



Star News

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

VOL. 75 NO. 2

JUNE 2014



Welcome
LASD ROUNDUP
APRIL 6-10, 2014
**RECAP OF THE 15TH ANNUAL
LASD FAMILY GATHERING
IN LAUGHLIN**
SEE PAGE 8

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, April 10, 2014, at 11515 Colima Road, Whittier. The following officers and trustees were present: John McBride, Vice President; Josie Woolum, Secretary-Treasurer; Trustees Kerry Carter, Joseph Fennell, J.P. Harris, Richard Maradiaga, Raymond Peavy, Liza Vera and Ralph Webb; Robert Ciulik, General Manager; and Carrol Leonard, Assistant General Manager.

The meeting was called to order at 4:45 p.m. A motion was made by Trustee Maradiaga, seconded by Trustee Webb and unanimously carried to approve the minutes of the February 11, 2014, meeting and the January and February Foundation expenditures.

COMMUNICATIONS

General Manager Robert Ciulik reported that communications were received from the following during the months of February and March:

From Sandra Blevins to Bob Bouffard, "I want to express my family's appreciation to you and the Sheriffs' Relief for your kind words and the check we

received. This will help us meet some of the remaining costs associated with administering his trust."

From Valerie Brust to Bob Bouffard, "Thank you so much for all the support you have given me and my family during our time of loss and sorrow. We truly appreciated the floral star, the encased flag and the money which was needed for funeral expenses."

From Marnie Uhl to Bob Bouffard, "Thank you so much for your thoughts and attention to this detail. My pop was so proud of our LASD and his years with 'the best.'"

From Karen Beardsley to Bob Bouffard, "Thank you so much for the kind words and condolences for my father. I have received a few emails with notes and actually someone who even knew my Dad. It means a lot to me to know that he was so well regarded."

From Philip Barker to Bob Bouffard, "My family and I would like to express our appreciation of the efforts made by and care shown by your organization over this trying period. This has considerably lightened our burden."

From Dee Poole to Bob Bouffard, "Thank you so much for your help after my husband, Melvin

R. Poole, passed away. The floral star badge was beautiful. I brought it home and it has dried quite nicely. I had no idea you would come to his graveside service. I truly appreciated your being there."

From Ruth Vendange to Bob Bouffard, "I'm in receipt of the death benefit check. Thank you for responding so quickly. Your kindness and condolences extended to our family during this time are most appreciated."

From Alexander Bejarano to Bob Bouffard, "Thank you for your kind words and help as I work through this process. I truly appreciate it. I wish you all there a happy future. Give those you care about a hug ... life is fleeting."

From Janet Tamez to Bob Bouffard, "Thank you for contacting me regarding my father, Leo Van Gorken, and for your prompt response in sending the mortuary benefit check. I appreciate all of your help. Thank you so much."

From Barbara Erskine to Bob Bouffard, "I would like to thank you and the Sheriffs' Relief Association for being there for me in my time of need.

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Retired Deputies

By Chickee Nelson and Don Fandry

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Arcadia, CA 91007
(626) 447-6962

Email: Chickee1@netzero.com or Djfandry@att.net

On April 2, the Hi-Desert Retirees got together for their monthly luncheon at *Carrows Restaurant* on I Avenue and Main Street at 11 a.m. Those attending were Ed Ballinger, Dick and Lou Olney, Joe and Sheila Ortiz, Beth Combs, Ed and Shirley Sznaper, Camille Correa, and Norman and Chickee Nelson. We were all happy to see Joe and Sheila, as they remembered to look at the calendar and saw that the luncheon was April 2. Good job, guys! Bill and Marie didn't show up because Marie was under the weather. Hope she will be feeling better soon. Shirley and Ed had to leave so that Shirley could sing. I didn't say Ed could sing, but Shirley sure can! They both had little bunnies and hats on, as it was an Easter concert! Come and join our little group the first Wednesday of the month for an enjoyable fun-loving lunch.

On April 2, the Desert Heat Retirees got together at the Elks Lodge in Lake Havasu, Arizona, at 11:30 a.m. Here is a list of the attendees; we had a grand total of 29 in attendance: Jim and Flo Harris, Neil Ornstein, Jerry Gillen, Ed Ryan, Jerry Sanford, Mike Robbins, Jim Slay, George Wilson, Hal Hill, Joan Day, Claude Anderson, Don Sackett, Leseah Clark. George Bachmeier, Linda Quinn, Steve Root, Bob and Jerie McQueen, Dennis and Norma Daly and son Troy, Bill Young, Allen and Sue Kopperud, Jack Smith, Tom and Sonja Liles, and Jacque Stringer. Join us next month on the first Wednesday. Thanks, Jerry Gillen.

On April 2, the Marshal's Old Timers held their luncheon at *Villa Tepeyac* in West Covina. The turnout was exceptional this month. Attending were: George Moore, Steve Jimenez, Dave Grijalva, Roger

Konoski, Cliff Hartfield, Al Blomker, John Matarazzo, Terry Glissen, John Davis, Tony Sorgi (that's right, believe it or not), Eugene Swanston (who celebrated his 90th birthday April 13), Roger DeHaan, Ofelia Holguin, Dick Tinsley, Ken Swann, Dave Gonzales, Jack Snyder, Al Barnett, Jeff Egbert and Terry Black. We pray that by the time this comes out, Richard Duran will be able to rejoin us. Hurry back, Rich.

On April 2, the Southern Oregon LE/Fire luncheon was held at the Grants Pass Elks Lodge. Regular attendees were Jim Morris, Jon Ray, Tammy and Paul Allgood, and me, Sue Maxwell. Our presence was graced by Dave Galceran, who worked Firestone/Temple/San Dimas. He's living in Vegas, but was in Oregon visiting his daughter, Tammy

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June 2014

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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Because you sent out the announcement, I was contacted by many former co-workers and friends, and that was a big comfort for me and my family.”

BENEVOLENT REPORT

February

MORTUARY BENEFITS PAID DURING FEBRUARY: \$52,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$177,000

March

MORTUARY BENEFITS PAID DURING MARCH: \$75,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$252,000

LAWS & LEGISLATIVE REPORT

President Andrew Thompson will term out this year.

MEMBERSHIP REPORT

A total of 106 new membership applications were received during the months of March and

April. A motion was made by Trustee Harris, seconded by Trustee McBride and unanimously carried to accept the following new members: Jake M. Adamo, Dwight A. Aguayo, Steven C. Aleman, Nicholas R. Alerich, Jennifer Y. Antunez, Gregory I. Arellano, Juan P. Ayala Melgoza, Norberto Becerra, Carly A. Braveman, Keymesha P. Carter, Erika N. Casanova, Judith L. Casillas, Domenic J. Castanon, Abraham Ceja, Raymond M. Chavez, Adam J. Collette, Linda C. Contreras, James J. Cuoco, Fashionette A. Dominguez, Indeia S. Duboise, Ronald D. Dusky, Hector H. Estrella-Soto, Daniel A. Flores, Lino R. Flores, Armando Galvan, Ronald A. Gapsin, Davey Garley, Andrew D. Gomez, Christopher J. Gonzalez, G. Gutierrez Garcia, Jasper O. Henry, Robert C. Hoch, Raymond Johnson, Jeremiah V. Kennedy, Elizabeth Lopez, Travis Marshall Jr., Marco A. Martinez Jr., Gustavo A. Martinez, Tracy A. Mason, Marco A. Mata, Kyle L. McCammon, Alejandro J. Mendez, Serey Moth, David E. Murray Jr., Katrina B. O'Donnell, Paul Ortiz, Oscar A. Palacios, Amante L. Paragas, Jonathan P. Pawluk, Cameron A. Phillips, Geoffrey

A. Pietrok, Matthew Raya, Beau J. Reyes, C. Robles-Plascencia, Guillermo D. Rodriguez, Suzanne S. Rodriguez, Carlos E. Salazar, Corey H. Sandoval, Paul S. Smyth, Dante B. Turner, William E. Umanzor, Yvette M. Vaca, Bryan Velasco, Benjamin S. Velasquez, Adam A. Villalobos and German A. Zambrano.

