Judy Preimsberger (951) 699-6619 *pberger30@verizon.net*
RoseMarie Johnson (775) 751-8451 *nvwren@aol.com*

By John Hanson
Major Crimes Bureau

Greetings from the Majors. We hope this article finds our past and present family members well. By the time this article is published, we will have said goodbye to one of our leaders, co-worker and friend, Lieutenant Craig Ditsch. Craig dedicated over 28 years of service to the citizens of Los Angeles County and has left his impression on many careers, including that of yours truly. We wish Craig and his family all the health and happiness in retirement, and we hope to see him at many Department functions in the future.

Recently, members of Surveillance Team Two attended a weapons and tactics training at the MCB shooting range. As the team members were throwing some lead down range, Rudy Santana (former winner of the MCB best dressed award) felt a warm stinging sensation on his right calf. When Rudy looked at his leg, he noticed he had sustained a ricochet wound. It was not the pain or the scar on his beautiful, hairless leg that was bothering Rudy, it was the damage to his perfectly shrunk and faded True Religion jeans (retail value $250) that was hurting his heart. I think Rudy will work through this one to find his happy place.

Speaking of high fashion, a special shout-out goes to our own clothing designer Michael "Versace" Knieriem. He was seen sporting his own designer jacket at a search warrant operation. Michael has named his new line the Sheriff Capri Jacket. As you can see, the sleeves are long enough to protect the elbows from the cold, but short enough to show off your fancy watch or jewelry. The fashion world is now awaiting the arrival of the Capri BDU tactical pants just in time for those hot summer operations. I can hear the commercial now, "Long enough to protect those knees, but short enough to let those ankles breathe." Watch out Calvin Klein.

We have also learned that our friends, Lieutenant Tom Grubb and Sergeant Eric Toussant, will be retiring in the near future. MCB would like to thank both Eric and Tom for their leadership, friendship and work over the years. You will be missed. We would also like to welcome Detective Anthony Fernandez to Sat 3 from South Los Angeles Station.

Finally, Metro's Marc King recently wanted to change his look from healthy homeless to modern Maher. What's next, Staley style (Husky and hairy)?

All in fun until next time. ☆

# L.A. County Retired Marshals Lunches for 2013

## *ALL LUNCHES ARE SCHEDULED FOR 12 NOON*

**April 3**
Marino's Italian
17126 Bellflower Blvd.
Bellflower

**May 1**
Yang Chow
3777 E. Colorado Blvd.
Pasadena

**June 5**
Northwoods Inn
14305 Firestone Blvd.
La Mirada

**July 3**
Beachwood Brewing
210 E. 3rd Street
Long Beach

**Aug. 7**
Villa Tepeyac
2200 East Garvey Blvd.
West Covina

**Sept. 4**
Johnny Rebs'
16639 Bellflower Blvd.
Bellflower

**Oct. 2**
Elephant Bar
12002 Lakewood Blvd.
Downey

**Nov. 6**
Marino's Italian
17126 Bellflower Blvd.
Bellflower

**Dec. 4**
Northwoods Inn
14305 Firestone Blvd.
La Mirada

# The Chaplain's Notebook

**Chaplain Elmer Riley**
San Dimas Station

## "I NEVER KNEW HOW MUCH IT COST"

Well, I never knew how much it cost for all of your parents to see you put on the star. At that very moment, they knew the risk you were taking to protect even those who would insult you, falsely accuse you, and would in some instances, even cause you bodily harm if possible. The song goes on to say, "I never knew how much it cost to see my sins upon that cross." Somehow I personally connected the theme of that song with my own son putting on the Armed Forces uniform to go to the Afghanistan war zone as a Navy-Marine chaplain. It cost me plenty, though, I am very pleased with him. He has honored me, his father, and is doing exactly what he was raised to do. So are each of you. No one puts on the star without a great sense of duty.

I am proud to be a Sheriff's chaplain, not because I get to wear the cool green shirt with a star on it, but because I get to serve the great core of men and women serving as "deputy sheriffs." When the road gets rough, and you feel like nobody cares, it is the time you most will approach the character of that one man who said, "If possible take this cup away from me." Yet He proceeded to do what He was called to do. We just celebrated the Passover, the protection of those whom God loves, and we just celebrated Easter, the culmination of all the promise the Lord has for each of us. My prayer for each of you every time I hear a siren or see a Sheriff's car is that the Lord will protect you and keep you safe. As you continue doing the task you were called to do, keep in mind that the rewards of the righteous are plenty.

*Psalm 1:1.6:* Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. … the LORD watches over the way of the righteous, but the way of the wicked will perish.

May the Lord keep you in the palm of His hand.

Chaplains can be contacted at their units of assignment or by calling (213) 738-3500. ☆

