



Star News

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

VOL. 76 NO. 12

APRIL 2016

PATROLLING L.A.'S OPEN SPACES

**PARKS BUREAU
PROVIDES PUBLIC
SAFETY AT 177
COUNTY PARKS**

SEE PAGE 12



Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, February 11, 2016, at the Hall of Justice in Los Angeles. The following officers and trustees were present: John McBride, President; Jake Katz, Vice President; Liza Vera, Secretary-Treasurer; Trustees Tracee Allen, Joe Badali, Kerry Carter, J.P. Harris, Richard Maradiaga, Veronica Urenda and Josie Woolum; Bill McSweeney, General Manager; and Carrol Leonard, Assistant General Manager.

The meeting was called to order at 4:51 p.m. A motion was made by Trustee Maradiaga, seconded by

Trustee Harris and unanimously carried, to approve the minutes of the January 14, 2016, meeting and the December Foundation expenditures.

COMMUNICATIONS

There were no communications to report this month.

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JANUARY: \$74,750

MORTUARY BENEFITS PAID YEAR TO DATE: \$74,750

EMPORIUM REPORT

The Board thanked Trustee Badali for finding NcSTAR. The ballistic plates and green vest/plate carriers have been flying off the shelves and our prices are the lowest found anywhere. The plates have been tested. We are not making any money from the sale of the ballistic plates, but we are happy to be playing a vital safety role for the Department.

MEMBERSHIP REPORT

The open enrollment flyer appeared in the

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 LUNCHEON:
Thursday, April 21, 2016
@11:30 a.m. Cost \$13
Glendale Elks Lodge
120 E. Colorado Street
Glendale, CA
(818) 242-2105

On February 2, the monthly Marshals Old Timers luncheon was held at *Damon's* restaurant in Glendale. We were very fortunate to have some of our "senior retirees" join us: Eugene "Swanee" Swanston, 91; Warren Trestor, 89; John Davis (the organizer of our luncheons), 83; and Al Blomker, 83. The rest of us youngsters included: Roger DeHaan, Cliff Hartfield, John Clemons, Bill Bevins, Ofelia Holquin, Richard Duran, Al Barnett, Roger Reaves, Dave Grijalva, Wes Kutz, Terry Black and Ken Swan. Special thanks to Ruth White for bringing her father, Warren Trestor, to the luncheon. We always have a new face or two show up at this location. We were asked about having luncheons in the Valley, and John is always looking for places to have a luncheon. If you know a place in the Valley or elsewhere that can accommodate a group, please let John (johnben832@gmail.com) know so we can check it out. — Terry

On February 3, the Hi-Desert Retirees met at *Marie Callender's Restaurant*, 12180 Mariposa Road, Victorville, at 11 a.m. We chose from the menu. We meet on the East side of the bar area. Those present were Edward and Shirley Sznaper, Norman and Chickee Nelson, Shannique Solaita, Joe and Cam Almada, Joe and Sheila Ortiz, Bob and Teri Kaufman, and Beth Combs. This was Bob

and Teri's first time having lunch with us. They are a delightful couple. They are friends of Joe and Sheila. Everyone is welcome to come join us for lunch and bring a friend!

On February 3, the Desert Heat got together at the Lake Havasu Elks Lodge at 11:30 a.m. and ate at noon. We had 23: Mike Robbins, Ed Ryan, Claude Anderson, Joan Day, Jerry Gillen, Don and Susie Sackett, George Wilson, Jerry Sanford, Mike and Leseah Castorina, George Bachmeier, Doug and Joyce Muchmore, Bill Taggart, Kevin Gavaghan, Tom Marshall, Tom Voth, Mark Carnes, Tom and Sonja Liles, Tom Brown and Rod Chapman. We meet the first Wednesday of the month. Hope to see you all next month! — Jerry Gillen

I have to share this with you. On February 7, Super Bowl Sunday, we were invited over to Bruce and Shirleen Frailich's home for a Super Bowl party. Bruce retired from Long Beach Court in 2015. We haven't been to their home in about 10 years, but we knew where they lived in Seal Beach. So we pulled up, parked and rang the doorbell. I noticed that there was a waterfall in their courtyard, which wasn't there 10 years ago. A lady answered the door and invited us in. There was a large group of people, and as we were walking through the house looking for Bruce and Shirleen, people were greeting us and

introducing themselves. The house was crowded. Everybody was so nice and friendly, but we still didn't see Bruce and Shirleen. Finally, a gentleman came up and introduced himself, and we asked where Bruce or Shirleen were. He said they lived 15 houses down the street! We laughed all the way down to their house. Come to find out that Derek Sills, Leslie and most of the people at that party were deputy sheriffs! When we arrived at Bruce and Shirleen's and told them what happened, we all had a furiously hard laugh. Bruce told us that he doesn't know his neighbors, because they aren't friendly, so if we had stopped at anyone else's house, they wouldn't have known who they were. So we picked the right wrong house to go to! After the game, we left Bruce and Shirleen's house and stopped back by to say goodnight to Derek, Leslie and some of their friends. Derek has been on the Department for 33 years, and Leslie 20 years. Most of the people had left already, but they told us that several of them worked Lakewood Sheriff's Station. What a small world!

On February 7, there were 31 attendees at *Ruby's Diner* in Long Beach. They were, in no particular order: Bill Richardson, Ron and Betsy Morgon, Ed Dahlstrom, Bill Snyder, Ben and Debbie Hilliard,

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Star News

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

Vol. 76 No. 12April 2016

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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Cover photo by Chris Miller (LASD)

February *Star News*. Initiation fees will be waived for all *active full-time* employees if they wish to join during the open enrollment period; however, those new members will have limited mortuary benefits of \$1,000 for themselves and \$500 for spouses/dependent children. Retirees still may not join during open enrollment.

We will send a global email about open enrollment to make more employees aware of it.

An extra 2,500 *Star News* copies were purchased to hand out to nonmembers so that they can see the open enrollment flyer.

Currently, once a member cancels their membership, they may never rejoin. This rule will remain in effect; however, rejoining may be looked into on a case-by-case basis. If an onslaught of inquiries are made, the Board will revisit this issue.

Current Medical Services personnel will be grandfathered in.

A total of 31 new membership applications were received during the month of February. A motion was made by Trustee Harris, seconded by Trustee Katz and unanimously carried, to accept the following new members: Emily Aguilera, Brendan D. Alvarez, Lillian C. Alvarez, Hellen J. Arita Paz, Varuzhan Babayan, Andrew S. Calvillo,

Ilzzett A. Camargo, Edgar Castillo, James G. Davis, Jessica P. Delgado, Kayla N. Elliott, Alissa M. Farrington, Diego M. Gutierrez, Irvin C. Hernandez, Joshua A. Herrera, Tigist M. Hilete, Jewel J. Jackson, Devin A. Jenkins, Claudia L. Johnston, Marki L. Knott, Manuel J. Lozano, A. Martinez Barajas, Ethan P. Mazaraki, Jose A. Melgar Jr., Jefferson Munoz, Matthew H. Nishimura, Ryan E. Obenberger, Randy L. Silva, Ariel A. Torres, Christopher Tse and Xuan Yang.

We had 1 death of an active member, 8 deaths of retired members, 6 cancellations of active membership, 3 cancellations of retired membership, no new honorary associate members and 5 deaths of honorary associate members.

There were 25 members who resigned, 1 discharge and 2 who transferred from the Sheriff's Department/Relief Association during the month of January.

NEW BUSINESS

Bank of America's fees for banking services are about five times that of Wells Fargo, so Sheriffs' Relief will be changing banks.

SRA will need to review our investment policy before moving forward with investment CDs and will further discuss it at a future meeting.

Bill Salvesson is working closely with Moon. We will possibly add a link on our site to Moon's site to make it easier for retirees to get information regarding retiree deaths and hospitalizations.

General Manager McSweeney brought up the issue of a possible honorarium for Moon and maybe his trainee. After some discussion, the issue was tabled for discussion at a future meeting.

Scott Bryant and Michael de Castro of BCA were brought in to see about seeking a consulting contract for analyzing SRA. Scott Bryant has worked with the Sheriff's Department before, analyzing accounting accuracy and business systems.

Michael de Castro would provide the audit if a contract occurs.

Further discussion was held regarding double-checking the work of JLK Rosenberger and Associates, CPA for SRA. The final cost of this contract was not discussed.