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 4 deaths of honorary associate members.

There were 17 members who resigned and 4 who transferred from the Sheriff's Department/Relief Association during the months of February and March.

ADJOURNMENT

At 5:15 p.m. a motion was made by Trustee Peavy, 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*

Allgood. Then it was a pleasure to meet Dino and Linda Alvarado. Dino was in our K-9 Unit. He and Linda moved up here to South Oregon and he's training dogs. He specializes in solid black German Shepherds. His website is www.blacknightgsd.com. The "regulars" who were out of town were Riffle, Havercroft, Patterson, Horne and Schieber. Yellin was at another function. (See, Dale, I didn't leave you out!) We had a great time and tossed around a multitude of Department stories. Until next time ...

On April 7, the first meet-up of the Pomona Court Deputy Retirees was a great success! The group met together at *Flo's* for brunch at Chino Airport. Retired Deputy Larry Breazeale of Anaheim Hills organized the meet-up. We had about a dozen retirees show up for this brunch. That is pretty good, despite many retirees we know who would have been there with us who could not due to the Retiree Roundup in Laughlin, etc., and many "soon-to-be-retired deputies" also wanted to attend but could not because they were at work. As it turned out, we had enough show up to get this retiree group off the ground and running, said Breazeale. Breazeale stated, "This meet-up was a big success and everyone seemed super charged by it all and looking forward to more meet-ups down the line." Retired Deputy Bob Fowler said, "We plan to have the next meet-up in the evening sometime to

attract some of the soon-to-be-retired bunch from Pomona Court." Everyone there enjoyed the great service and food at *Flo's* (SOS), but other venues were discussed as future possibilities. The Pomona Court Retired Deputies group is off and running! Please spread the word!

On April 10 to 13, the Sunshine Rollers had their monthly get-together at Shady Oasis Kampground in Victorville. Norman and I were wagon masters this month. Members present: Gil Sherwood, Carol Engle, Dick and Marcia Cooper, Claude and Dolores Waddle, Thom and Linda Champlain, Art and Joy DeGroot, Tom and Pat Jones, Jeff and Sheila FitzGerald, Rae Holtzendorf, Norman and Chickee Nelson, Rick and Sandy Spence, Lou and Mary Jo Mullady, and Bob and Glenda Hamburg. Steve and Ruth Powell joined us for dinner on Friday night. Welcome guests: Ronald and Betsy Morgan, Gilbert and Eloise Cardiel, Jeanne Klauk, Dorie Fregeau, Tony and Debbie Griffin, Fred Weinberg and Randy Forney, Norman III and Cherrise Nelson, Norman Nelson IV, Aiden Nelson, Elroy and Terri Morris, and Daryl and Marisol Arviso. Scott and Dolores Carter have joined our group.

On April 16, the Las Vegas Retirees got together for their monthly luncheon at the *Blue Ox* at noon. Those present were: Hershel Aron, Dick Wallace,

Don Webster, Ray Walker, John Sures, John Essery, Gary Olson, Bob Kuczera, Tony Silas, Mary Seaton, Chickee and Norman Nelson, Gary Gray, Joan Raber, Amanda Raber, Stephanie McKenzie, Ruby McKay and John Hooge. We had a nice turnout this month. We might be moving the location of our lunch, but as of right now, we are still coming to the *Blue Ox*. Hershel will let us know if and when it changes. If you are in the Las Vegas area around the third Wednesday of the month, drop on by!

On April 17, the Retired Deputies had their luncheon in Glendale at the Elks Lodge at 11:30 a.m. Those attending were: Woody and Liz Polidore, Sylvia Knapp, Dale Johnson, Norman and Chickee Nelson, Robert and Gina Harris, Art Garcia, Edward Comminey and Don Fandry. This is the smallest group that we have ever had at the luncheon, but it was a nice friendly get-together and we all enjoyed each other's company. Robert Harris retired March 31, 2013, but lives nearby and this was their first time attending, so we hope they will return again and Woody didn't scare them off! Art Garcia retired in 1984. He is a walking miracle. The doctors gave him three years to live after being diagnosed with cancer years ago and the cancer has disappeared.

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IN MEMORIAM
Diane McNutt
1950 – 2014



On May 16, 2014, Sheriffs' Relief lost an employee, friend and very special person. Diane worked at Sheriffs' Relief from 1983 until 2013, when she became ill. All of us who worked with her and all of those who knew her will remember her infectious laugh, crazy jokes and good heart. Over the 30 years that Diane worked for SRA, she made many friends. She always had the time to listen to a story, offer advice or wish you well. Often, members would come in just to talk to Diane. Diane leaves behind a family who loves her, co-workers who adore her, and countless friends who will forever miss her smiling face.

May you rest in peace, Diane, with the knowledge that we are all blessed to have known you. ☆

The doctors can't explain that! The Retired Deputies luncheons are quarterly. Plan to attend in July.

On April 18, after lunch at the *Original Fish Company* in Los Alamitos, as we were leaving I heard someone call my name and there was Jenny Shrout. I worked with Jenny at SANE in the 1990s and haven't seen her in years and years. She has retired and looks the same. We exchanged information. It is nice to see people who you haven't seen in a long, long time.

On April 19 to 26, we left on the *Crown Princess* on a Pacific West coastal cruise from San Pedro to San Francisco, Santa Barbara, San Diego, Ensenada and then back to San Pedro for seven days. We missed the Coachella Valley luncheon that we had planned to go to on Friday. But while we were on the ship, we ran into Pam and Woody Schrick, so we had lunch together on Friday and pretended that we were at Coachella. Also Jerry and Nancy Burks were on this cruise. Jeanne Klauk and Dorie Fregeau were at the campout with us the weekend before, but we didn't know they were going on this cruise! Small, small world!

On April 25, the Antelope Valley Retirees' monthly breakfast was held at *Carrows Restaurant* in Lancaster. The morning weather was cool and brisk, with clear skies and a gentle breeze. It was an invigorating morning, and since I was up early (5 a.m.), I decided to arrive early and relax some before

breakfast. Surprise! When I arrived, Ron Nybakken, Daniel Gilmore and Dennis Saenz were already sitting at the tables. Keith Hoyt and Tom Ewens arrived at the same time as I did. Some guys are just early risers. The rest of the guys straggled in until 8 a.m. After the first two cups of coffee, breakfast was ordered and we set to the task of swapping old tales, remembering those friends who have gone to a better reward and discussing current political affairs. Discussion of interest at our age was the health status and medical treatment information to share. Also attending the breakfast were Bob Bullard, Scott Budge, Glenn Hutchinson, Vance Kirkpatrick, Ron Oest, Terry Lewis, Gil Sherwood, Ron Shreves and me, Carlos Valdez. The AV Retirees' breakfast is open to all retirees of the Sheriff's Department who wish to attend. Until next month, be safe and Godspeed.