## ☆ IN MEMORIAM ☆

| | | |
|---|---|---|
| FRANK R. BUTLER | RETIRED 10-28-78, DECEASED 02-13-13 | SERGEANT/INTERNAL INVESTIGATIONS BUREAU |
| GAYLLOYD H. COX | RETIRED 01-24-94, DECEASED 01-31-13 | SERGEANT/WEST HOLLYWOOD STATION |
| NICHOLAS DEL MESE | RETIRED 04-20-87, DECEASED 02-24-13 | SERGEANT/WEST HOLLYWOOD STATION |
| GERALD J. JANSEN | RETIRED 10-03-95, DECEASED 01-30-13 | DEPUTY IV/HOMICIDE BUREAU |
| GREGORY M. MARTINEZ | ACTIVE MEMBER, DECEASED 02-22-13 | DEPUTY/CARSON STATION |
| JAMES A. ORR | RETIRED 03-26-91, DECEASED 02-23-13 | SERGEANT/PICO RIVERA STATION |
| ANTHONY M. PACHOT | RETIRED 01-07-08, DECEASED 02-11-13 | BONUS DEPUTY/AERO BUREAU |
| DANIEL H. PAKIZER | RETIRED 02-28-12, DECEASED 02-17-13 | DEPUTY IV/LANCASTER COURTHOUSE |
| JANE S. PRICE | RETIRED 06-30-85, DECEASED 12-23-12 | CLERK/RECORDS AND IDENTIFICATION BUREAU |
| VIRGINIA WEAVER | RETIRED 11-30-03, DECEASED 02-04-13 | TELEPHONE OPERATOR/INDUSTRY STATION |
| HERBERT L. WOOD | RETIRED 04-23-64, DECEASED 01-26-13 | DEPUTY/JAIL WARD - CUSTODY |

CHRISTINE ARTHUR, WIFE OF RETIRED MEMBER JOHN D. ARTHUR, DECEASED 01-22-13

MARY H. BRADY, WIFE OF RETIRED MEMBER JOHN M. BRADY, DECEASED 11-11-12

NDIDIAMAKA EZEH, WIFE OF ACTIVE MEMBER GEORGE N. EZEH, DECEASED 02-19-13

FRED FATE, HUSBAND OF RETIRED MEMBER MARGARET D. FATE, DECEASED 02-11-13

BETTY MONTGOMERY, WIFE OF RETIRED MEMBER JAMES L. MONTGOMERY, JR. DECEASED 02-18-13

JANET L. O'NEILL, WIFE OF RETIRED MEMBER JOHN J. O'NEILL, DECEASED 02-06-13

By Jacob Goble
Pitchess Detention Center, North Facility

## BAKE SALE FOR MARCH OF DIMES

As part of the March of Dimes fundraiser, North Facility was able to raise over $200 by hosting a bake sale. Senior Deputy Gurrola spearheaded the event and many of our employees contributed baked goods. The spread was indeed so impressive that we couldn't get a camera in time to get a picture of it all before it was gone. The one photo we were able to get of the event is of Senior Gurrola's "Blueberry Pancake" cupcake. There were also brownies, cake pops, LASD star-shaped cookies, muffins, mini bread loaves and other cupcakes to tempt our employees away from their New Year diet resolutions.

The March of Dimes Foundation was started by President Franklin D. Roosevelt in 1938 to fight the polio epidemic in America. It was originally named the National Foundation for Infant Paralysis, but changed over time because of the marketing campaigns that asked each child to drop a dime in receptacles all over the country. In 1955, the Salk vaccine eliminated polio, but not before the Foundation had spent over $200 million on patient care. Today, the Foundation focuses its efforts on the prevention of birth defects and infant mortality.

## THE CASE OF MISSING JACKETS

Strange things sometimes happen to unattended property. Clothing left behind is not stolen or vandalized by fellow Department members, but it is occasionally repackaged in an attempt to better preserve it until the rightful owner can claim it. It's like what happens if a loved one leaves some food out at home. If you see it sitting out, you're likely to put it in the fridge where it belongs.

Take these two jackets, for example. They were both left behind by early morning supervisors (Senior Boyd and Sergeant Lynch) and were both tended to carefully by Day Shift personnel. Senior Boyd's jacket was protected from mold and mildew by a "breathable" paper wrapper and placed in an inconspicuous place so there was no way he could miss finding it. Sergeant Lynch's jacket was concealed from dust devils and protected from coffee spills in the ceiling tiles of the watch sergeant's office.

## THE TECH SERGEANT SPEAKS

Early Morning Shift Sergeant Gallegos wanted me to remind everyone that if you repeatedly enter your user name where your password goes and try to log on, you will eventually be locked out of your own account for an hour. If you have any questions, you can shoot her an email (if you're not locked out of your account).

## INS AND OUT

Congratulations to Deputies Nemeth, Stowers and Wilson, who recently graduated from Academy Class #393. Welcome to your new facility. I'm confident you will fit right in around here.

## IN CLOSING

So in closing, keep an eye on your gear, leave no clothing article behind and recognize a good cause when you see it. Until next time: Stand tall, stand proud, North Facility out. ☆

By Dan Campbell
Director of the Explorer Institute

## THE INSTITUTE

The students filed into their college class and took their seats. Roll was taken, homework collected and the class began. This classroom scene is typical for most colleges as they start class. But this class is unique because it is only open to current LASD Explorers and held at Sheriff's Headquarters. The students in this particular class represent station posts from East L.A., Lakewood, Industry, Century, Cerritos, Marina Del Rey and Santa Clarita.

The instructor continued the class on corrections. He interrupted his class by dividing the students into groups. These groups then discussed a jail gang fight scenario. Emphasis was placed on using critical-thinking skills. Different scenario solutions were explored by the various groups and several good answers came from them. The class continued, but was interrupted again with a role-playing exercise concerning a suicidal inmate. The Explorers were forced to step outside their comfort zones and given a chance to improve their verbal skills. The classes are limited to 25 so that there is plenty of time for all the students to participate in the activities.