ADJOURNMENT

At 6:33 p.m., a motion was made by Trustee Katz, seconded by Trustee Maradiaga and unanimously carried, to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

Retired Deputies *continued from page 2*

Marlyn and Paul Meunier, Chickee and Norman Nelson, Dennis Flinn, Jerry Berry, Lester Fatone, Leroy Cox, Chris Beattie, Dave and Debbie Bauchop, Corey Fletcher, Dan Waidner and his daughter, Stephanie, Andy Guthrie, Robert Pryor, Joel and Jerri Johnsonbaugh, Peter Mack, Don Navarette, Sandra Escandon, Frank Matillo, Steve Minnis and long-lost but now found Don Reeves (apparently Don's picture on all those milk cartons helped). *Ruby's Diner* has always been the most popular, thus we go there twice a year. The remainder of the get-togethers are at a variety of other places spread out among L.A. and Orange County, while most of them are in the Lakewood Station area. Don Reeves offered no clear explanation of where he's been these past years other than to mutter something about (egads) "work." Most of us have managed to remain retired with plenty to keep us busy without having to resort to that depth of "boredom." Oh well, to each their own, it appears. Of course there are some who, like reserve deputies, *give away* their time to actual worthwhile endeavors, like Jerry Berry, who is an "employee" of the California Guard and gets to go shoot stuff and blow up things. Like I said, "worthwhile" endeavors. He loves the

sweet little campouts and such. There was such a roar of talk with so many attending, it was difficult to hear what the person next to you was saying, let alone trying to decipher the conversations of others, so I'm afraid there's very little to add. Afterward Chickee and Norman took a couple of group photos, except for the couple who were afraid to have their photo published. They can explain why for themselves at our next outing at *Sizzler* in Bellflower where, according to Lester Fatone, "There's too much to eat." Until then, good health to you all. — Bill

On February 10, Inmate Reception Center Retirees got together at *North Woods Inn*, Covina, at 11:30 a.m. Those in attendance were Earl Otoide, Harold Baldwin, Rich Brodka, Max Hartwell, Nat Mora, Robert Turner, Randy Bass, Mary Leef, Ron Camp, Frank and Renee Dominguez, Fred Jordan, Don Goff and guest, and Tom Zeller. We're planning an outing for the May 11 get-together. We'll be going to visit the *USS Iowa* in San Pedro and have lunch/early dinner afterward at *Ports O' Call*. IRC Retirees gather on the second Wednesday of the month. Send an email to tzeller@roadrunner.com to be included in future notifications of get-togethers. — Tom

On February 12, under clear skies and a warm morning that felt like springtime, several retired deputies from the Antelope Valley met for a luncheon at the *Sizzler* restaurant in Palm-dale. Several retirees' wives accompanied them to the luncheon, originally established as a way for retirees and their families to share fellowship. Different topics of conversation were held among the individual tables, ranging from recent Department developments, politics and domestic issues to concerns for fellow retirees who are ailing. A big question of concern for all of us here in the high desert was what happened to the El Niño weather system that was predicted to provide some drought relief. With yards now consisting of brown lawns and bare ground, it's time to zero landscape, which many homeowners are in the process of doing. Have to admit that some are very creative and nice looking. Attending the luncheon were Steve and Holly Joy Ehlers, Mike and Diane Rice, Dennis and Linda Papp, Jay and Susy Seibert, Al and Lou Ann Shoomliansky, Donald

continued on page 6



S
R
A

Not in the Club?
Become a Sheriffs' Relief
Association Member!

SRA OPEN ENROLLMENT **APRIL 1 – JUNE 30**

In an effort to move Sheriffs' Relief Association (SRA) membership as close to 100 percent of the Department as possible, SRA has announced a waiver of back-dues charges for a 90-day open enrollment period. This period will begin April 1 and close on June 30. It will not be repeated in the foreseeable future!

Sheriff's employees who are not currently members may join during this period with no back-dues assessment. New open enrollment members will simply pay the \$15 monthly payroll deduction dues. Open enrollment members will enjoy all SRA benefits, with the exception of a reduced death benefit.

Most current members of the Sheriffs' Relief Association joined when they were first hired. Sheriff's employees who did not initially join SRA but chose to join later were normally assessed a back-dues penalty. In the past, some back-dues assessments totaled more than \$500. Many prospective SRA applicants have been discouraged by this cost and declined membership. With a waiver of the back-dues assessment, we hope that all nonmembers will now join SRA and become a part of LASD's extended family. SRA is the finest benevolent organization of its kind and has been since 1924.

BENEFITS OF SRA MEMBERSHIP

- Participation in SRA Foundation charitable outreach to members and their families in need. (One day it might be you.)
- Support for numerous LASD activities, including the Medal of Valor Awards, Baker to Vegas Challenge Cup Relay, and station and facility commemorations.
- Personal loans approved solely on the basis of active membership. Loans are payable via payroll deduction.
- Monthly mailing of the *Star News* to your home.
- Long-term illness/injury payments of up to \$10,000.
- Invitations and admission to department-wide events such as the SRA/LASD Family Social and Picnic.
- The full support of the Emporium stores, carrying police gear, uniform accessories and LASD logo clothing – all priced lower than any retailer.
- Sizable discounts on theater and amusement park tickets (typically 10 to 40 percent).
- Access to SRA's website, packed with LASD news, Department information, retiree updates, special events and opportunities, and LASD's 166-year history.
- A death–mortuary benefit payable to a member's spouse or family *immediately* at time of death.

JOIN US NOW – BE A PART OF SRA!

Contact Info:

(562) 946-7081

(800) 544-4772

membership@sheriffsrelief.org

DID YOU KNOW?

The Twin Towers Correctional Facility (TTCF) makes all of the hot meals daily for TTCF and Men's Central Jail. It makes enough meals to feed between 7,500 and 8,000 people daily. Did you also know that the Sheriff's Food Services Department produced more than 25.65 million meals in 2015?

NOTEWORTHY

Congratulations to Senior Cook Aida Garcia on her pending retirement! Ms. Garcia has worked with the Sheriff's Department for 12 years at TTCF; she started as a food service worker and worked her way up to senior cook. Thank you for your service, and we wish you all the best in your future endeavors.

RECIPE OF THE MONTH

Each month we will bring you a new and tasty recipe to try, courtesy of one of our Food Services Unit personnel. Spanish paella is a great one-dish meal that your family will love.

SPANISH PAELLA

6 tablespoons olive oil, divided
1 tablespoon paprika
2 teaspoons dried oregano
Salt and black pepper to taste
2 pounds skinless, boneless chicken breasts,

cut into 2-inch pieces
3 cloves garlic, crushed
1 teaspoon crushed red pepper flakes
2 cups uncooked short-grain white rice
1 pinch saffron thread
1 bay leaf
½ bunch Italian flat-leaf parsley, chopped
1 quart chicken stock
2 lemons, zested
1 Spanish onion, chopped
1 red bell pepper, coarsely chopped
1 pound chorizo sausage, casings removed and crumbled
1 pound shrimp, peeled and deveined

Directions:

1. In a medium bowl, mix together 2 tablespoons olive oil, paprika, oregano, and salt and pepper. Stir in chicken pieces to coat. Cover and refrigerate.
2. Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes and rice. Cook, stirring, to coat rice with oil, about 3 minutes. Stir in saffron threads, bay leaf, parsley, chicken stock and lemon zest. Bring to a boil, cover and reduce heat to medium-low. Simmer 20 minutes.

3. Meanwhile, heat 2 tablespoons olive oil in a separate skillet over medium heat. Stir in marinated chicken and onion; cook 5 minutes. Stir in bell pepper and sausage; cook 5 minutes. Stir in shrimp; cook, turning the shrimp, until both sides are pink.
4. Spread rice mixture onto a serving tray. Top with meat and seafood mixture.

FOOD SAFETY TIP OF THE MONTH

Here are a few tips from the U.S. Department of Agriculture (USDA) Food Safety and Inspection Service (FSIS). FSIS recommends that consumers take the following steps to reduce the chances of food contamination when thawing frozen foods:

- Refrigerator: The refrigerator allows slow, safe thawing. Make sure that thawing meat and poultry juices do not drip onto other food.
- Cold water: For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- Microwave: Cook meat and poultry immediately after microwave thawing.

Never leave foods out overnight to thaw on your kitchen counter or in the sink. Remember, time and temperature control are the keys to safe food handling. ☆

Retired Deputies *continued from page 4*

and Barbara Ott, Ron and Sandi Oest, Ron and Charlotte Nybakken, Pat and Mary Hood, Vance and Juanita Kirkpatrick, Glenn Hutchinson, Bob Flores, Bill Phelton, and Carlos and Bette Valdez and their granddaughter, Ashley Gale. For information on social activities for retirees in the Antelope Valley, contact Carlos Valdez at valdez5150@msn.com.

On February 17, the Las Vegas Retirees gathered together at the *Blue Ox* on Sahara at noon. Fourteen retirees attended the luncheon: Chickee and Norman Nelson, Doris L. Gainer, Mary Seaton, Merle Rahl, Joan Raber, Michael McCarty, Ruben Lopez, John Hooge, Jim Ellison, Gary Olson, John Essery, Jim Heslin and Ray

Walker. There are wedding bells in the near future for a darling couple that attends our luncheons. We will keep it a surprise until they are ready to announce it. Other than agreeing that our world has some major problems and we can't solve them all, the lunch was delicious! If you are in the area on the third Wednesday of the month, drop on in and have a great meal with a great bunch of people. See you then.

On February 17, the San Diego Area Retirees met for lunch at *B.J.'s Restaurant* in Carlsbad. Bill Findon, Bob Henley, Joe Smith, Richard Shockcor, Bill Gaynor, Lou Brown, Harry Penny, Joe Raffa, and Marv and Diane Love were in attendance. — Marv

On February 18, the Firestone Retirees got together at *Maggie's Pub* in Santa Fe Springs. I attended the Firestone lunch. Of course it was at *Maggie's* and everyone said to say hi and, believe it or not, John Spiller did not have any jokes. Here is a list of the attendees: Rocky and Karen Costa, Chuck and Corky Jackson, Nancy Cortez, Felicia Lopez, Ken and Madelyn Smith, Don Bricker, John Spiller, Lydia Hernandez, John Babbitt, Stacy Silva, Richard Orosco, Robert Oliver, George Ramos, Sheila L. Smith, Robin McDowell, Ellen Noennich, Michelle Vesteej and granddaughter, Madison, Toni Veltri, Jim Lally and Fritz Campbell. John

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COMIC RELIEF

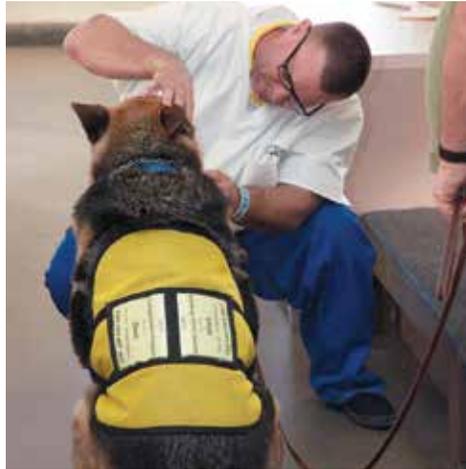
On January 27, Century Regional Detention Facility (CRDF) was visited by four comedians: Michael Colyar, Yvette “The Funny Lady of Comedy,” Gilbert Esquivel and Glenn “Hurricane” Peoples. They performed for the EBI inmates as a reward for those who are enrolled in the high school and life-skill programs. These comedians were hysterical and they provided some well-deserved laughs.