On April 25, our Coachella Valley Retirees Spring luncheon was held at *Mitch's* on the beautiful and famous El Paseo Drive in Palm Desert. Quite a few regulars and a few "newbies" were in attendance. One of the new attendees was Jack Pina, with his wife, Meg. Jack was a member of Academy Class 147, and worked in custody and at Industry Station before he left the Department to hold various positions as a DA investigator, chief of police in a Northern California department, ballroom dance instructor, bongo player and singer. Jack and his group performed for the

Retired Female Deputies when they had their biannual conference at the Spa Casino in Palm Springs. He resides in Palm Desert and performs at the various jazz places in the valley. Others in attendance were Larry Dykehouse, Paul and Maria Myron, Vicky Randolph, Marc and Phyllis Klugman, Jim and Joan Willis, Bob and Candy Havercroft, Art Reddy, Helen Reardon, Phil and Ardella Staats, Lou and Gloria Portesi, Don Givens, Don and Betty Cannon, Gerry and Elaine Minnis, Harry and Caroline Lesseos, Rich and Brenda Teeman, Jim and Bette Shuler, Bill Alley, Beth Dickinson, Gus Carleton, Barry Fisher, Roxi Roberts, Eileen Kelly, Ron Ayala, and Dave and Loxi Hagthrop. Two of our regulars couldn't make it due to some pretty serious ailments. Jim Vogts is in ICU at Eisenhower with various infections and breathing problems. Bob Lindblom is undergoing extensive chemotherapy to fight off a serious form of cancer. They are both in our thoughts and prayers for a speedy recovery. It has been decided by the committee (Loxi and Dave) to have three luncheons per year, Winter, Spring and Fall. Our next event will be in early November. Plenty of notice will be given. Cheers, Dave and Loxi.

This is the end of our article for this month. Please have fun and enjoy your retirement. We do have a great one. See you around. Signing off, Chickee and Don. ☆

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.*

Hermila Arellano
Medical Services Bureau

Robert L. Barcus
North Facility

Alberto B. Bisquera
Medical Services Bureau

Giancarlo Casarotto
Twin Towers Correctional Facility

Mark E. Divis
Transportation Bureau

Allen G. Fukerson
Walnut Station

Linda Gilman
North Patrol Division Headquarters

Ashley C. Guimont
Transit Services Bureau

Terry G. Harris
Avalon Station

Laura L. Haynes
Internal Investigations Bureau

Jeffrey A. Jablonsky
Transit Services Bureau

Michael B. Kelley
Twin Towers Correctional Facility

Robert D. Klein
South Facility

Dwayne A. Miller
Transit Services Bureau

Susan M. Misch
Norwalk Station

Steve K. Mossman
Narcotics Bureau

Johnie R. Oates III
Palmdale Station

Tony Ortiz
South Facility

Gregory E. Preston
Task Force for Regional Autotheft Prevention

Joel Rodriguez-Dominguez
Court Services Central Bureau

Kurt Schmidt
Court Services East Bureau

Veronica Y. Trejo
Narcotics Bureau

George T. Walker
Transportation Bureau

Garold Z. Walker II
Norwalk Station

Lisa N. Walter
Century Regional Detention Center

COUNTY SERVICES BUREAU

By John Coleman
County Services Bureau

KIDS DAY

Recently Deputy Sandra Corral made a visit to one of the Department of Mental Health buildings under our Station's watch. The trip was to visit some kids who decided to tag along with their parents on the special "bring your kids to work" day. Sandra must have made quite an impression on a few of the kids during her presentation. A County employee, who happened to be the grandmother of two of the kids, really appreciated the interaction Sandra had with them. She expressed her gratitude in an email to her supervisor. She mentioned how the kids got to see the human side of an officer of the law, and was very impressed with how genuine she was in trying to better the community. She added this side of law enforcement is not highlighted enough by the media.

things, like being more involved in his daughter's school and working out.



fishing, like the one accompanying this article. I also heard he has been chasing a little white ball up and down a few local golf courses, so I know he is putting his time to good use.

Both will be missed by their co-workers.

MORE FROM DISPATCH

Seems those who work in dispatch should be really careful these days. I have several reliable informants who work in there, so I hear about most things that go on. In this latest installment of the "Dispatch Files," my informant told me a story about Sheriff Security Officer Jorge Castillo. Lately, I have mentioned him a lot. I'm not sure if that's a good or bad thing. Anyway, it seems he visits dispatch a lot because of his dream of becoming a watch deputy. As you can see in the picture, Watch Deputy Jose Belmares was lecturing him on proper appearance. I was told Jorge was going to start growing his mustache now so it will be ready by the time he graduates the Academy, works custody, goes to patrol and finally fulfills his dream of becoming a watch deputy. I guess he moved on from the dream of becoming a rapper.

Until next month, stay safe. ☆



B2V

This year our Bureau had another successful B2V race. We ended up placing 13th out of 19 teams in the Mixed Invitational Division. Overall, our total time was faster than last year's effort. A big thanks to Sergeants Scott Mathews and Annadenise Briz for all of the hard work and time they put into organizing the team to make the race possible for our Station.

Sergeant Jeffrey Hunter is also calling it quits after over 30 years on the Department. Some of his staff have been sending me pictures of him



MOVING ON

In the last couple of weeks, we have lost a couple of sergeants to retirement who were a big part of our Bureau. After 32 years of service, Sergeant Hugh Kearns decided to retire. Don't think he will be bored, though; I hear he is already making plans to put his new RV to good use. Of course, he will have freed up some more time to do his favorite

LOOKING BACK ON THE 2014 LAUGHLIN ROUNDUP

By Ralph Williams

Family, friendships and relationships! I believe that about sums up the LASD Roundup.

This year a record attendance of 932 people must have agreed as they attended the 15th annual Roundup of LASD retired sworn and professional staff personnel with family and friends in Laughlin, Nevada, at the Riverside Hotel and Casino.

This annual event is conducted every Spring, and for many of us, the anticipation of the event begins in the Fall. It is in the Fall months that Moon and Robyn Mullen put out a notice of the Roundup dates, agendas and registration information. As we make our own plans to attend, we mail in our registration, and each week as folks register, a list of those who plan to attend is compiled and emailed to those on the LASD retired list. For me, and I think for others, this is when the excitement and anticipation of the Roundup begins, seeing who is planning to attend and knowing that we will be sharing the privilege of visiting together for one more time for one more year. If the list presents a negative, it is that many names are missing.

This year, as with others, a number of events were held during the Roundup. Various units held luncheons, dinners and other social functions. There were slot, poker, golf and bowling tournaments, drawings and door prizes, and an arts and crafts fair.



With the approval of Sheriff John Scott and the financial support of ALADS, the HR 218 qualification was conducted in mid-90s temperatures by range staff Deputies Janice Hansen and Mitchell Jones. A total of 367 retirees were processed through the qualification course, thanks to the coordination of Walt Bouman and his helpful staff of volunteers. A big "thank you."

Another big "thank you" goes out for financial support from the Sheriffs' Relief Association, ALADS, PPOA and POPA FCU.

Additionally, thanks to LACERA's outreach team as well as the Sheriff's Museum and RELAC for their participation.

Pages could be written about the people and the different events they participated in, but most of them already know those stories because they were part of the Roundup. Much like last year, I want to address this article to those who have not yet attended a Roundup and I want to try to encourage many more retirees to attend next year.





We had quite a few first-time attendees this year, which was great for everyone because we all like new blood. I began thinking about why folks choose not to attend the Roundup, so I first looked into the mirror. On a personal note, I resisted for a few years after I retired. I was worried that I wouldn't know anyone, or worse, no one would remember me or want to remember me. I'd have to sit alone and text no one in particular on my phone to look busy. I had some false impressions based on bad information and used that and my doubts as an excuse to miss the Roundups. That said, there were people who were attending that I really wanted to see again; people I really liked and had fond memories of. And still I stayed away. But then reality began hitting me right in the face. Those old friends began

to die, seemingly one after another. My opportunity to see those people at the Roundup was gone. Forever! No tomorrow, no next year! So I made plans to attend the next Roundup and did so by driving to Laughlin from Southern Florida. I felt like a total dumb-dumb for any of my doubts. I did know people and they even remembered me. No one took a swing at me, which I took as a good thing. I renewed old relationships and made new ones and have done so each year. Now whenever the inevitable happens, I will have had just one

more visit, one more time with friends. Now, it may look like I'm writing about me, but I'm really writing about a whole bunch of us. We asked the first-time attendees to tell us their thoughts and here are their written thoughts to share with you:

"I've put off coming to the reunion for years. This was my first and I had a great time. Seeing old friends and partners brought back a lot of old memories and filled in the blank spots that are slowly fading. I knew Moon, Robyn and their 'crew' worked hard, but didn't realize how hard till now. Good work for you guys."