The Explorer Institute was a vision formulated by Sheriff Baca and Matt Johnston of SBBCollege. These two leaders outlined a program of several criminal justice courses and one personal development course. The courses were designed with several goals in mind. First, the Explorers should learn something about specific areas of law enforcement. Second, the Explorers should learn something about themselves, such as their learning styles. And third, the Explorers should be rewarded with a little fun because they perform many important functions at the stations. The courses are designed to focus on the academic development of the Explorers because a brain with valuable critical-thinking skills is the greatest tool a deputy can possess. The Explorer Institute is just another piece of the developmental puzzle for the Explorers. The Institute is meant to complement the good work advisors perform at the posts by focusing on academic skills. The Institute seeks to encourage Explorers to continue their formal education, which will assist the Explorers if they enter a law enforcement academy and with their careers down the road.

The other classes include one focused on patrol, crime scene investigation and one on personal development. Each course includes a field trip. Past field trips have included a chance to fire various weapons at the range, a tour of the Forensic Science Center and tours of different custody facilities. Guest speakers are scheduled and discuss various aspects of law enforcement. The students always look forward to the guest speaker who brings his four-legged canine partner. Each course runs for 10 Saturdays with four classes offered in a 12-month period.

All the courses end with a final exam and a potluck luncheon. This is valuable time for the Explorers to create lasting relationships by sharing some laughs with Explorers from other posts. There are some great dishes brought in and no one goes home hungry. Contact Sergeant Britta Kjellstrand in the Reserve Forces Bureau for further information. Explorers can also register for future courses at *www.explorerinsititute.com*.

## EXPLORERS VISIT IRC

Guest badges were passed out to each Explorer and the tour of IRC started. This tour was part of the Explorer Saturday class and was arranged by Sergeant Britta Kjellstrand (RFB) for the Explorer Institute.

The purpose for the field trips is to give Explorers a chance to look at the many functions that the Sheriff's Department is responsible for. It is one thing to read about a custody facility, but it is another to walk through one and take in the "pleasant smells" and hear the many sounds that echo down ramps and through corridors.

The tour continued by examining the many functions that deputies perform in IRC. Explorers were given the opportunity to ask questions and learn what it's like to work in a custody facility. This tour reinforced concepts that are taught in the corrections class, such as learning how to maintain control of inmates, studying symptoms of U.I. subjects and intelligence gathering. On behalf of all the Explorers, the Explorer Institute would like to thank the hardworking staff at IRC. Thank you for a great learning experience. And a special thanks to Deputy Aragon (IRC) for a very informative tour. Visit *www.explorerinstitute.com* for more information about the Explorer Institute. ☆

By Jenna Underwood-Nuñez
Century Regional Detention Facility

Hey, batta, batta." CRDF represented itself proudly with two co-ed teams at this year's County softball tournament. Both teams played South L.A. Station, Twin Towers Correctional Facility, and lastly, they played against each other. Those involved said it was a fun and unforgettable event once again. Senior Kelly Hicks and Deputy Tom Fertal captained the teams and can't wait for next year.

CRDF B2V team also showed its Department pride and attended Academy Class 393's colors run. It is so great to see the pride and enthusiasm on the recruits' faces as they are singing cadence with their drill instructors. They looked and sounded so good. Congratulations Class 393 and former CRDF employee, Recruit Irma Sanchez!

I received an email and thought I would share it with you so the people recognized in it would see the profound impact they truly have had on others. In short, it stated, "Ma'am can you add this to next month's *Star News*? Both of these Deputies (Gilbert/Godinez) are amazing leaders and I feel they need to see that. As I returned from a recalcitrant inmate call these thoughts came to me and I wanted to share them with you. Deputy Alejandra Godinez always responds to ERT responses and suit ups even if she is not assigned to the team that day, she is always helping make sure everyone has all their equipment and is ready to roll quickly as well as safely. I always see Deputy Dawanna Gilbert hustling down the halls making sure she is taking care of the entire tower's prowling duties. Both deputies are tremendous partners in that they always respond to 415 radio traffic (whether it is deputy or inmate involved). Not only do they respond to ensure their partner's safety, they put in the extra time on top of their duties to help trainees grow and develop from the experience through paperwork or discussions on the situation in general. They take on the leadership role, with the understanding the only reward is knowing they can make a positive difference for their trainees. Having the privilege of working with and learn from both of them has made me a better deputy."

After reading that, I knew I had to share it. Thank you Deputy Gilbert and Deputy Godinez for your outstanding impact on others.

As always CRDF believes in "Excellence through people," like you! Keep up the amazing and unforgettable work CRDF. ☆

By Yvette Medrano and Yvonne Mendez
The Civilian Advisory Committee

We would like to start our article off by congratulating Court Services Division Civil Management Unit in becoming a bureau. It has been many years in the making, and in February, it was approved by our Sheriff and CEO! It will now be referred to as the Civil Management Bureau!

This month we have a lot of Civilian Advisory Committee news for you. Court Services Division had the honor of hosting CAC's February meeting, and as always, we covered a lot of topics. A special thank you to our guest speaker Sergeant Keith Gibbons of Civil Management Bureau who gave an excellent presentation on our new innovative and technological improvements. Welcome to all the new CAC members: Yvonne Mendez from Court Services Division; Tonya Heywood of Field Operations Region I; Jorge Ruvalcaba from Field Operations Region III and Tracy Wright-Carter from Leadership and Training Division.