Thank you, producer Kellie McCann, for coordinating with our EBI staff to make this event happen.



BELMONTE'S DOG TRAINING SCHOOL

On February 10, 11 inmates from Pitchess Detention Center graduated from Belmonte's Dog Training School. They received certificates for their involvement in the rehabilitation and training of a



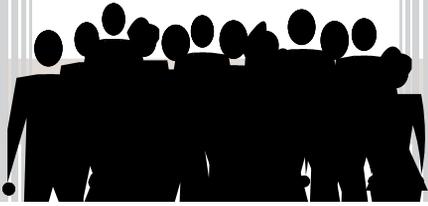
dog. Their final exam tested the handling skills they had learned over the previous few months. The dog program is a tremendous opportunity at our facilities and the inmates really gravitate to it.

SERGEANT RUBEN DURAN'S PROMOTION

Sergeant Ruben Duran is one of a kind; he is a hardworking and knowledgeable supervisor. He acts as a great mentor and leader on our Department. We are proud to welcome him into the next stage of his career, as a lieutenant at CRDF. Thank you, LT, for your time here at ISB, we loved having you and are sad to see you go, but we wish you the best!

As always here at ISB, we hope this issue of *Star News* finds you and your family well. Be safe and God bless. ☆





PEER SUPPORT PROGRAM

By Mike Rodi

Hello, everyone; I hope all is well. Every day, new members (sworn and civilian) are joining our Department. Whether you just became an employee or are an existing Department member, it is important to know about the resources available to you. As you know, a career in law enforcement can become very hard at times.

I encourage all members of the Sheriff's Department to contact Psychological Services Bureau/Employee Support Services for assistance in dealing with life's problems. The Bureau's psychologists are knowledgeable regarding the realities of life in law enforcement and can assist you in addressing problems in a realistic way. The services of PSB/ESS are available to Department members for free and

are strictly confidential.

Unsolved problems can prevent you from achieving the highest quality of life that you deserve at home and at work. In addition, they can act as distractors, jeopardizing officer safety or deputy performance. I urge you to take care of yourselves and your loved ones. Stay fit both physically and emotionally, and stay safe. ☆

Retired Deputies *continued from page 6*

Babbitt is a retired lieutenant from LASD and is now the chief of police for the Hacienda La Puente School District School Police. The next Firestone lunch will be at *Maggie's*, no surprise there, on June 16 at 11 a.m. Have a blessed day and if you are traveling, keep safe. I hope I got all the names right. They were asked to spell their names; that didn't work too well. — Fritz Campbell

On February 26, a day which would normally be a very cold morning, it was beautiful and crispy cool. Instead of rain or snow, nature provided us with blossoms on the trees, budding of the roses and the early arrival of wildflowers — well, a few so far. The retired folks from Antelope Valley met at *Denny's Restaurant* for the monthly breakfast and time of reminiscence. Much of the conversations

revolved around the times of long ago when we were all still enjoying "serving the public" and remembering old friends and former partners. Also topics of conversation were the problems of obtaining prompt medical approvals from workers' comp, approvals and treatments that oftentimes take a long time to obtain, and not being able to select a doctor of your choice. Oh well, life is still good for most of us. Being a collector of police and fire mini-badges, Ron Nybakken donated a baggie of them to me, one of which is from the Metropolitan Police in Liverpool, England. Thank you, Ron, I shall add them to my collection, which at this point numbers around 230 pins. Attending this month's breakfast were Mary McKain, Glen Hutchinson, Vance Kirkpatrick, Don Ott, John Ament, Jay Seibert, Danny Gilmore and me, Carlos Valdez. For information contact me at valdez5150@msn.com. See you all at the Laughlin Roundup. — Carlos

We hope you enjoy this article. If you are retired (or not) and want to attend a luncheon or event, we welcome you with open arms. Come join a group and meet some very nice and interesting people. Until our next article, take care, and enjoy your retirement. — Chickee and Don ☆



Las Vegas Retirees luncheon



Lakewood ROMEOS luncheon



By Kathryn Gurrola

Pitchess Detention Center, North Facility

Greetings from the North!

WELCOME TO THE NORTH FAMILY

Our family has grown once again. We welcomed one new Watch Commander, Lieutenant Sean Boog, and three new sergeants: Sergeant Mark Brown, Sergeant Connie Hayes and Sergeant Adan Nevarez.

We also gained a deputy looking for a breath of fresh air; we hope you've found it. Welcome, Deputy Christian Guerrero-Gomez.

We would like to congratulate and welcome the 17 deputies from Class #410: Deputy Terrance Calloway, Deputy Jesus Carbajal, Deputy Jacob Cosola, Deputy Robert Enslow, Deputy Sean Gavin, Deputy Silvano Gonzalez, Deputy Eric Hernandez, Deputy Gage Hoffman, Deputy Mitchell Laudano, Deputy Evan Malerba, Deputy Trevor Moore, Deputy Damian Rodriguez, Deputy Carlos Saaveda, Deputy Joseph Sexton-Espiriti, Deputy Stephen Souza, Deputy Allen Walker and Deputy Kevin Walker.

PDC NORTH RECALCITRANTS

No, I'm not talking about inmates ... I'm talking about a softball team put together by our Sergeant John Biel.

Our first game was played locally in Central Park and boy, was it a close one! We lost by one run!

Our Captain McWaid even came out to play, and play he did ... great swing, Sir!

(Photographs provided by Natalie Popovich, OA1.)

GOING 10-8

Our best goes out to Deputy Landin Sanchez,

who will be patrolling Malibu/Lost Hills Station, and Deputy Christopher Morris, who is furthering his career serving the city of Palmdale. Although he was with OSJ when he was sent out, he was a true North body. Despite your prediction of it being "much quieter" here at North, it has been slightly quieter without you. We miss your fun sayings, too! Stay safe, brother! ☆



FROM THE DOCS

IF CHANGE WAS EASY, EVERYONE WOULD DO IT

By Michael E. DeMania, Ph.D.

Many people say they want to change. To change their life. To change their attitude or mood. To change their weight. To change their job. The list is endless. Yet many of us fail to make the change that we say we want. And our lack of prioritizing the change and perseverance with the change process is usually the problem.

We live in a fast-paced world. And living in a society that teaches us to expect outcomes immediately undermines a reality of life. Sometimes stuff takes time. Everything does not occur immediately. And making changes in our lives is no different. Along the way we must overcome obstacles. We must adjust our plan to meet a new or unexpected reality. We must persevere.

Why don't we persevere? The reasons are numerous. Some of these reasons might even be legitimate. But my experience suggests that the overwhelming majority of the reasons are simply excuses. People make all sorts of excuses for not actually changing. And the frequent excuses I hear are "I can't" and "I don't have time." I always call shenanigans on these. The first excuse suggests that the individual does not have the ability to make the change. If we think we lack the ability, then I suggest we prove it. Rather than being a statement of ability, the statement "I can't" almost always translates to "I don't want to." The second excuse, "I don't have time," is as feeble.

There are 168 hours in a week. If we sleep eight hours a night ($8 \times 7 = 56$) and work 50 hours a week, that leaves 62 hours to get other things done and make the change we say we want ($168 - (50 + 56) = 62$). I'm hard-pressed to believe that we can't make the time to engage in the actions we need to make the change that we say we want.

And yet, many people still don't make the change. Here are a couple of ideas, thoughts and questions that we can keep in mind when we start thinking or saying we want to make a change. First, how important is this change? Seriously. In the grand scheme of things, what is its priority? How willing are we to not do other things in our life to make this change? Be honest. Making something a priority in your life means we'll make the time and put in the effort to realize the outcome we desire. Write down why this change is a priority and keep it handy to remind ourselves. Put it on the refrigerator, the bathroom mirror, the closet door, etc., so we can see it every day. If we say we want it but it's not a priority, then it's a whim, a dream, an aspiration ... not a true goal. Second, when we are about to do something that goes against or sabotages the change, we need to stop. Here's an example I use with people trying to lose weight: Every time you go to get something to eat when it's not mealtime, answer this question, "How is what I'm about to

do helping with my weight loss?" If the answer is that it won't help, then don't do it. The example highlights three things. First, much of what we do is habit. Second, we rarely pay attention to all of our choices. Finally, by attending to the choice, we reassess, we are honest about the priority we place on making the change, and we have to take responsibility for the choice we make. And the last idea is the need to build in practice.

Purposely practice behaviors or thoughts that lead toward the change.

When desiring to make a change, we need to be asking ourselves, "How is what I'm doing now helping me toward my desired change?" If we then engage in behavior that leads us closer to the change we want, we reinforced the change's priority and practiced a new habit. How long does it take to establish a solid, new habit? There are many variables to consider, but the general thought is somewhere between three weeks and eight months. Set the priority. Be honest with choices that affect the desired change. Engage in intelligent, mindful repetition and persevere.