"This is the first Roundup we've attended and it's hard to describe the feeling of being back among our Departmental family again. There were people there that I've known since I was 16 and I'm 59 now. Talk about a lifetime!"

"Since I have retired, I have felt that there was something missing in my life. I even considered requesting to be reinstated on an occasion or two. I had received Moon's emails about the Roundup, but I felt that most of those who attended were older than me and I would not have much in common with most of them. What I really missed was the people I worked with. So my wife suggested we stop in Laughlin this year on our way home. So I booked a room and bought us the tickets to attend. Every year I worked for the Department, I looked forward to Baker to Vegas because I was a runner and I was worried that this event would be a letdown for me. But the truth is, I loved it even more than Baker to Vegas. I have not enjoyed myself so much over a four-day period in almost six years. I did find several of my former peers/friends and did a lot of catching up. I also met many people I never knew and really enjoyed getting to know them. I talked to a man who served in WWII and also worked East L.A. in 1963. I talked to people who held much higher rank than I ever did and got to know them as a person rather than as a supervisor. This event was well put together and run. I will attend it again as long as I am healthy enough. I no longer feel like there is something missing in my life. I feel that attending the Roundup is another chapter in my life as a deputy sheriff."

"This was my first year at the Roundup. My husband and I attended and had a terrific time. I couldn't stay for Tuesday or Wednesday's activities, but we took full advantage of Monday. We bowled, I qualified, and met old friends and we made new ones. Everyone we met made us feel so welcome. We plan on attending the entire time next year."

"At the last Firestone Reunion (*Maggie's Pub*, last September) I heard a couple of former partners say, 'Go, you'll have fun.' They were right ... I did. I thanked Moon in person on Wednesday, but I think I added that there are a lot of other volunteers that contributed to the reunion's success. I plan to go next year and participate in more of the scheduled activities."

"First Roundup since retiring in '97. Thought it was a hoot. Saw people I haven't seen in years. Very much appreciate the name tags with the large bold print. Saved me from the embarrassment of admitting I couldn't put names to faces. Thought the whole event was a lot of fun for all who attended and much appreciation is felt for all those who helped plan and execute the program."

"This was my first time since I retired last August. To be perfectly honest, I was a little



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apprehensive in attending knowing that while I was one of the OGs while in the Department, I was once again a FNG in the retirement realm. But I want you to know that I truly enjoyed my time and am very glad that I attended. I went to two station get-togethers and they were a blast. With 932 in attendance, it was very well run and I want to thank all that put it on, especially Moon and Robyn, who tirelessly work to make it a success. I left with renewed friendships and a few new ones also.”

“In regard to the Roundup, the experience exceeded my expectations. I was so blessed to be reunited, if only for a moment, with some very special people that I either shared a radio car, walked a cell row, received supervisory guidance from, trained with, supervised myself or were retired members I had never met before but who I enjoyed hearing of their LASD experiences going

back decades. It was also a good opportunity to thank some folks for their support and influence as I pursued my career. Furthermore, I appreciate and valued the pride so many expressed for the Department, even with the Department’s current events, and the faith they had for its future. I enjoyed the intimacy of the smaller unit gatherings, and at the same time, I enjoyed walking the room (Briefing Room) or walking the line to get pizza on Tuesday night and the appetizers on the final evening. It was like one big reception line and allowed me the opportunity to say ‘hi,’ hug or shake the hand of so many that I shared my career with.”

“I deeply enjoyed attending the Roundup and was pleasantly surprised at the number of people I actually knew, remembered and saw in attendance. It was a joy to talk to many friends I had not seen in years. It was also great to reconnect and share memories with those who I knew at different stages of my own career. Yes, we are a bit older, but the kindred fire of that friendship

is still as strong as ever and was really what I enjoyed the most. I decided to attend this year when I connected with another retired deputy, who also did not want to go alone. Additionally, I was encouraged by some other LASD friends to attend so we could see each other rather than just connecting via emails. It somehow made it easier to attend with knowledge I would be spending time with people I closely knew already as opposed to people I might not know or recognize. Thank you to all who spent so much time, effort and expense to plan, staff and execute such a great event. I will be back next year and look forward to sharing time with many others.”

“I am not a first-timer. I’ve been retired since 1980 and am 90 years old, but I find name tags of young, newly retired deputies whose fathers I worked with before they were even on the Department. I also find people I worked with and haven’t seen in more than 50 years who are first-time attendees.”



Okay, you've read the comments. At least you know I'm not a lone wolf crying in the forest.

Is the Roundup just drinking and war stories? Hardly. I've never seen anyone close to drunk unless you count "under the influence of happiness." It's not about war stories (although some get told, and better and better by the year), but rather, it is about life stories. Greetings are not casual ... they are sincere, with everyone wanting to know how you are, what have you been up to and "Man, it's good to see you!" Common behavior is for someone to walk up to you, they look you in the face, then look you in the name tag, trying their best to get their brains to connect face and name, then they shake your hand or hug you with a smile. Conversations center on who has travelled to where, who has the most ailments and "Man, I wish old so-and-so would attend these Roundups because I'd love to see him/her."

When you walk into the Briefing Room, which is the nerve and central meeting center of the affair, you are overwhelmed by the number of folks you recognize. They are everywhere, so much so that you kind of feel like a mosquito in a nudist colony ... you know what you want to do, but you just don't know where to start!

There are 3,200-plus names on the LASD retired list. We had 932 attend this year. Time to get it to well over 1,000 participants. Moon and Robyn may have to find an airplane hangar for the event, but if we plan to attend, we have a good chance of attending. Next year, the Roundup will take place at the same place from March 29 through April 1. If you can plan to attend, I want to suggest that you register as early as possible when the announcement comes out next Fall, because it does make it much easier for those doing the planning if they know how many are coming as early as possible. There is an added



benefit in that when someone sees your name appear on the list and they are contemplating attending, your name may give them the motivation to attend because they want to see you again. I only have to write about the Roundup, but for Moon, Robyn and their volunteers, the whole thing is a full-time job and the salary is really lousy. I know the happiness of everyone at the event is their true reward.

If you have attended the Roundup before, you know exactly what I am writing about here, and if you've never attended, I assure you that you will be welcomed with open arms; you will be known and remembered. This is basically how all of us who attend the Roundups feel toward you who have yet to attend: If we worked together, if we know any of you and any of you know any of us, we want to see you again and again at the Roundup starting next year. For each of us who feel that way, it means there are many people missing from the event who we desperately

wish to see again. Our birth certificates have no guarantees attached and neither does anyone else have any guarantees, so get on with it. Mark your calendars and make a plan. One question to ask yourself: Who else, where else, do this many retirees get together every year to enjoy each other's company?

On the final night of the Roundup before the food is served and the drawing and final good-byes are conducted, the packed Briefing Room shares a prayer of thanks. It is impressive to see and to experience this wide range of retirees, their families and friends sharing this moment of thanks together. For four days, they have had fun, interacted and just sat and talked over old and current and future times. It has been about relationships renewed, made new and nurtured. It's a moment where the LASD family, now retired, shares their friendships with each other because, in final summation, that is exactly what the Roundup is all about. ☆



International Mounted Conference Comes to Los Angeles

By Joseph C. Haertsch

The Los Angeles County Sheriff's Department (LASD) recently co-sponsored the annual North American Mounted Unit Commander's Association (NAMUCA) training conference at the Industry Hills Expo Center in the city of Industry. Mounted contingents traveled from as far away as Australia, Brazil, Taiwan and Canada, as well as units from across the United States. It was the first time that this conference was held on the West Coast. Our brothers and sisters in blue from the Los Angeles Police Department (LAPD) Metropolitan Mounted Platoon were also involved in the five-day event. Large agencies like Chicago were represented, as well as small, rural agencies from places such as Livingston, Montana. Police executives through line personnel attended the conference.