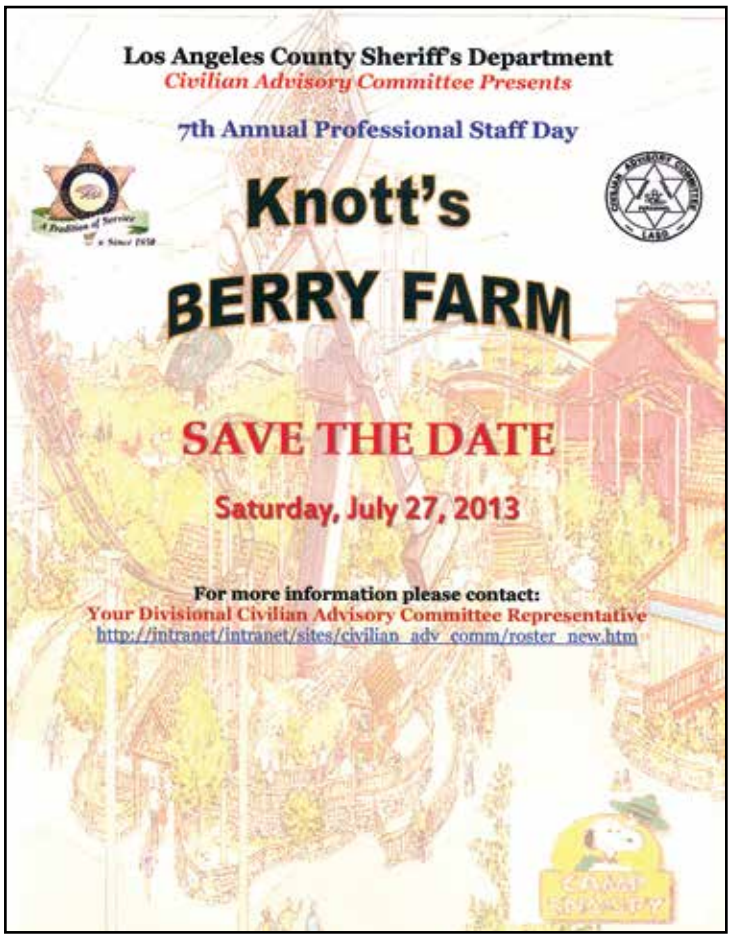
We set our date for our Annual Professional Staff Day for Saturday, July 27, 2013. This event is a wonderful day when we can recognize one civilian employee from each division for their outstanding work. This year it will be held at Knott's Berry Farm in Buena Park. The event, which includes a buffet of food and a fun-filled day, is something all employees and their families can enjoy. Price and more details to follow soon! Save the date!

Since our annual fundraiser event at the Brea Improv Comedy Club has been such a success for the past two years, we've decided to continue the fun. Don't miss out, Save the date: Sunday, June 2nd! Tickets will be on sale soon and sell out quickly. It's full of fun and laughs with family and co-workers on a Sunday afternoon!! Tickets are $35 each with meal included! Hope you all can join us!!

## GOODBYE TENSION, HELLO PENSION!

It's bittersweet to bid farewell to our longtime CAC Representative Margaret C. Archibold of

*continued on page 23*



By Christine Ostrander
Norwalk Station

## SHERIFF RESERVE COMMANDER

After 38 years of service with the Norwalk Sheriff's Station, Reserve Commander Patrick Cleary has retired. For the past 27 years, Commander Cleary has worked as Unit 45R, serving the residents of the City of Norwalk every Friday and Saturday night. Prior to his Norwalk assignment, he spent 11 years serving the residents of unincorporated Whittier as Unit 48R.

Hired as a Reserve Deputy by the Los Angeles County Sheriff's Department in 1974, Patrick rose through the ranks of the reserve program and was awarded the Meritorious Conduct Medal for his involvement in breaking up a vehicle burglary ring during his reserve career at Norwalk Station.

In addition, Patrick served the City of Norwalk in the City's Department of Public Safety for nearly 10 years, from 2001 to 2011, where he was responsible for responding to calls for service as a Public Safety Officer. While with the City's Department of Public Safety, he also served as acting sergeant, overseeing patrol operations and providing support to other field officers.

Reserve Commander Cleary's dedication and exemplary work ethic will continue to influence many deputies, past and present, at Norwalk Station. He has built a legacy for which we will be forever grateful. The Norwalk Station family wishes Patrick Cleary all the best in his retirement.

*Reserve Commander Patrick Cleary heads into retirement from Norwalk Sheriff's Station.*

## NORWALK NEWS

January's Hook of the Month went to Deputy Thomas Morean and Deputy Manuel Murillo. They responded to a location in the County area regarding a call of shots fired. During the course of their investigation, they determined where the suspect most likely resided and sent deputies to check the area. Upon their arrival, the suspects, their car and the firearm used were located and taken into custody. It was quickly determined that the suspects in custody were active "South Side Whittier" gangsters. Well done! Thanks for taking more gangsters off the street and putting them back in jail where they belong.

Locker room renovations continue at their stellar County pace. I'm told that the lockers are available to be used and many have been assigned already. Unfortunately, there are no bathrooms or showers available, which pretty much defeats the purpose of having "available" lockers. The current pool is shooting for a completion date somewhere around May.

Welcome to all the newly assigned deputies. I would list you by name, but seriously, I don't have that much room to write. I'm sure that your names will be sullied and/or celebrated as you spend time among us. When you least expect it, an entertaining tale starring "you" may be immortalized here in the pages of the *Star News*.

Congratulations to Detective Pat "Town Sheriff" Rincon and Detective Bob Doeve. After a combined millennia of dedicated service to the Los Angeles County Sheriff's Department, both of these fine gentlemen are calling it quits and putting themselves out to pasture. Thank you for your decades of service and your camaraderie. Your effervescent personalities will be missed, but I'm sure that tales of your escapades will live on!