And if you just thought, "I'll try this," my response is, "Try not. Do or do not. There is no try." If you need a confidential consultation or a counseling appointment, contact Employee Support Services Bureau at (213) 738-3500. ☆

L.A. County Retired Marshals Lunches for 2016

ALL LUNCHESES ARE SCHEDULED FOR 12 NOON

April 6

Villa Tepeyac
2200 E. Garvey Blvd.
West Covina

May 4

Elephant Bar
12002 Lakewood Blvd.
Downey

June 1

Matt Denny's
145 E. Huntington Drive
Arcadia

July 6

Bob's Big Boy
21090 Golden Springs Drive
Diamond Bar

August 3

Black Bear Diner
7005 Knott Ave.
Buena Park

September 7

Yang Chow
3777 E. Colorado Blvd.
Pasadena

October 5

Marino's Italian Restaurant
17126 Bellflower Blvd.
Bellflower

November 2

Matt Denny's
145 E. Huntington Drive
Arcadia

December 7

Villa Tepeyac
2200 E. Garvey Blvd.
West Covina



By Paul Schrader
Parks Bureau

ATTENTION ON DECK

Captain Holly Perez has transferred to West Hollywood Sheriff's Station. Her first month there was Oscar awards time, so she had her hands full.

I've known Holly for years and was very glad she spent some time here at the Bureau. She will be truly missed!

Incoming commander of Parks Bureau, Captain Ernest (Ernie) Chavez, transferred from Century Station. Ernie has worked and spent most of his 30 years at LASD in South Los Angeles. He has hit the ground running at Parks Bureau and has been seen at all the zones. He is also known to ride a horse, attending the Department's Mounted Enforcement Detail training on the weekend.

We welcome Captain Chavez to Parks Bureau, as he is the third captain to take charge of this Bureau.



Erik Ruble and J.P. Anderson. This place is so great, you just can't stay away.

NEW SUBMISSIONS TO THE OXFORD ENGLISH DICTIONARY

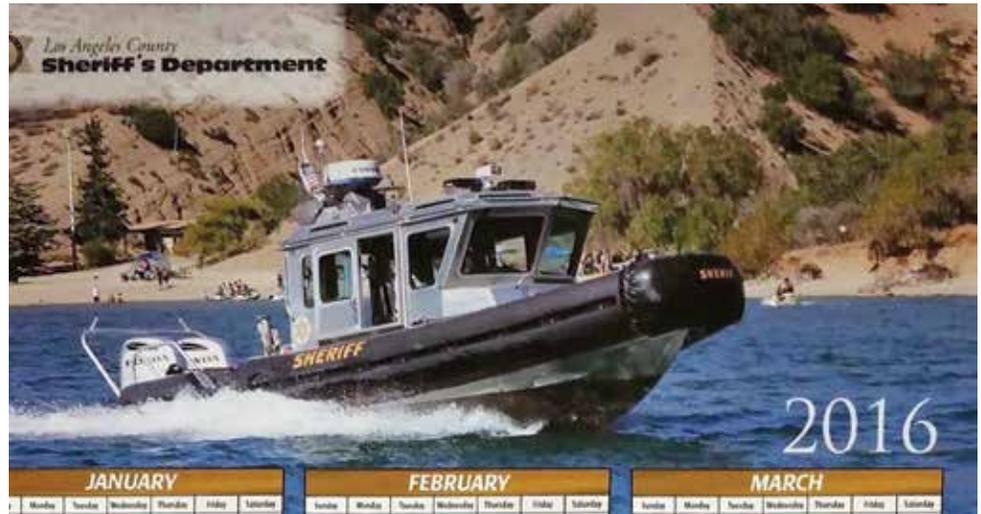
Rublize [roo-buh-lahyz] rublized, rublizing. *Verb (used with object):* to examine any Los Angeles County Sheriff's Department-related written document or activity with careful or critical attention necessary to be approved by the Operations lieutenant.

SHERIFF'S CALENDAR

If you had the chance to see the new 2016 Sheriff's calendar, you will see the Parks Bureau safe boat pictured on the front. That's just one of the boats we have procured and attached to our fleet. ☆

WELCOME BACK, GUYS

We would like to welcome back Lieutenants



AVAILABLE NOW!

Sheriffs' Relief members can purchase discount tickets on our website.



Go to www.sheriffsrelief.org.



Photos by Chris Miller (LASD) and Parks Bureau personnel



PARKS BUREAU PATROLLING L.A.'S OPEN SPACES

By Paul Schrader

Parks Bureau provides law enforcement services to 177 county parks, golf courses and special event venues throughout L.A. County. The Bureau is divided into three zones — North, South and East — mirroring the County's Department of Parks and Recreation's divisions. These zones also incorporate Sheriff's station boundaries, which enhances communication between park zones and Sheriff's patrol stations. Parks Bureau includes a detective bureau; special problems teams; full-time Mounted Enforcement Detail; lake (boat) operations, with full-time boat deputies and divers; off-road vehicles; bike patrol; and a public information office. These units work throughout the entire county, supporting each zone as needed.

Visit us at www.Parks.lasd.org, find us on Facebook at www.facebook.com/LASDParksBureau or follow us on Twitter @ParksLASD. ☆







THE LASD BAKER TO VEGAS WOMEN'S RUNNING TEAM

By Jenna Nuñez

The LASD Baker to Vegas Women's Running Team is composed of sworn female personnel from various assignments within the county. They are strong, motivated and hardworking women sharing a common goal of unity, strength and commitment.





HOW IT ALL BEGAN

The LASD Women's Running Team was formed to race in the Death Valley Relay in 1980. Ultimately, the race was changed to the Baker to Vegas Relay Race. The LASD Baker to Vegas Women's Running Team has vied for the top spot in the women's category each year since its inception. The LASD Baker to Vegas Women's Running Team currently holds the race record for the women's category, which was set back in 1997.

The LASD Baker to Vegas Women's Running Team continues to be a great representation of the wide variety of talented women on the Department. It has always maintained a high level of competitiveness while exemplifying a true team concept. The team trains vigorously together nine months out of the year, which displays their dedication as top competitors on the course with their camaraderie holding strong. The uniqueness of the LASD Baker to Vegas Women's Running Team is that it is composed of some runners who are in the early stages of their career, and others who are in the twilight of theirs. This vast level of experience of tenured and new runners builds a mentorship between the females, not only with competitiveness in running, but in their future careers. This year's women's team is just that — they are competitive, unselfish, hardworking and a lot of fun!

FUN FACTS OF WOMEN'S RUNNING

Did you know women were not allowed to run in the Olympics until 1928? The maximum distance they could run was 800 meters (two laps around a track). The Olympic Committee said it was too hard on the female body (wait, did they miss the fact that we bear children?). It wasn't until the 1984 Los Angeles Olympic Games that women were allowed to participate in the marathon distance race, and we girls have been lacing up our tennies ever since.

It's hard to believe how much has changed in just 30 short years. I believe the LASD Baker to Vegas Women's Running Team is a tribute to the first



pioneers of women's distance running. The team will never forget the fight it took for us to get out there, and they will never stop fighting to show that when women come together, we are unstoppable!

INSIGHT FROM OUR TEAM CAPTAIN

"I began running my first year on the Department, in 1989. I was thrilled and humbled to be asked to run for the women's team. I had just finished playing basketball and softball on the collegiate level and missed the team camaraderie. This void was quickly filled with the LASD Baker to Vegas Women's Running Team, and I have been a part of it ever since. The LASD Baker to Vegas Women's Running Team is more than just a running team; it brings together a group of like-minded women who are serious about their physical fitness, and they are competitors and great team players. These attributes in athleticism carry over to our line of work and help instill the confidence to be successful in our careers. It has been a great run for me these last 26 years, and I have enjoyed every minute of it! When I came on, there were tenured women on the team who passed the tradition of the LASD Baker to Vegas Women's Running Team on to me. I hope that I can do the same for the next generation of runners, so that they can

enjoy all of the benefits, both physically and emotionally, from being a part of this great team."

Our team captain, Lieutenant Burakowski, is a humble example of the amazing people we have on the L.A. County Sheriff's Department. She exemplifies the traits of a leader and motivator, and serves as a true inspiration for all who know and love her. Thank you for your guidance and your 26 years of loyalty to the team.