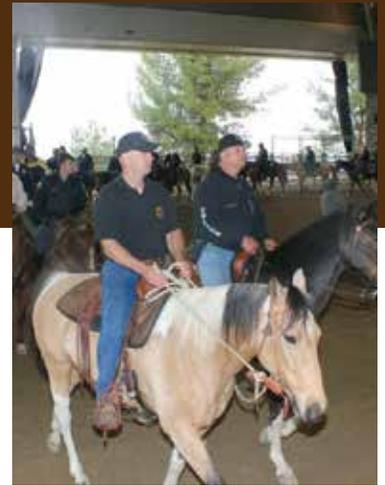
The first three days entailed practical application "in the saddle" training, covering a myriad of topics, from negotiating obstacles with your horse and sensory familiarization to initiating traffic and pedestrian stops from the back of your equine partner. The attendees also had the opportunity to engage in simunitions scenarios, and members of the Training Bureau Tactics and Survival Unit were on scene to provide feedback and oversight. Los Angeles County Sheriff's Department Mounted Enforcement Detail (MED) deputies supplied horses to numerous foreign guests and to personnel from agencies who had traveled a significant distance. Mounted personnel engaged in crowd-management techniques used locally by LASD and LAPD. Attendees even



had the opportunity to "cut" steers from a herd of cattle in order to simulate removing a person from a mob. Thursday afternoon observation of the training was opened to the media. Consequently, we received some very positive press coverage internationally, nationally and locally.

Opening ceremonies for the two-day conference began Saturday, March 1, inside the 500-person capacity Pavilion at the Expo Center. A very professional Explorer Color Guard brought in the flags while Mackenzie Bausmith sang a beautiful rendition of the national anthem. Commander Stephen Smith, who previously commanded the Mounted Enforcement Detail, spoke as the LASD representative about the attributes of having an effective equestrian unit. Deputy Chief Michel Moore from LAPD also gave a keynote address to the attendees. A diverse group of presenters covered topics from proactive policing from horseback in the





21st century to sharing limited resources through developing a regional mounted program. Other topics included the use of horses for crowd management, integrating mounted into search-and-rescue programs, and developing defensible training standards. Mr. Eugene Ramirez, Esq., a founding partner with Manning, Kass, Ellrod, Ramirez, Trester, LLP, gave an attention-getting lecture on civil liability and risk management. Senior Sergeant Glen Potter from the Western Australia Police provided the challenges of conducting mounted policing across the largest landmass area in the industrialized world.

Friday night and Saturday attendees were able to interact with vendors from companies like Surefire and Tex Shoemaker. On Saturday afternoon, attendees were bussed by deputies from Court Services Transportation Bureau to the LAPD Metropolitan Mounted Facility in the Los Feliz area of Los Angeles. Upon arrival, they were given a tour of the facility, provided a delicious home-cooked barbecue and shown a joint demonstration of mounted capabilities in combination with less lethal munitions.

Planning for the conference took one year and required approval from the top Department executives. Our MED, full-time and co-laterally assigned deputies, along with reserve deputies, Explorers and civilian volunteers, worked very hard in a joint effort to make the training conference a huge success. Almost 200 people were involved in the conference over the five days. We received tremendous positive feedback from many units about the professionalism of our personnel and how well-organized the conference was. One attendee commented that L.A. was "going to be a tough act to follow." Congratulations to all of our personnel, at every level, who had a hand in making our badge shine a little brighter. ☆



By Juan Briseno
Carson Station

CARSON B2V TEAM

A stellar performance was handed down by our B2V 2014 team, which led to an impressive seventh place in the Station 250 category! The team finished in 17 hours and 18 minutes, which is more than an hour faster than last year's time. Given the short time frame the team had to train in, our team exploded with high-energy members with a winning attitude! Their cumulative efforts led to a strong finish and an even stronger commitment to next year's run. Good job, everyone! It's definitely only going to get better from here on out!



Maybe the B2V team should look into enlisting an "up-and-coming" runner who has extreme potential. Two of our Station detectives took part in a sprint race, which took place in the parking lot. Detective Steve Sather was ready to rock with his sweats and trusty sneakers, only to get beaten by Detective Mark Pope, who won by just a hair. Did I forget to mention that Detective Pope was in slacks and dress shoes at the time?



"LET'S GO PLAY IN THE STREETS!"

As many people know, Sergeant Brian Stover sadly passed away in March of last year after a brief but courageous battle with cancer. Sergeant Stover dedicated 32 years of service to the Los Angeles County Sheriff's Department, 21 of which he spent at Carson Station. Sadly, he passed away four days short

of his anticipated retirement date. Even though Sergeant Stover is no longer with us, his legacy continues to live on. The famous line he used to adjourn each briefing with now graces the overhead column at the entrance of our war bag lockers. Deputies David Aldana and Clayton Stelter put a great deal of effort into building this commemoration. Last month, Sergeant Stover's family, including his brother, who currently works for the Chicago Police Department, visited the memorial at the Station. The entire Stover family (his wife, Terry, and his children, Tyler, Katy and Bailey) were touched by the tribute.



CARSON'S VERY OWN "TEE" PARTY

We have recently crowned a new pair of champions after a day's battle on the golf course. Sergeant Juan Briseno and Sergeant Armando Hernandez played nobly and well against Deputy Warren Fairbanks and Detective Ulysses Logeman. In the end, it was Deputy Fairbanks and



Detective Logeman who took the shiny cup home. Both current title holders welcome any challengers who wish to compete for the title. Challengers, be forewarned to bring your "A" game!

A BEAUTIFUL DAY IN THE NEIGHBORHOOD

On a gorgeous sunny day with a light April breeze blowing, in an effort to provide better service and promote safety awareness, residential surveys were conducted in the city of Carson. There was an impressive turnout for the event! City Mayor Jim Dear, Mayor Pro Tem Elito Santaria, other Carson City Council members, a diverse group of civilian volunteers and Carson Station Explorers assisted the Carson Station SAO and Parks Teams in conducting these door-to-door surveys. The operation was a success, as we received an overwhelming majority of positive responses from the residents. Thank you to all the City Council members, dedicated volunteers and energetic Explorers who took the time to come out and help make this event memorable!

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The Chaplain's Notebook

By Chaplain Jeffrey Eaton

Palmdale, Lancaster, Santa Clarita Stations

DOING THE BEST YOU CAN?

In today's world, it is really hard to live by the codes and standards that were set up many centuries ago. Most of our laws originated from the Ten Commandments, and there are people who are trying to have those laws and the morality based on those laws changed.

As leaders in the community, we have to live by a higher code. We are constantly in the public eye and they see how we react to certain situations. As a pastor, I must be careful how I react because I don't want to set a negative example of how we are supposed to live. As deputies, you need to lead by example. Children and teens are watching to see how you react when you come into their homes and neighborhoods. What you say and do will either reinforce good behavior in them or it will cause them to not care anymore because those placed in authority do not care. A positive example was presented last month

when a police officer in Texas, who wished to remain anonymous, had pulled over a vehicle for expired tags. After talking with the owner of the vehicle, he gave the man the citation for expired tags and more than enough money to pay for the registration.