Keep the stories coming because I can't be everywhere at once. Until next time, be safe and WATCH THE HANDS! ☆

# The Civilian Advisory Committee *continued from page 22*

Field Operations Region I. After 25 ½ years of County Service, Margaret is retiring on St. Patrick's Day, March 17, 2013! She has been such a great asset to the Civilian Advisory Committee, not only as a representative, but as an officer, most recently as CAC Treasurer. We can personally say she's always supporting CAC, either by fundraising, marketing, or most importantly, by attending all our events! Not only is CAC going to miss you, but we're sure Temple Station is going to miss you, too! We wish you the best in all that you do Margaret!!

We would also like to honor in this article Sally Y. Carrillo of Court Services Division. After 32 years and eight months of service to the County, former Marshal and current Sheriff's Department employee, Sally Y. Carrillo, will be retiring on March 30, 2013. Sally's commitment and dedication to the Department is unparalleled. Her experience with the Department ranges from budget, personnel, accounting to receptionist. At all her unit of assignments, Sally has proven to be an outstanding employee who has warmed the hearts of her fellow coworkers. She will be remembered for many years to come, especially around the holidays when Sally would bring the unit to life with festive decorations for each holiday of the year. Employees here at CSD HQ could always look forward to their handmade personal birthday card from Sally, she truly made everyone feel special.

Ladies, soon will be the days when you will no longer be awakened by a ringing alarm clock telling you to go to work. Here is to every day being a Saturday. Cheers Margaret and Sally!

Civilian Advisory Committee is excited for the launch of our updated website, which will contain our upcoming events and much more exciting news! Look out for it this month! Please remember to contact your CAC representative to find out more about the above-mentioned events. We welcome any suggestions and/or comments from all Civilian Staff members. Thank you for reading, 'Til next time! ☆

# CONGRATULATIONS TO THE RETIREES OF THE LOS ANGELES COUNTY SHERIFF'S DEPARTMENT

*Thank you for your many years of dedicated service to our Department. We wish you long life, happiness, relaxation and many years of personal fulfillment.*

**Margaret C. Archibold**
Temple Station

**Reynaldo V. Balucanag**
Facilities Services Bureau

**Karen M. Barkis**
Lakewood Station

**Hattie B. Barron**
Medical Services Bureau

**Michael R. Bazyouros**
Facilities Services Bureau

**Ernest Bedoya**
Industry Station

**Michael R. Bodily**
Twin Towers Correctional Facility

**Lawrence A. Brogan**
Bureau of Compliance

**Julie Burg**
Twin Towers Correctional Facility

**Wayland Chan**
Medical Services Bureau

**William P. Costleigh**
Operation Safe Streets Bureau

**Darryl A. Cox**
Transportation Bureau

**Jeffrey S. Donahue**
Avalon Station

**Rufa P. Dolio**
Medical Services Bureau

**Dana S. Downton**
Lancaster Station

**Robert A. Erickson**
Avalon Station

**Mario F. Estrada**
Walnut Station

**Evelyn D. Fahie**
Food Services

**Stanley D. Finley Jr.**
Court Services East Bureau

**Timothy M. French**
North County Correctional Facility

**Federico S. Gapac**
Medical Services Bureau

**Christine A. Gonzales**
Twin Towers Correctional Facility

**Michael Grossman**
Homeland Security Division

**Sylvia Holmes**
Records and Identification Bureau

**Gretchen A. Howe-Miller**
Inmate Reception Center

**Nancy Leiva**
Century Regional Detention Facility

**Joseph V. Lopez Jr.**
Court Services East Bureau

**Scott A. Lusk**
Homicide Bureau

**Burton E. Lyon**
Avalon Station

**Alfredo Macias**
East Los Angeles Station

**Mary H. Marcella**
Medical Services Bureau

**Dan M. McPherson**
Palmdale Station

**Mark C. Merrick**
Men's Central Jail

**Laura M. Morgan**
Parks Bureau

**David E. Motts**
Compton Station

**Goonasekara A. Nandapala**
Medical Services Bureau

**Patrick J. O'Neill**
Santa Clarita Valley Station

**Gary A. Pfahler**
Avalon Station

**Lynette Ramirez**
Century Regional Detention Facility

**Richard P. Ramirez**
San Dimas Station

**Raymond E. Ruiz**
Internal Criminal Investigations Bureau

**Fusako K. Sanborn**
Food Services

**George M. Sandoval**
Twin Towers Correctional Facility

**Georgia Joanie Sauer**
Field Operations Region III, Headquarters

**Dennie G. Scott**
Court Services East

**Pamela J. Shaw**
Records and Identification Bureau

**Mark C. Stella**
North County Correctional Facility

**Joseluis M. Tapia**
Marina Del Rey Station

**Keith A. Taylor**
Lomita Station

**Jennifer Thompson**
South Los Angeles Station

**Timothy M. Ugarte**
Twin Towers Correctional Facility

# FROM THE DOCS

## ARE YOU IN A CODEPENDENT RELATIONSHIP?

By Sara Butte, Ph.D.

Originally, codependency described the behaviors of people who were psychologically dependent on an alcoholic/addict. Over time, this definition has been expanded to include people who are excessively preoccupied with the needs of others, often to their own detriment.