The LASD Women's Running Team wishes all teams the best of luck on the course, and we look forward to seeing you all at the finish line. Be careful, stay safe and, most importantly, have fun! ☆

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.*

Derrick J. Adams
Men's Central Jail

Richard S. Bentley
Inmate Reception Center

Janette N. Boutros
Medical Services Bureau

Marie Cobbs
Court Services Headquarters

Richard E. Cohen
Santa Clarita Valley Station

Cynthia L. Conner
County Services Bureau

Richard L. Crane
Facilities Services Bureau

Bienvenida S. Cristobal
Medical Services Bureau

Marsha F. Devot
Twin Towers Correctional Facility

Alberta Diaz
Inmate Reception Center

Mary P. Eugenio
Inmate Reception Center

Joseph N. Fleischmann
Internal Affairs Bureau

Deanna J. Gibson
Medical Services Bureau

Randy D. Haney
Correctional Services
Transportation Bureau

Donald L. Hicks
Industry Station

Ramon J. Holland
Men's Central Jail

David B. Hong
Scientific Services Bureau

Phillip J. Johnson
Industry Station

Michael E. Jones
Transit Bureau South

Tracy D. Judson
North County Correctional Facility

Benjamin H. Katz
Emergency Operations Bureau

David G. Kolowski
Court Services East Bureau

Raymond Leyva
Twin Towers Correctional Facility

Solomon T. Little
Medical Services Bureau

Eugenia Lopez
Scientific Services Bureau

Terry R. Main
Facilities Services Bureau

Joseph G. McCleary
Parks Bureau

William B. Morris
Fraud and Cyber Crimes

Charles W. Nuckols
Century Regional Detention Facility

Dennis B. O'Connell
Court Services West Bureau

Michael S. Olex
Facilities Services Bureau

Steven J. Patterson
PDC South Facility

Mark G. Richards
Training Bureau

Manielita C. Rosete
Medical Services Bureau

Raymond S. Roth
San Dimas Station

David T. Royston
Communications and Fleet
Management Bureau

Margaret K. Sanders
County Services Bureau

Angela M. Shepherd
Communications and Fleet
Management Bureau

Elizabeth A. Smith
Homicide Bureau

Mark R. Stephens
Narcotics Bureau

Paul E. Terrazas
Fiscal Administration Bureau

Clyde L. Terry
Compton Station

Jody L. Thurstan
Assistant Sheriff's Office

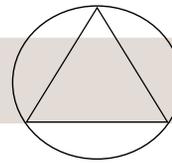
George A. Tillman
Court Services Central Bureau

Alexander F. Vaziri
Community Colleges Bureau

Jodi L. Wiles
Training Bureau

Louise S. Wong
Data Systems Bureau

Peace Officer's Fellowship



By Willis Braggs

KNOW YOUR LIMIT

It's Friday night, it's been a long week, and you're going to meet up with the guys from work at your favorite restaurant/bar. So what's your plan? Are you planning on drinking, do you need to drink, and how are you getting home? As a deputy sheriff, you always have a plan to protect yourself. Apply this mentality if you are going to drink.

It's not always easy to see when your drinking has crossed the line from moderate or social use to problem drinking. Since drinking is so common, the effects vary from person to person. The bottom line is, know how alcohol affects you and the warning signs of problem drinking.

Substance abuse experts have often made a distinction between alcohol abuse and alcoholism. Unlike alcoholics, alcohol abusers might drink heavily but not daily. However, their alcohol use is still self-destructive and dangerous to themselves and others.

Not all alcohol abusers become full-blown alcoholics, but it is a big risk factor. Sometimes, alcoholism develops suddenly in response to a stressful change, such as a breakup, retirement or loss. Other times, it gradually creeps up on you as your tolerance to alcohol increases. If you're a binge drinker or you drink every day, the risk of developing alcoholism is greater.

Those who have to drink a lot more than others in order to feel relaxed or those who can drink more than other people without getting drunk are displaying signs of tolerance, which can be an early warning sign of alcoholism.

Denial is one of the biggest obstacles in getting help for alcohol abuse and alcoholism. The social pressure and desire to drink is so strong that your mind finds many ways to rationalize drinking, even when the consequences are obvious. Denial not only keeps you from looking honestly at yourself and drinking's negative effects, but also makes the problems you have much worse. It's likely time

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

*Active LASD

to ask for assistance if:

- You often drink more alcohol than you wanted to, for longer than you intended or despite telling yourself you wouldn't
- You have a persistent desire to cut down or stop your alcohol use, but your efforts to quit have been unsuccessful
- You spend a lot of time drinking, thinking about drinking, or recovering from its effects
- Alcohol use is damaging your relationships

Alcohol just doesn't affect you: It affects everyone around you, including the people you work with and the people you love.

You have a decision to make! It's not going to get better on its own, and it's probably not

going to be easy, but you can do it. Call the Psychological Services Bureau (PSB) Substance Abuse Resource Program at (213) 738-3500, and you can talk to the coordinator or a doctor there. Or you can contact a member of the Peace Officer's Fellowship (POF). Their numbers are listed above. ☆

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Check out news and events at

www.sheriffsrelief.org

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By Mike Bartman
Lakewood Station

By the time you read this, baseball's Spring training will be done and the new season will be underway (go Dodgers!). Easter will have passed and most of the kids' Spring breaks will be over. They will now be faced with 2 1/2 straight months of school until Summer vacation, and the dreaded tax deadline (April 15) looms in the near future. With the Lakewood Post Office being right next door to our Station, I am amazed every year at the number of people who wait until the last minute to get their returns in the mail. For all of you procrastinators, it's time to get those returns filed early and avoid the long lines. Now, on to the February happenings at LKD.

We are still very busy here getting ready for this year's Baker to Vegas Challenge Cup Relay. We have held several training/qualifier runs in the San Gabriel Riverbed, along with many of our runners participating in the LASD Mug Run series. (Pictured are Deputy John Trejo approaching the turnaround point and Detective Mike Espinosa silhouetted against a nice California sunrise.) Six of our runners — Mike Melikidse, Jason Colon, Kevin Fujiwara, Pablo Suarez, Michael Duff and John Trejo — also took on this year's Century Station Scorpion Relay run. The LKD team had the fastest overall time at 1:54:00 and won in the Open category. Congratulations! Remember to stop by the Station and get your limited edition 2016 LKD XIII Baker to Vegas T-shirt, while supplies last.



This year also marked the 25th anniversary of the Lakewood Station Community Run (formerly Mug Run). This year's run was held on Saturday, March 5. Since partnering with Soroptimist International of Lakewood/Long Beach several years ago, this year's 5K/10K run has grown into a *huge* community event. With over 900 pre-registered runners, we expected 1,000 to 1,200 runners by the time race day arrived. There were also 100 to 200 kids participating in a 1K fun run in the Lakewood Mall parking lot. Hopefully, I'll have some good pictures for next month's article.

Speaking of running, anyone who knows me will tell you that the only running I do is around the base paths in the biannual Sheriff's softball tournaments. I did run the "Hollywood Mile," aka Leg #20 of the Baker to Vegas Relay in 1995 on the CRDF team. It was a brand-new facility back then and just about anyone could make the team. I need to say a *big congratulations and good luck* to the guy who taught me how to run, retired LASD Commander Ralph Ornelas. Ralph recently retired after 36 years on the Sheriff's Department. He was my platoon D.I. in the Academy 25 years ago and has made several stops here at Lakewood since then (1992 to 1993, 1994 to 1995 and 1995 to 1997 as a sergeant; 2001 to 2008 as the OSS zone

lieutenant for LKD). His retirement celebration was almost like an LKD alumni gathering, with all the current and former LKD personnel in attendance. Thanks for giving me a good start on my career, Sir!

For the second time in just a few short months, I get to feature the Dodgers Hall of Fame manager Tommy Lasorda in one of our articles. Deputy Ryan Sauls said he was driving in his marked patrol car in the area of Bellflower Boulevard and Rosecrans Avenue in the

city of Bellflower when he was flagged down by an unknown female adult. (This sounds like the start of way too many police reports.) The nice young lady told Ryan there was someone who wanted to meet him and buy him a cup of coffee at the nearby Starbucks. Being the community-oriented deputy that he is, Ryan was curious to see what she was talking about, or maybe he just never passes up a free cup of Starbucks. Ryan was very surprised to find out he would be having coffee with Mr. Lasorda.



Long, longtime LKD timekeeper Carmen Mendoza was recently called on the carpet during the South Patrol Division's meeting. She was to be presented with her 30-year service award

from Chief Buddy Goldman. When she commented that 24 of those 30 years had been spent here at LKD, Commander Kelly Fraser asked her, "Why Lakewood?" Carmen quickly replied, "Because it's *fun*," proving that she has been here way too long.



Bellflower SAO Deputy Tony Avila was all smiles after winning the centerpiece flower display from his table after the City of Bellflower's State of the City address. I was told that it is now displayed front and center on his desk at the Bellflower Substation.



Lakewood Detective Roger McNichols was recently walking around the Station asking if anyone wanted to buy his old Ranger side-by-side off-road vehicle. Roger explained that he had just purchased one of the new high-powered 1000cc models and no longer needed his "little one." The following week, Roger came to work sporting a cast on his arm after breaking it while

rolling his new ride. Maybe the "little one" isn't so bad after all. Get well soon, Roger.

Comings and goings: We recently said goodbye and good luck to Sergeants Matt Verzola (Personnel Administration) and William "Bill" Murray (County Services Bureau). We held a farewell barbecue to recognize their contributions while assigned to LKD Station. Timekeeper



Carmen Mendoza jumped in between the two guests of honor for a special Kodak moment (this must be the fun she was talking about).

Also leaving LKD were Deputies Taralyn Avila (finally a permanent item at Personnel Administration), Jesse Alejo (Court Services), Trish "I wanna be closer to home" Lemberger (San Dimas Station) and Robbie Lloyd (investigator at Transit Policing Division). Robbie has been a big part of our Baker to Vegas support team the past couple of years and will be sorely missed at this year's jog through the desert.

Our captain's secretary, Dora Rodriguez, left us to follow one of my former captain trainees (Merrill Ladenheim) to the Human Trafficking Bureau. It's always nice to see someone you mentored go on to have a successful career. Good luck to you, Dora! Stepping in to fill Dora's shoes is Alice

Finkelstein. Welcome, Alice. Just let me know if you need any advice on "breaking in" new captains.

I also want to make special mention of Reserve Deputy Robert "Bob" Zaricor's recent retirement from Reserve Forces Bureau. Bob has been a fixture here at LKD since way before I got here. Even when he was promoted to reserve commander, he continued to be involved here. He is usually the first to respond every month when I send out the request for mobile range operators. He will also soon be retiring from his full-time job at Sempra Utilities, aka the "Gas Company," and making the big move to Washington State. Good luck and Godspeed, my friend.