It is easy for us to fall into doing what the crowd is doing, but it takes a person of character to do what is morally correct and right, even when in the minority. Peer pressure has been known to make people do what they normally would not do. Yet there are those who do not give in to peer pressure, and I believe that they are the ones who people never forget. These are the ones who others wished they were like when they later realize their mistakes.

Ephesians 5:6-9 tells us to "Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons

of disobedience. Therefore do not be partakers with them, for you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord."

What it comes down to is that when we go home at the end of the day, we want to be able to say, "I did my best and I feel good about the events of today and how I handled them."

Remember also that there are people we can talk to when we need advice about certain situations. Peer Support deputies are available to help in any way they can, and so are the chaplains and others from Employee Support Services Bureau.

How can I contact a chaplain? Chaplains are available at their units of assignment, or by calling the Employee Support Services Bureau at (213) 738-3500. ☆

Carson Station *continued from page 14*

DEPUTIES NOW AVAILABLE AT YOUR LOCAL SUPERMARKET

We at Carson Station practice the art of improvising as a tool of necessity. On a recent call for service, our deputies had to conduct an article search for narcotics and firearms in one of the local supermarkets. As the picture suggests, why use a clunky ladder when you have a mobile one?



With a little ingenuity and a bit of skill and balance, the gangster, firearm and narcotics were all safely recovered.

MAN VERSUS DOOR

To protect the identity and reputation of the individual, the name has been removed from the following story.

In the very recent month, there was a certain detective who was assigned the ram during the service of a search warrant. After the team was strategically positioned to serve the warrant, and after the knock and notice, the team leader called for the ram. Eager to fulfill his job, the detective swung the ram as hard as he could, but failed to connect to the door, falling short of reaching it. Needless to say, the door won in this faceoff. The detective has since recovered from the bruises on both his arm and his reputation.

WARM WELCOMES AND WISHES OF GOOD LUCK!

Carson Station can be compared to an old but strong oak tree, with its dedicated personnel being the branches. The branches spread and grow far and wide throughout the County, but the roots

will always remain planted in Carson. With that, we wish the best of luck to all the personnel who have moved on to their new units of assignment. We will miss you all ... but we know you will be back: Sergeant Mike Austin, Sergeant Dan Holguin, Sergeant Ingrid Jefferys, Detective Roschelle Gill, Deputy Danilo Castaneda, Deputy Jason Cunningham and Deputy Dianna Saiz.

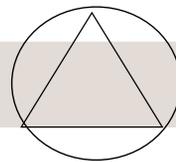
We welcome all the new personnel who have made Carson their new home: Sergeant Eric Cheatham, Sergeant Monica Botello, Sergeant Leo Foisner, Detective Mark Pope and Detective Michael Maxwell.

WARM WISHES AND CONGRATULATIONS!

Wedding bells chimed as Deputy Steven Sully tied the knot recently. Deputy Sully and his beautiful wife, Kelly, are currently in Hawaii for their honeymoon at the time this article is being written. Congratulations to the newlywed couple and to a lifetime of happiness and laughter!

New baby alert! Deputies Robert Long and Christina Banogon just welcomed a new addition to their family — a healthy and gorgeous daughter. Congratulations on your new bundle of joy! ☆

Peace Officer's Fellowship



Note to readers: Periodically, there will be submissions, such as this, that are written by a POF member and are anonymous with no byline. These are not part of the Straight Up series written by Chris Minor.

GOODBYE, CAREER

For those of you who had not noticed, the Sheriff's Department has taken a hard line on employees picking up cases involving drugs and alcohol. This trend follows a substantial effort to alleviate the problem of employees abusing alcohol and prescription drugs. I characterize those efforts as the "carrot and stick" approach. The "carrots" included outreach, education, peer support and constant reminders of the hazards associated with substance abuse or misuse. The "sticks" included increasing discipline, factoring discipline into the coveted selection process and the inclusion of aggravating factors, such as high blood alcohol content, in discipline decisions. With all those carrots and all those sticks, one would think our employees would alter their behavior to avoid these problems, or seek treatment if it was too much for them to handle. Think again. We are losing people at an alarming rate.

If we are fortunate, the premature end of a law enforcement career is something we only see from the outside, and the view is hazy when it comes to the details. We hear about someone else's misfortune, we see them get relieved of duty, and then they are gone. If it is a friend, we may talk with them in the early stages, but unless it is a close friend, we quickly find ourselves drifting away, back to our own affairs. This article will attempt to articulate what a termination case looks like from the inside.

First off, there's the caper. Somebody takes a handful of painkillers or drinks too much, crashes a car or falls down in a public place, and in short order, they are whisked off to jail. Phone calls are made, and the employee's unit commander responds to "liberate" their employee from custody. This contact usually results in the employee being relieved of duty. This is the last time the employee will handle their gun and badge or County identification card. The arrest will set in motion the court process. The employee will usually spend a considerable amount of time, and money, going through the process and dealing with the consequences. More often than not, an IAB interview will be postponed until the outcome

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

of the criminal case. Once the court case is settled, the employee will be ordered in for the IAB interview. The only thing that can be considered a good thing here is they are fairly simple interviews, with all the facts having been determined in court. It is also a chance for the employee to offer whatever mitigating information they may have. IAB finds the facts and writes its report, and the case goes to the executives. The letter of intent is usually hand-carried by IAB. A sergeant usually gets this sad detail, the bearer of bad news: "It is the intention of the Sheriff's Department to release you from County service as a deputy sheriff (or custody assistant, security officer, etc.)." Next up is usually a Skelly hearing. These meetings are another chance for the employee to offer mitigating factors, take responsibility, seek forgiveness or fight the case, depending on the facts at hand. In any event, these days it's a tough sell to change the proposed discipline.

Within days, the employee receives a registered letter informing them the discipline is being imposed. This letter of imposition is likely the last letter the employee will receive using his or her LASD rank in the title. After that, the now-former employee is referred to as Mr. or Ms. When the former employee returns Department-issued gear, it's a done deal as far as the Department is concerned. Civil service is available, but continuing the fight will take several months to get on the calendar.

In the meantime, the Department continues to function while the former employee faces a whole host of challenges. Jobs that pay the bills

of an LASD lifestyle are not easy to find. A career with another law enforcement agency is almost unheard of, so the former employee usually has to make major adjustments to stay afloat financially. Nothing mentioned so far even touches on the strain this process causes to families, especially children. Also, there is the additional burden placed on the former employee and their family if alcoholism or drug abuse is a factor. These are progressive diseases that, if left untreated, get worse, not better. As bad as it is to lose a job, it is, after all, just a job. If the behavior that precipitated the loss of the job continues, more trouble is probably coming to this person and their family.

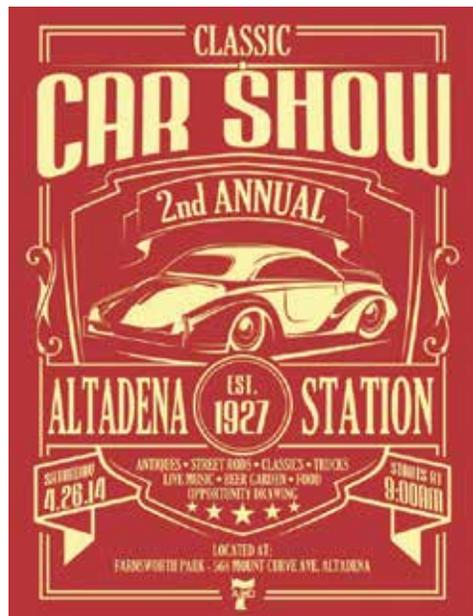
As dark as this article appears to be, the consequences articulated above are entirely avoidable. Making responsible decisions about drinking, and taking medications only as prescribed by doctors and only when necessary, are two ways to stay out of trouble. For those whose drinking or drug use has become too much for them to control, there are multiple resources available to help. The Peace Officer's Fellowship is one of those resources. It is a group of peace officers committed to living sober lives and helping others achieve and maintain sobriety. It offers support with confidentiality, and each month a few of its members' names and phone numbers are listed in the *Star News*. Besides the POF, help is available through Employee Support Services Bureau, members of Peer Support, the chaplain program and private outside entities such as Alcoholics Anonymous and Narcotics Anonymous. As scary as it may seem to ask for help, the alternative is much scarier. ☆



By Matthew Bossier
Altadena Station

Greetings from the foothills of Altadena. Things have been relatively steady at the Station during the initial quarter of the year, but warmer weather brings increased activity, especially in the hills above Altadena. As always, our Mountain Rescue team is working hard to stay on top of things due to the increase in visitors to the hiking areas of Altadena. On any given day, especially weekends (specifically Sunday), they can be seen training and, of course, rescuing. Thanks for all you guys do; you are a tremendous asset to the Station and the communities we serve.