Pia Mellody, author of *Facing Codependence*, describes five core symptoms of codependency:

- **Feeling less valuable than others or feeling superior to most others.**
- **Difficulty maintaining healthy boundaries for yourself** (difficulty setting limits; difficulty saying "No," feeling like a doormat) and **difficulty respecting the boundaries of others** (difficulty respecting the limits set by others, telling others what they should or should not do and feel).
- **Poor self-awareness:** Difficulty acknowledging your own thoughts, feelings and behavior and understanding how your words and behavior affect others; tendency to distort what others do and say; difficulty sharing your thoughts and feelings with your partner.
- **Difficulty acknowledging and meeting your own wants and needs.** You may act either very dependent or super independent; you may have difficulty knowing what you need and want; and you may get confused between what you want and what you need.
- **Difficulty with moderation:** You either feel a lot or not much at all. You may think in extremes—there's only one right answer; all-or-nothing; it's either good or bad. You may have extremes—trusting everyone or no one; you may discipline your children either severely or not at all.

People who have codependent traits often get into relationships where:

- The codependent gets locked into trying to save their partner or the relationship over and over,
- The codependent is the only one trying to get together with the other or trying to make good things happen in the relationship,
- **(And the most common theme)** where the partner is out-of-control (such as with drugs or alcohol), and the codependent takes the role of looking like the one who is strong, respected and in control by "taking care" of their out-of-control partner (rather than taking care of themselves).

Codependent people often grew up in homes where this type of relationship was played out between parents and between parent and child. So codependent people have often been taught that love is all about sacrificing for their partner and putting up with whatever their partner wants to dish out.

**Ask yourself these three questions to determine if your relationship is codependent:**

**Question 1:** Is my relationship more important to me than my own wellbeing?

Healthy love is all about giving to the person you love, but not to the extent where it's keeping you from taking good care of yourself.

**Question 2:** What is this relationship costing me?

Make a list of what you're giving up to be with this person (e.g. giving up your interests, always putting your partner's feelings and needs first, giving up your self-esteem because of the poor treatment you tolerate from your partner).

**Question 3:** Am I the only one putting effort into this relationship?

Codependents often have the fantasy of having the perfect relationship and they are willing to give everything they have to make that fantasy a reality. They fall for someone who is also emotionally scarred and their plan is to "love and care" for them until that person becomes the lover they always dreamed of.

Individual therapy can help you learn why you are drawn to unhealthy relationships where you feel like you're the one in control. Leaving this relationship will not necessarily keep you from getting into another one. Codependent Anonymous groups can offer support and assistance with the hard work of staying out of this type of toxic relationship. Suggested reading includes: *Facing Codependence* by Pia Mellody and *Codependent No More* by Melody Beattie. If you feel that you may be in a codependent relationship, feel free to contact Employee Support Services Bureau and speak with a mental health professional. You can call (213) 738-3500 for a consultation or a confidential appointment. Additional information may also be obtained by visiting our intranet site (*http://intranet/intranet/ESS/Index.htm*). ☆

## CONGRATULATIONS TO THE RETIREES OF THE LOS ANGELES COUNTY SHERIFF'S DEPARTMENT

*Thank you for your many years of dedicated service to our Department. We wish you long life, happiness, relaxation and many years of personal fulfillment.*

**Paul S. Ullman**
Parks Bureau

**Charlie S. Upchurch**
South Facility

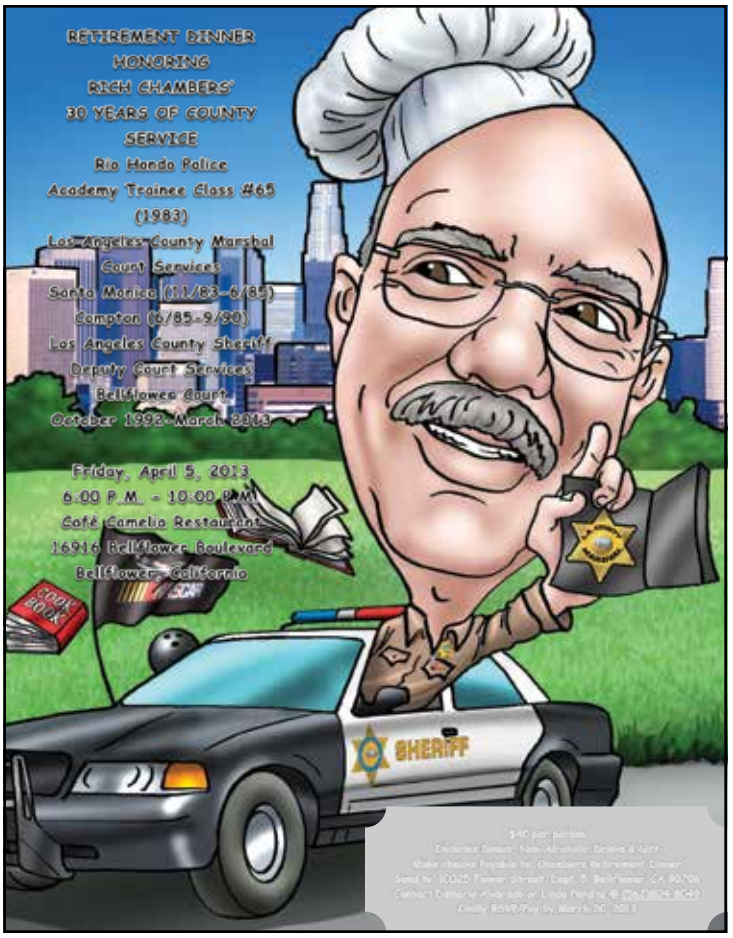
**Anthony Ward**
Taskforce for Autotheft Regional Prevention