We welcome and congratulate newly promoted Sergeants Matthew Bodell and Ricardo "Rick" Lavan. I was told that Rick is almost as big of a Dodger fan as I am, so it will be nice to have another true "Go Blue" L.A. baseball fan here. In the "You can check out, but you can never leave" category is Deputy Chris Allende. He returned to LKD to fill the vacant motors spot (136M) in the city of Paramount. Welcome back, Chris.

Starting their training adventure here at LKD are Deputies Christopher Avila, Nicholas De La Torre, Cristina Pernas Ortiz and Michael Ponce De Leon Jr. Welcome and good luck to each of you.

That about wraps it up for this month. Until next month, keep safe and God bless. ☆



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L	Danner and Bates Duty Boots	\$67 105 125

LOCATIONS

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S.T.A.R.S Center
Whittier

> Emporium III
P.D.C. - Wayside
Castaic

WHAT EXACTLY IS A "BITCOIN"?

With the recent news that a Los Angeles hospital paid \$17,000 in bitcoin ransom to get its medical records returned, the common question asked was, "What exactly does that mean?" What is a bitcoin?

Bitcoin is digital currency. It's virtual money that can be transferred from person to person online without a middleman, with full encryption. That means no banks or their transaction fees. Cryptocurrency was invented in 2009 by someone allegedly named Satoshi Nakamoto. No one knows exactly who that is, and that's the point. The bitcoin is all about being anonymous. The real names of buyers and sellers are never revealed, which has made it the go-to currency for illegal sales of drugs and even hitmen.

The U.S. dollar can be broken down into 100ths, or 100 pennies. Bitcoins, however, can be expressed in increments of eight decimal points to the right (for example, 0.00001234). Just about anything bought and sold on the "Dark Web" (that's for another story) is done with bitcoin. Today, there are many legitimate companies that readily accept bitcoin as payment. What has been widely accepted as the first bitcoin transaction took place on May 22, 2010, when a \$25 pizza was purchased with 10,000 BTC (this is the abbreviation for bitcoin). This means that the value for a single bitcoin at that time was approximately .0025 U.S. dollars (\$25 / 10,000=.0025). Needless to say, the value of bitcoin fluctuates a lot. By November 29, 2013, the value of a single bitcoin spiked to \$1,124.76 USD. Since that time, though, the value has dropped significantly. As of February 23, 2016, a single bitcoin was valued at about \$430 USD. If the world's largest site for changing bitcoins into real dollars suddenly shut down, more than \$300 million worth of bitcoins would reportedly vanish. Unlike with bank accounts, there is no government-backed insurance. A major online bitcoin selloff would ensue, but analysts disagree on how much this would shock the digital system. Is it just a growing pain, or could it be the end of the bitcoin as we know it? That's the million-dollar question.

Editor's note: Sergeant Rolando Bracamontes (Fraud and Cyber Crimes Bureau) contributed to this story.

VERY SPECIAL PEOPLE

Personal fitness is a continuum of infinite possibilities for better physical and mental health. To be fit is to achieve a level of health and function that you can be satisfied with for your current or future goals. This month's very special person, Secretary V Aida Osborne, who moonlights as a fitness instructor, is quick to point out that despite her appreciation of fitness and health, she gets the most satisfaction when she observes her students journeying through a transformation that changes their bodies and/or mindset. She added that health is a state of complete mental, physical and social well-being. It's not just about not being sick; fitness is also meeting the demands of one's environment.

According to her, her love for physical fitness began almost by accident. She said she was feeling a little heavy (don't we all) and wanted to get in shape, so she decided to attend an aerobics class at the local 24 Hour Fitness gym. As she continued to attend these classes, she noticed a decrease in weight and an increase in energy. She became so well-versed in the classes that one of the trainers suggested she get certified.

That was all she needed. After receiving her certification as an instructor, she began teaching body combat, body pump and turbo kickboxing (see photos). She has even found time to voluntarily instruct some of her co-workers. One day, some work colleagues commented on how they would like to work out, but could not find the time. The general theme among the group echoed that there no time at home, and no time at work.

Aida, never one to bypass an opportunity to get in a little workout, arranged a small "lunch" gathering that consisted of some heavy sweating, and the rest is history. The group continues to get together to this day, and all have seen a significant difference in their caloric intake, energy and overall life experience.

She added that the reasons for inactivity aren't hard to figure out. Most of us have jobs where we sit most of the time, so chances are limited



Secretary V Osborne started her career with Los Angeles County in 1989 at the Tax Collector's Office, now known as the Auditor-Controller's Office. The next year, she came to Data Systems Bureau as a timekeeper. In 1992, she promoted to word processor II, and then in 1996, she promoted to her current assignment as the captain's secretary. She can immediately recite all six captains she has worked for.



to be physically active at work. We also rely heavily on modern labor-saving devices — cars, appliances and power tools — to spare us manual effort. It's about what you see in the mirror. If you don't agree with the reflection, you just have get out and do it! Included is a picture taken at one of Aida's body pump classes.



CUSTODY AUTOMATION UNIT: LASRA

Over the past few years, the nature and scope of problems facing the Department's Custody Division have grown in ways few could have predicted. New legislative requirements combined with a downturn in the economy have stressed the system to the limit. The legal and operational challenges of chronic and acutely overcrowded County jails have raised concerns within the Los Angeles County government about the most effective use of its custody resources without compromising public safety, while reducing costs. The Department has taken numerous steps

to manage the problem, but overcrowding remains an intractable issue.

Critical to the challenge faced by the Department is the need to implement a proven and timesaving method for evaluating risks for releasing inmates with the assurance that they will attend court appearances, comply with their release supervision requirements and not jeopardize public safety.

To meet this challenge, the Sheriff's Department is contracting with the Center for Evidence-Based Corrections (CEBC) research center, hosted by the University of California, Irvine (UCI), for consulting services to develop the Los Angeles County Sheriff's Department Risk Assessment Tool (LASRA).

The CEBC consulting staff are internationally recognized for their accomplishments and expertise in corrections risk assessment and inmate evaluation, and are uniquely qualified for this project. They were the principal architects of California's Static Risk Assessment (CSRA) tool. The CEBC consulting staff's expertise in corrections and their ability to tap the research power of the UC system affords them an unparalleled advantage for evaluating the unique requirements of Los Angeles County's correctional system and tailoring a static risk assessment tool to meet the needs of the Department's Custody Bureau.

In 2007, the California Department of Corrections and Rehabilitation (CDCR) collaborated

with the CEBC research center at UCI to develop the California Static Risk Assessment tool (CSRA) for predicting long-term inmate recidivism risk potential for supporting CDCR release decisions.

Risk factors are calculated using static criminal information from the Department of Justice (DOJ), such as age at release, offense categories, time left to serve, gender, ethnicity, and counts of prior convictions for a range of felonies and misdemeanors. The outcome of this collaboration between CEBC and the CDCR provided the state with an invaluable software tool having several advantages over manual processing — using automated computer scoring algorithms was much faster and consistent than manual scoring, in which inter-rater reliability may be an issue. Static risk assessment is objective and consistent.

Working with the Department, the CEBC consulting staff will refine and customize their static risk assessment software tool to maximize LASRA's effectiveness with Los Angeles County's inmate population.

LASRA will retrieve inmate information from automated systems managed by the DOJ. LASRA's complex algorithms developed for the County's inmate population will calculate inmate risk assessment scores. Inmate risk

continued on page 24



CAREER EXPO -and- TESTING OPPORTUNITY!

DATE: SATURDAY, APRIL 16, 2016
EXPO TIME: 9:00am to 11:00am
WRITTEN TEST: 11:30am to 2:30pm
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REQUIREMENTS:

- * 19 1/2 years of age (Min. No max age)
- * U.S. High School Diploma or equivalent
- * Valid Class "C" Driver License
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Social Security Number must be provided at time of test!



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assessment scores determine which risk group inmates will be placed in.

The delineation between two adjacent risk groups is referred to as a “cut point.” The CEBC consulting staff will adjust LASRA’s calculated cut points based on Department-specific requirements and County inmate population history.

When fully implemented, LASRA will analyze DOJ static evidence-based inmate information and calculate the inmate risk assessment scores. The cut points determine which of the five listed risk groups best categorizes the inmate:

1. Low Risk
2. Moderate Risk
3. High Risk Drug
4. High Risk Property
5. High Risk Violent

Inmate risk groupings are intended to aid the Population Management Bureau (PMB) Classification Unit in making consistent decisions in a policy-driven approach and identifying inmate needs in custodial or noncustodial settings. By quickly and objectively triaging inmate populations into risk groups, LASRA will support correction professionals in making decisions

regarding levels of supervision, staffing, and determining eligible inmate populations most likely to benefit from rehabilitative programs and services.

LASRA is to be fully implemented in the first quarter of 2017.

IT QUOTE OF THE MONTH

“Technology gives us power, but it does not and cannot tell us how to use that power. Thanks to technology, we can instantly communicate across the world, but it still doesn’t help us know what to say.” — Jonathan Sacks

ARRIVALS AND DEPARTURES

This month was a busy month for sworn personnel at DSB. Leaving us for greener pastures (allegedly) were Lieutenants Josh Thai (Lost Hills Station) and Tony Leon (Fraud and Cyber Crimes Bureau). Lieutenant Leon’s group provided him with a nice luncheon that

included well wishes and a beautiful propeller hat (see photo). Leaving us via the promotion route was Intermediate Typist Clerk Virginia Mendoza, who moved on to Medical Services Bureau. We wish you all the very best.