In April, Altadena Station hosted its second annual car show at Farnsworth Park. The event was a huge success despite Mother Nature being a bit uncooperative the night prior, and despite the winds howling at various times during the event. We were, however, fortunate enough to not have any liquid sunshine make an appearance. The inquiries have already begun about next year's show, and a big kudos goes out to Deputies Gregory "Gabe" Gabriel and Mike Spina for their hard work and dedication to the event. See you at next year's show!



One of Altadena's own was recently recognized by the Department for his service as a Station volunteer. Volunteer Charles Ferry was recognized for reaching the 1,000-hour mark. During the past 18 months that Charles has volunteered at Altadena Station, he has been a



tremendous help in many capacities, and he was immediately accepted as part of our Station family upon his arrival. Sir, once again your service to the Station and the Altadena community has not gone unnoticed.

Once again it's time for my favorite portion of this article, the "Hook of the Month" award. As we all know, this award is a testament to the hard

work put in by men and women in patrol at every station, not just Altadena. For the month of April, I would like to congratulate Deputies Jonathan Lested and Everett Rodriguez as the recipients of the award. Deputies Lested and Rodriguez, through their hard work and thorough investigation, made an arrest for possession of a controlled substance (meth, Vicodin and Xanax). All are commended for their attention to detail and thorough investigations associated with the arrest.

In closing, Altadena Station would like to say goodbye to Lieutenant Duane Allen Jr., who we lost to Century Station to take over as its new operations lieutenant, and we welcome Lieutenant Robert Lewis as Altadena Station's operations lieutenant.

Till next time! ☆

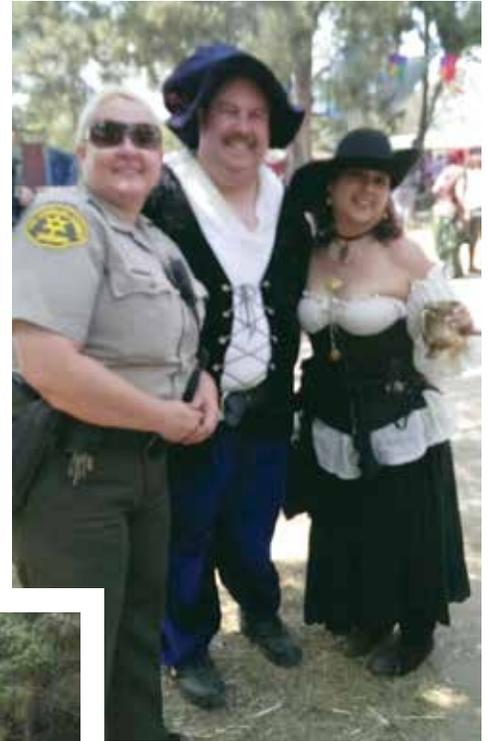




By Johnie Jones
Parks Bureau

Summer is here and the parks and pools are filling up, which means our brothers and sisters from other bureaus and stations will be joining us in our quest for park security. Recently, our Video Production Unit was making a training video of an “active shooter” scenario. They needed someone who could come in and deliver the hard lines — much like Arnold Schwarzenegger: “Come with me if you want to live,” “Get to the chopper” and the always popular “I’ll be back.” They needed someone with, shall we say, “star power” to carry off the part and make it believable. We have such a man here at Parks Bureau, and we call him Sergeant Jeff Martin. I watched as Jeff studied his lines and found the proper motivation to have the needed impact in his scenes. Having memorized his lines, it was time for makeup, but he didn’t get any as they were afraid to disturb his already perfect face. Then it was time for the uniform, and like a scene out of a Roman gladiator movie, Jeff was standing with his arms out as his team put on his battle garments. Now, the rest of the team put their own gear on, so I’m not sure what was up with Jeff, who was perhaps caught up in the moment of his “star power.” Producer Rick Rosner, who is a reserve and a technical assistant on this production, said that he has a special part in his next production for Jeff. He referred to it as a “concerned onlooker.” Could be an Oscar award in it for him.

The Professional Peace Officers Association held its annual Heroes Ride here at the Hollywood Bowl in April. There were a lot of Harley-Davidson bikes surrounding the Bowl. The residents and their animals are still waiting for their hearing to fully return to normal. A great event held for a great cause to help the families of fallen officers. Captain Perez was standing next to an off-road race car talking to members of her staff when Assistant Sheriff Todd Rogers walked over. I asked him if he would stand next to the vehicle for a picture. He did one better by jumping into the driver’s seat. When I say he jumped into the driver’s seat, I mean, impeccably dressed just like “007” James Bond. He sprang up like nobody’s business while in his suit, and I believe he would’ve driven off if given the opportunity. Well played, sir.



Recently, Special Events Coordinator Deputy Dan Whitten (he pays me each time I mention his name in the *Star News*) secured the security contract for the Renaissance Pleasure Faire held annually at Santa Fe Dam Park. For those who have never been, the Faire takes you back to the days of the queen and her court with jousting, jesters and the like. Many of those who attend do so in complete costume and are in character the entire time they are there. One of the deputies attested that one of the attendees had been injured and was being treated by paramedics. The paramedics were asking the usual assessment questions that the injured party would answer in character. Speaking of characters, Sir James of Blankenship and his lovely bride, Rachel, were seen at the Faire. If you were wondering, yes, Papa Smurf and his ... uh ... “wench” were in full costume. He tried to tell me about the after-party, but I already had too much information. Shelley Deleon and Miguel Ortega (photographer) were nice enough to round them up for the photo.

Parks Bureau held its fourth Annual Basketball Challenge this year at George Lane Park. This year, Detective Janice Banks gave up the reins

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PEER SUPPORT PROGRAM

By Mike Rodi

Hello, everyone. I hope everyone is doing well.

Peer Support had our first training of the year on May 27. The topics were insomnia, presented by Dr. Sara Butte, and then later in the afternoon, Dr. Steve Seetal and Dr. Heather Brydges did a presentation on mental health.

Look for another financial seminar coming sometime in the Fall.

Over the last two years, I have seen the

Peer Support Programs expand to many other departments nationwide. It is long overdue, and it is great to see law enforcement move in this direction.

Peer Support provides a way for employees and their family members to “talk out” and normalize some of their personal and professional problems confidentially, with co-workers who want to help.