**Gary B. Washington**
Emergency Operations Bureau

**Leonard Williams Jr.**
Walnut Station

**Janice M. Womber**
Food Services

**Michael S. Young**
Custody Training Unit




## Retirement Party For

# Det. Wilynn Clinkscales

**30 Years with the Sheriff's Department**

*03-1983 Off The Street*
*05-83 Academy Class #216*
*10-83 MCJ/LCMC*
*08-85 LAKEWOOD*
*02-88 INDUSTRY*
*02-95 TO PRESENT:*
*JUVENILE INVESTIGATIONS*
*FAMILY CRIMES*
*SPECIAL VICTIMS*
*MARSHALS TASK FORCE*

*When: Friday, April19, 2013 @1830*
*Where: Diamond Bar Golf Course*
*22751 East Golden Springs Dr.*
*Diamond Bar, CA 97165*
*Cocktails 1830-1930*
*Dinner 1930-2100*
*D.J.*
*Dancing*
*No Host Bar*

***$35***

***CONTACT:***

*Dan Morgan (562) 619-2740; Sgt. Nancy Drake (562) 946-8216; Lydia Lozano (562) 946-7960*

*Tony Olague (562) 522-4201; Sgt. Al Fraijo (626) 858-4690 or Al Lopez (562) 619-2046*

***Make Checks payable to: Veronica Clinkscales***

## 2013 SPLAT SHOT RACQUETBALL TOURNAMENT

APRIL 25, 2013
0800 Hrs. to 1700 Hrs.

THE MERIDIAN CLUB
1535 DEERPARK DRIVE
FULLERTON, CA 92831

SPONSORED BY THE LOS ANGELES SHERIFF'S ATHLETIC ASSOCIATION (LASAA)

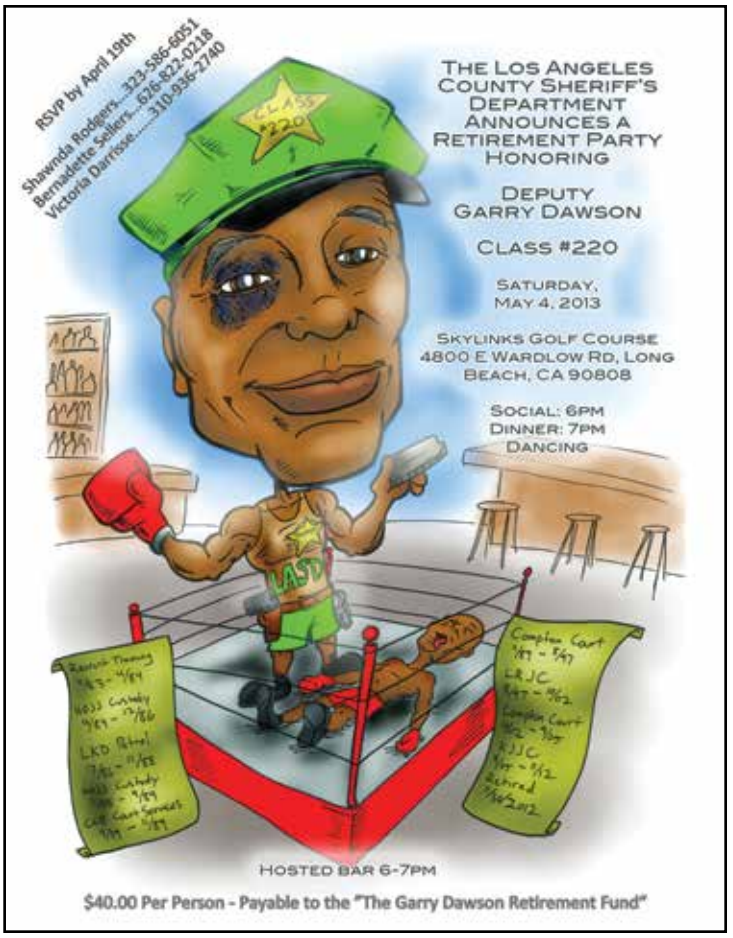
A, B, C, D, and NOVICE DIVISIONS
- SINGLES AND DOUBLES -