Joining us were Lieutenants Shawn Kehoe (Norwalk Station) and Derek Sabatini (Santa Clarita Valley Station). We also welcome IT Technical Support Analyst II Dale Mendez. Welcome, and unfortunately we’re all out of propeller hats ... for now!

Logging off until next month. ☆



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The Chaplain's Notebook

By Chaplain Donald Patterson
Lancaster Station

CHAPLAINS ... WHAT DO THEY DO?

On a recent ride I was asked a question: What's the difference between unit (as in "unit of assignment") chaplains and station chaplains? There's a short answer and a long answer. The short answer is, members of the station chaplains assist the Sheriff's Department and the station they volunteer at by facilitating communication with the community, while the Department chaplains (part of the unit chaplains program), minister directly to sworn and professional staff employees of the Department and their families.

Now for the long answer.

WHO ARE UNIT CHAPLAINS?

Los Angeles County Sheriff's unit chaplains are ordained women and men from various faith backgrounds. Our chaplains represent Jewish, Muslim and Christian faiths. Chaplains are not limited by their faith background; we minister to all without regard to differences in religious beliefs or lack of belief. We don't recruit others to our faith, nor are we a replacement for an individual's own clergy. Chaplains are a resource within the Department with an

understanding of law enforcement matters and a desire to encourage and support our deputies.

WHAT DO CHAPLAINS DO?

Of course, chaplains provide spiritual support and guidance upon request; that's a given. But we do more. Chaplains are available in times of crisis, injury or emotional distress. We assist in making notifications to families of injured or deceased deputies. In the aftermath of disaster or violent crimes, chaplains may be called upon to comfort or support members of the community to relieve pressure on Department personnel.

DO CHAPLAINS RECEIVE ANY TRAINING?

Chaplains participate in regular ride-alongs to get to know the deputies in the field and to better understand the stressors involved in law enforcement duties. For me, that is a unique training experience every time I ride. Chaplains also undergo three days of Peer Support Program training provided by the Department, and other specialized training by the Department and

outside agencies. We also have a pool of talent among our own peers. Several of our chaplains are reserve deputies. Some have skills that allow them to serve with EOB, tactics or range training. The chaplains of the Los Angeles County Sheriff's Department have a heart for our deputies, professional staff and their families, and desire to learn more so that we can better know how to serve those who stand watch over our communities.

Romans 13:3-4: "For rulers are not a cause of fear for good behavior, but for evil. Do you want to have no fear of authority? Do what is good and you will have praise from the same; for it is a minister of God to you for good. But if you do what is evil, be afraid; for it does not bear the sword for nothing; for it is a minister of God, an avenger who brings wrath on the one who practices evil."

How can I contact a chaplain? Chaplains are available at their unit of assignment or on call 24 hours a day by calling the Employee Support Services Bureau at (213) 738-3500. You can reach me through Lancaster Station or by calling (661) 675-9066. ☆

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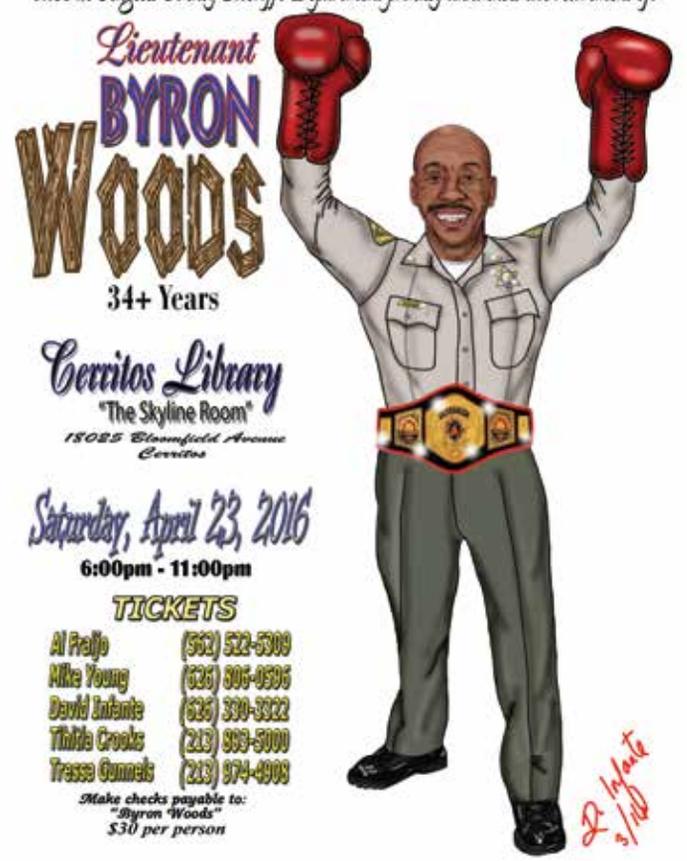
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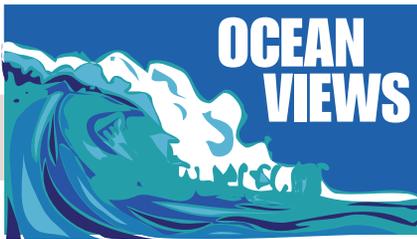
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D. Lafante



By Daryl Williams
Lomita Station

Congratulations and farewell to newly promoted Commander Blaine Bolin, who is off to North Patrol Division. He served Lomita Station since 2009, first as our Operations lieutenant, then as our captain. Best wishes in your new assignment, Sir. Don't forget the hand warmers for the Winter and sunscreen for those mid-August rollouts.

Because he just won't go away, the newly retired Greg Belluomini returned with his new beard to accept a Distinguished Service Award, an award that definitely represents his career. Congrats, Greg.

Hooks of the month: We have several this time, so we will be brief. Deputy Rena Kambara and Deputy Andres Navarro for the obs hook of

three suspects for mail theft and narcotics. The suspects stole mail in San Bernardino County prior to casing Lomita for their next haul. Kambara and Navarro nabbed them just before they started fishing mailboxes outside of the Lomita Post Office. Our rookie suspects found out those rat glue traps are a lot stickier on their skin and clothes than they imagined. We find Deputy Kambara again, this time with Detective Richard McKaig and their stop of a cold-plated 10-29V and two suspects with burglary tools and stolen property. Continuing the mail theft and narcotics theme are Deputies Justin Smith, Dwayne Javier and Kevin Kuwata for detaining two off a prowler call. Our suspects were just getting started in their midnight capering when they encountered our deputies on a pitch-dark and rainy night.

Having a regular workout routine is important. Those New Year's resolutions have faded away by now. Thankfully for a serial armed 211 suspect, he kept that workout resolution. Our SAT team was staking out a local gym on a tip when the suspect sauntered in. He barely got his workout music started on his phone when he was greeted by our team. He was thoughtful enough to even bring the handgun with him to the gym. Our suspect can still work out, it will just be lots of isometrics pushing against the walls of a jail cell. The suspect confessed to a string of robberies across the South Bay. Great work by all.

Revolving doors: We also say goodbye to Deputy Christine Clotworthy, who is off to Court Services. Welcome, Deputy Nathan Nakaoka from Transit Policing Division and newly promoted Sergeant Keyshanette Gipson from MDR. ☆

☆ IN MEMORIAM ☆

STEPHEN E. BATE	RETIRED 04-22-97, DECEASED 02-13-16	DEPUTY/AV
DIANA M. BINGHAM	ACTIVE, DECEASED 02-12-16	DISPATCHER II/COMM. AND FLEET MANAGEMENT BUREAU
GARRY CLAYPOOL	ACTIVE, DECEASED 02-21-16	DEPUTY/COURT SERVICES EAST BUREAU
HERBERT D. FELL	RETIRED 02-22-05, DECEASED 02-05-16	SERGEANT/TST
KEVIN E. FISH	RETIRED 03-31-12, DECEASED 02-19-16	DEPUTY/MCJ
WILLIAM F. KENNEDY	RETIRED 03-30-82, DECEASED 02-02-16	CAPTAIN/BISCAILUZ
KENNETH L. McCOMAS	RETIRED 01-04-82, DECEASED 02-12-16	SERGEANT/COMMERCIAL CRIMES
FRANK M. O'FARRELL	RETIRED 06-01-89, DECEASED 02-02-16	SERGEANT/HOMICIDE
MARY E. OLSON	RETIRED 01-20-04, DECEASED 02-20-16	SERGEANT/MALIBU
JERRY E. SCHIMMING	RETIRED 09-22-97, DECEASED 12-14-15	DEPUTY/LAKEWOOD
GABRIEL N. SEAMORE	RETIRED 01-07-81, DECEASED 12-02-15	DEPUTY/CARSON
HARALD R. TREICHLER	RETIRED 03-19-82, DECEASED 03-28-14	DEPUTY/CRIME LAB
PHILLIP A. YAW	RETIRED 03-31-04, DECEASED 02-06-16	SERGEANT/SEB
SUSAN HUTTON, SPOUSE OF RETIRED MEMBER WILLIAM R. HUTTON, DECEASED 01-23-16		
BRIAN LEWANDOWSKI, SON OF ACTIVE MEMBER VICTOR LEWANDOWSKI, DECEASED 02-27-16		
ROSEMARY E. RAMIREZ, SPOUSE OF RETIRED MEMBER ROBERT RAMIREZ, DECEASED 02-13-16		
OSCAR V. REFUERZO, SPOUSE OF ACTIVE MEMBER AVEL A. MORADO-REFUERZO, DECEASED 02-11-16		
MELISSA J. WARD, SPOUSE OF RETIRED DECEASED MEMBER ROBERT WARD, DECEASED 02-11-16		



By Jeffrey Johnson
Transit Bureau North

THE PLACE TO BE

I have found that Transit Bureau North (TBN) is a place where the captain, lieutenants and sergeants know your first name and will not hesitate to say “hello” as you’re walking through the hallways. Not because your name is on the missing report list or a patron is making a complaint against you, but just because that’s the way it is around here, and that’s a good thing.

It’s no secret that the contract with the Metropolitan Transportation Authority is one of the largest and most profitable contracts within the Sheriff’s Department. Knowing this, the command staff, along with the supervisors, understand the challenges that Transit Bureau North personnel have to endure on a daily basis. Make no mistake, expectations are high, but everyone from top to bottom continues to perform their duties professionally while representing the Sheriff’s Department. I think it’s refreshing to work at a station where everybody knows where the bar is set and how to get to it. Ultimately, this is what makes Transit Bureau North a unique place to work.

OUT IN FRONT

Leading the way, Transit Bureau North’s motor and bus units are the unsung heroes that work hard every day in the daily grind of answering and handling calls for service. The motor and bus units have established a strong base of teamwork and leadership in servicing downtown Los Angeles, the outlying suburbs and other neighborhoods in the city of Los Angeles that the countless Metro bus routes drive through. We all know that patrolling in a black and white is inherently dangerous, but here at TBN, the motor units take unmeasurable risks when navigating through the streets of Los Angeles and the greater Los Angeles County area responding to calls. Transit Bureau North gives a special thank-you to our motor units: Deputies Andrew Parrott,

Arnulfo Aguirre, Ruben Rivas, Michael Geier, Edward Chow, Jeffrey Heier, Keith Bowen, Governor Davis, Rick Clayton, Kenneth Cianciosi and Cesar Landeros, and Sergeants Darryl Chevalier, William Lynch and William Mattison.

Transit Bureau North must also say thank you to our bus units that take on multiple calls from dusk to dawn: Deputies Juan Gonzalez-Valencia, Osiry Rivas, David Anguiano, John Rios, Gabriel Perez, Jorge Perez, Eric Johnson, Jairo Aleman, Shane Parks, Jason Bryant, Ricardo Villegas, Tammy Carney, Enedino Fernandez, Jose Alvarado, Jose Ayala, Rodolfo Serrato, Raul Briones, Marcus Turner, Anthony Sims, Christopher Soderlund, Vincent Kruse, Courtney Ferrell, Daniel Padilla, Miguel Aguilar, Ricardo Duarte, Sergeants Justin Walter, Maurizio Avola, Sandra Fanchin and David Jacobson.

Keep up the good work!

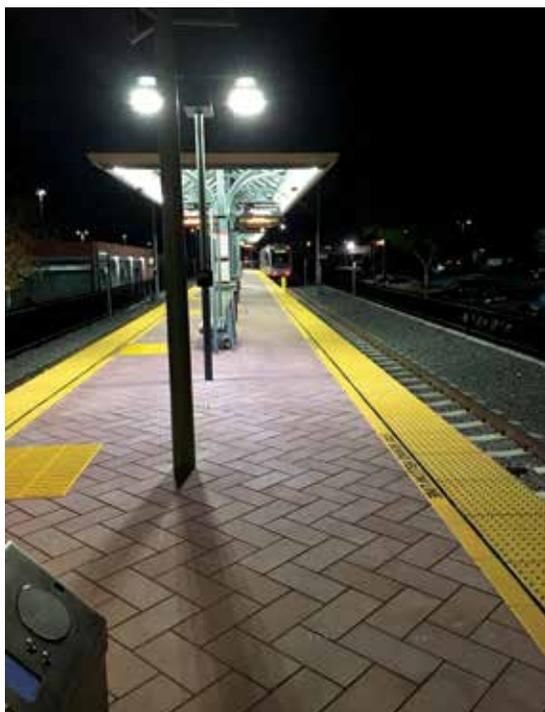
SHINING GOLD

The grand opening of the newly awaited Gold Line Foothill Extension took place on March 5. There were six new stations introduced to the line: Arcadia, Monrovia, Duarte/City of Hope, Irwindale, Azusa Downtown and Azusa Pacific University/Citrus College. Transit Bureau North implemented 10 new deputy positions in order to serve the patrons who will depend on the Gold Line

Foothill Extension on a daily basis. Special thanks go out to Lieutenant Hoffman and the Gold Line team leader, Deputy Crisanta Fulkerson, for their hard work and preparation for the grand opening!

EMPLOYEE OF THE MONTH

On Sunday, January 24, Deputy Miguel Aguilar responded to a bus operator reporting an individual who was intoxicated, refused to pay fare and possibly armed with a handgun. Deputy Aguilar arrived and was able to take a position of advantage, maintaining a visual on the suspect. He effectively coordinated his assisting units to make a tactical approach while the suspect was asleep on the bus, since the suspect’s earlier actions were unpredictable. The deputies made a plan, executed it effectively, and the suspect was taken into custody without further incident. They recovered a fully loaded and operational Smith & Wesson revolver from the suspect’s person. Deputy Aguilar conducted a follow-up investigation and confirmed that the male was not able to possess the firearm or ammunition due to a prior felony conviction. Deputy Aguilar also obtained statements from a witness that the suspect claimed to be a member of the Avenues criminal street gang. Effective coordination and utilization of proven police tactics led to a peaceful resolution of a call for service that could have had a very different outcome. Congratulations! ☆



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BOOMERS IRVINE	\$25.00 and up (several packages available)	
(available online only)	\$0.99 processing fee per transaction	
CINEMARK (unrestricted)	\$8.00	\$11.00-\$13.50 depending on location
.	<i>Ages 3 and up</i>	
DISCOVERY SCIENCE CENTER	\$14.00/\$10.00	\$17.95/\$12.95
(available online only)	<i>(Children 3-11)</i>	
DISNEY 1 DAY 1 PARK	\$95.04/\$89.28	\$99.00/\$93.00
Good thru 12/31/16	<i>Online pricing is date specific. Please visit our website for details.</i>	
DISNEY 1 DAY 2 PARK HOPPER	\$142.60/\$137.08	\$155.00/\$149.00
Good thru 12/31/16	<i>Online pricing is date specific. Please visit our website for details.</i>	
KNOTT'S BERRY FARM	\$39.00/\$34.00	\$72.00/\$42.00
Good thru 12/31/16	\$36.00/\$33.00 (online price)	
.	<i>(Children 3-11; Senior 62+) \$5.99-\$7.99-\$9.99 processing fee per transaction</i>	
LEGOLAND-Free 2nd Day	\$74.00/\$68.00	\$93.00/\$87.00 (1 day ticket)
Good thru 12/31/16 (available online only)	<i>2nd Day Free within 90 days of first visit or before expiration date</i>	
LEGOLAND HOPPER-Free 2nd Day	\$82.00/\$76.00	\$117.00/\$111.00 (1 day ticket)
Good thru 12/31/16 (available online only)	<i>2nd Day Free through the end of 2016</i>	
LONG BEACH AQUARIUM	\$18.95/\$12.95	\$29.95/\$17.95
Good thru 11/30/16	\$17.95/\$11.95 (online price; Children 3-11)	
MAGIC MOUNTAIN	\$44.99	\$76.99/\$51.99
Good thru 9/25/16 (available online only)	\$8.99 processing fee per transaction	
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Disabled Vet Buys \$530,000 Orange County Home On Bad Credit—And Just \$38 Down!

45 days ago, I got a phone call from a friend and past client named Alan.

He had a problem:

He was fed up with renting, hated his landlord and was sick of his rent going up year after year.

Alan's credit was shot, though. He lost his job a few years ago, and had to short-sale his house.

Still he dreamed of owning his own home again, but with just \$5,000 to his name, Alan was sure he wouldn't qualify for much.

But then Alan mentioned that he was a veteran, and that gave me an idea.

My name is Gregg Knight from Heroes Financial. I specialize in helping veterans and police officers buy the home of their dreams – even when they think their financial situation is a nightmare. I've worked with hundreds of vets over the last 17 years, and I know the ins and outs of VA loans like the back of my hand. I find the loopholes and obscure VA benefits most people overlook. And because of this proven track record, I knew we had a great chance to make Alan's dreams of owning a home come true.

After thoroughly qualifying Alan's income, which he had re-established for over 2 years, it turns out; he qualified for more than \$530,000 using his VA eligibility. Since he was partially disabled from the Military, the VA

admin fee was waived.

As it turned out, Alan fell in love with a single family home in North Orange County. The sellers loved the fact Alan was a veteran. The sellers and Alan agreed to a \$530,000 purchase price.

We were able to structure his new VA loan where we paid all Alan's closing costs for him.

When we closed, Alan received a check back in the amount of \$4962.

This means, Alan paid just \$38 out of pocket to buy a \$530,000 single family home in North Orange County.

The major advantages of a VA loan:

No Down Payment · No Mortgage Insurance
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If you're a veteran or police officer and your bad credit is keeping you out of your dream home, we can help. Call **714-202-9650** now to see how we can get you out of that rental and into a home of your own.

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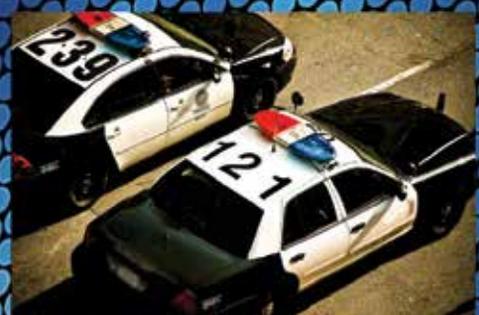
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