YOU ARE A NOVICE IF YOU ARE NEW TO THE SPORT AND HAVE NOT PLAYED IN A TOURNAMENT

FREE ENTRY FOR ALL LASAA MEMBERS.....
NON-LASAA PARTICIPANTS PAY $35 ENTRY

REGISTER ONLINE AT: WWW.LASAA.ORG
*** ENTRY DEADLINE IS ... APRIL 18, 2013

FOR MORE INFO EMAIL: RJCOSTA@LASD.ORG




SAVE THE DATE

for the Sheriffs' Relief Annual Family Social at STARS Center September 14, 2013

**MICHAEL D. ANTONOVICH**
**LOS ANGELES COUNTY SUPERVISOR**

***Invites You***
***to the 16TH Annual Veterans' Event***

## REMEMBERING OUR VETERANS & THEIR FAMILIES, PAST, PRESENT AND FUTURE

**SATURDAY, MAY 25, 2013 - 10 A.M. TO 3 P.M.**

**ARCADIA COUNTY PARK**
**405 S. SANTA ANITA AVENUE, ARCADIA 91006**

**FEATURING**

- SKYDIVERS
- FLYOVER BY WWII FIGHTER PLANES
- FOOD BOOTHS
- LIVE MUSIC

**NO COST**

- IMMUNIZATIONS
- HAIRCUTS/MANICURES
- HEALTH SCREENINGS

**ASSISTANCE**

- EMPLOYMENT INFORMATION
- VETERANS BENEFIT INFORMATION
- LEGAL INFORMATION

**A SPECIAL TRIBUTE TO OUR ARMED FORCES WILL BE HELD AT 11:30 A.M.**

**BRING A DUPLICATE OF A MILITARY PHOTO TO BE PLACED ON THE "WALL OF REMEMBRANCE"**

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## Vets Event 2013

Please join me at my 16th Annual **"Remembering Our Veterans and Their Families: Past, Present and Future"** event on **Saturday, May 25, 2013** at **Arcadia County Park**, 405 So. Santa Anita Ave., Arcadia 91006, from 10:00 a.m. to 3:00 p.m. A special tribute to our Armed Forces will be held at 11:30 a.m., co-hosted by Channel 4 Weatherman Fritz Coleman. Our family event will include skydivers, flyovers, a "Wall of Remembrance" of veterans (bring copies of photos of your loved ones to place on the wall), displays of military vehicles and equipment, a children's area (face painting, arts and crafts, games, entertainment, free popcorn), free vaccinations, free haircuts and manicures, live entertainment, food booths and much, much more. Our County departments, governmental, independent and private agencies will provide an abundance of information and resources, such as health, employment, child support, legal services, etc.

I hope to see you on this special day as we honor our service men and women!

— **Supervisor Michael D. Antonovich**

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| **LEGOLAND** | **$55.00** | **$78.00/$68.00** |
| *Ticket good thru 08/07/13* | *2nd Day free-must use w/in 90 days of 1st visit/use* | |
| **LEGOLAND HOPPER** | **$65.00** | **$97.00/$87.00** |
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| **LONG BEACH AQUARIUM** | **$18.95/$11.95** | **$25.95/$14.95** |
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REVISED 03/06/13

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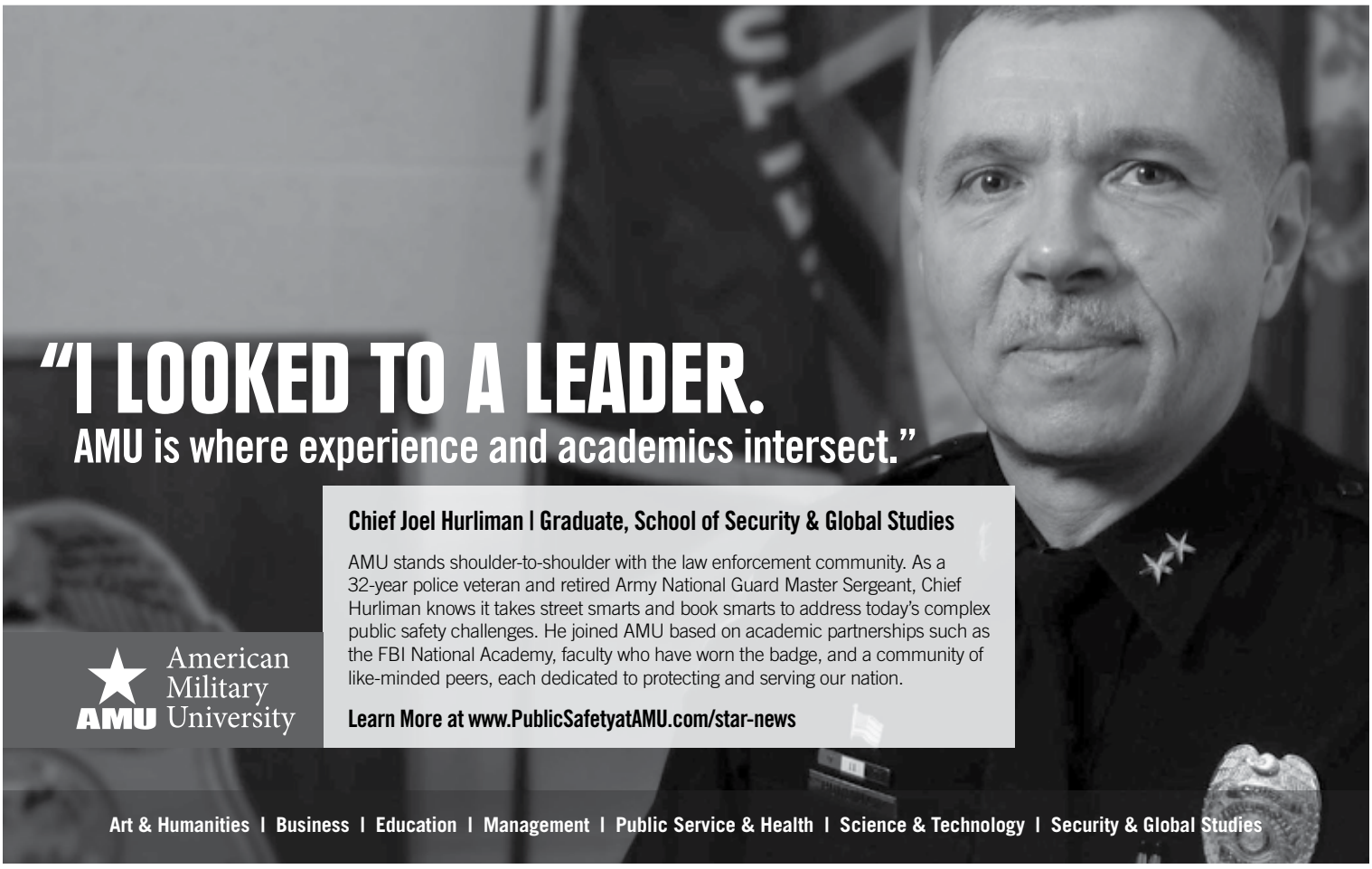

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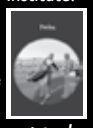

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