In the past, it felt like the stress of the job was just part of what we were supposed to handle all

on our own. The stress from critical incidents, long hours, IAB investigations, etc., would build up and cause a divorce, family issues, drinking problems and even suicide. Resources and training have helped change that. I really feel that, as a law enforcement nation, we are moving in the right direction. It is our job to look after one another and take care of one another so we can enjoy a good-quality life away from the job. Keep up the good work and be safe out there. ☆

Parks Bureau *continued from page 18*

to Deputy Chris Deaville, who did a great job in spite of the Antelope Valley cold weather and high winds. This moved the operation inside the gym, but even with the few hiccups the move brought on, the event was well received by the parents and, most importantly, the kids who participated. There was a special moment, though, when, due to the transition, we found that there was no United States flag in the gym for our national anthem. With 70 kids and their parents ready for the program to begin, the ever-resourceful Jim Jorian stepped up to the plate. He downloaded a flag application onto his smartphone and stood at the front of the assembly for us all to salute. An

actual flag was brought over before the opening ceremonies concluded, and Don Rubio brought up one of the youngest contestants, who led the entire group in the Pledge of Allegiance. Nice touch, Sarge! Jim Jorian has made it known that he is now available for color guard duties at future events. He just needs someone with a California state flag application.

In the “deputy be careful when popping off” department, Captain Perez made the long drive to the North County for the first Basketball Challenge under her watch to support the event. I was responding to a question regarding the captain and responded with, “Is she here yet?” To my surprise, she was and had been standing next to me the whole time. The thing is, Captain Perez was not in her usual Class A uniform, but dressed appropriately casually for the event with her hair down, which threw me off a bit. But what really seemed to catch me off guard was the bright blue UCLA jacket. Being a USC fan, I immediately commented that I believed Bruins were not allowed at this event. At this point, I realized I had made a mistake, as the look I received from our normally very nice and patient captain (both needed qualities to supervise yours truly) was neither of those. I now believe that she either supported or was a part of the crew that vandalized our beloved Tommy Trojan, but I cannot prove this and will leave it at that. She began to tell me the error of my choices, when the Gladys Knight song “Midnight Train to Georgia,” aka “Midnight Transfer to the Unit of Assignment Farthest From Your Residence,” started to play in my head. The

backpedaling began, and my public information officer “how to spin a story” training kicked in and paid off. So to the rest of my Parks Bureau brothers and sisters, my advice to you is, if you are a UCLA Bruin fan, use it. If not, keep it to yourself when talking to Captain Perez.

Lunchtime at the Bowl and on Mondays, Sir James and I go to the usual spot, City Wok. City Wok is a great place with very fresh and tasty Chinese food. Okay, not the authentic Chinese food like my buddies at International Liaison like, but the kind I’m used to. The kind that’s not still moving and I recognize what I’m eating. That being said, it’s fortune-cookie time. I’m not a believer in fortune cookies, so leave me alone, but I am mildly amused by the “fortunes” inside the cookie. My “fortune” this day read, “Visit a park; enjoy what nature has to offer.” Could be a future new ending line for this article, minus nature and add God.

While writing this article, “Ruble’s Sweatshop” was graced by the presence of the “most interesting man in Parks Bureau,” or, as he is known by some, Rajeev Jayasiri. Rajeev informed us that he will be leaving Parks Bureau, as he is being promoted. This is good news for Rajeev but bad news for us computer-challenged folks whom he has continually guided through our many difficulties with the ever-changing network. It is said that Superman has pajamas with Rajeev’s logo on it. Stay thirsty, my friend; you will be missed, but be expecting phone calls from this brother needing help. Until next month, enjoy a day at the park. ☆



FROM THE DOCS

WOULD YOU LIKE TO LOSE SOME WEIGHT, IMPROVE YOUR MOOD AND HAVE MORE ENERGY?

By Sara Butte, Ph.D.

How many of us have said or continue to say, “I’ll sleep when I’m dead”? If all that sleep provided us with was the energy to continue moving forward, then this motto might not be so bad. But in addition to energy, *quality sleep* assists us with weight management (hormones plus metabolism), memory, concentration, staying in a good mood, cognitive performance, and maintaining a healthy immune and cardiovascular system. So as you might guess, when we don’t get adequate sleep, we are more prone to illness (diabetes, heart attack/strokes), weight gain, irritability, fuzzy-headedness, making mistakes, being forgetful and confused, and (depending on your job) being unsafe!

Getting quality sleep is often not as easy as it sounds. If you have difficulty getting adequate sleep somewhat consistently, you probably have already tried some relaxation techniques, bought a better bed and reduced the amount of light in your bedroom — and still found it difficult to fall asleep and/or to fall back to sleep. Don’t despair, because we now have a *highly effective treatment for insomnia*, Cognitive Behavioral Therapy for Insomnia (CBT-I). Typically, this therapy requires approximately eight sessions. An online treatment (available via an Apple- and Android-friendly application titled CBT-I

Coach) was shown to be similarly effective as when the treatment was delivered by a therapist!

CBT-I focuses on five areas often implicated in insomnia and other sleep disturbances:

1. *Stimulus control*: The goal here is to strengthen the association of your bed with good sleep. Helpful suggestions include: using your bed for sleep and sex only, going to bed only when you’re tired, keeping a fairly consistent wake-up time, and getting out of bed if you’re still unable to fall asleep after 10 to 15 minutes.

2. *Sleep restriction*: This one is perhaps the most important of these five areas. Sleep restriction includes: not taking naps, not going to bed early, and not lying in bed if you’re not sleeping. Restricting these activities can assist with deeper and more restorative sleep later. The goal here is to shoot for quality (restorative) sleep versus quantity (more time in bed but less restorative sleep).

3. *Cognitive therapy*: People with insomnia often share similar thoughts, feelings and beliefs related to sleep. A common belief is “I won’t be able to function adequately tomorrow if I don’t get enough sleep tonight, and then something bad will happen.” Consequently, this thought process tends to increase anxiety, which tends to make falling asleep all the more difficult. If these types of debilitating thoughts and beliefs

are not identified and dealt with, they are likely to perpetuate your sleep problems.

4. *Sleep hygiene*: There are two areas of focus in this section. The first one has to do with creating a conducive sleep environment (e.g., making the room very dark and cool, and having a comfortable bed). The second area addresses behaviors that can assist with the onset of sleep (e.g., taking a hot shower a couple hours before bed, light reading, doing a puzzle, scrapbooking, working on a hobby, or eating a small carb snack, such as cereal) and behaviors that can hinder the onset and/or quality of sleep (e.g., caffeine, alcohol or exercising too close to bedtime; using electronics that produce ambient light; and worrying about things that can’t be dealt with before bedtime).

5. *Relaxation training*: This category includes a variety of activities that are designed to calm and soothe (e.g., deep breathing, meditation, guided imagery, calming self-talk and self-hypnosis).

If you would like to learn more about CBT-I, contact a mental health professional through your private health insurance or schedule an appointment for a confidential consultation with an ESSB psychologist at (213) 738-3500. Additional information may also be obtained by visiting our intranet site (<http://intranet/intranet/ESS/Index.htm>). ☆

☆ IN MEMORIAM ☆

JOHN L. EDNER	RETIRED 03-01-91, DECEASED 01-14-14	DEPUTY/NARCOTICS BUREAU
DANIEL DE VRIES	RETIRED 03-31-78, DECEASED 04-08-14	SERGEANT/DETENTION CAMP SERVICES
LEE W. HAYES	RETIRED 03-14-91, DECEASED 02-13-14	DEPUTY IV/BISCAILUZ CENTER
JOSEPH LICATA	RETIRED 01-19-72, DECEASED 04-24-14	INSPECTOR/PATROL DIVISION WEST
RICHARD C. POE	RETIRED 03-31-86, DECEASED 04-09-14	DEPUTY/MCJ
RAYMOND A. SANCHEZ	RETIRED 03-31-97, DECEASED 04-30-14	DEPUTY/NARCOTICS BUREAU
RONALD W. TERRY	RETIRED 03-31-70, DECEASED 04-02-14	DEPUTY MARSHAL/COURT SERVICES
ROGER L. WAGNON	RETIRED 01-25-79, DECEASED 04-11-14	SERGEANT/ RESERVE FORCES BUREAU
GRIGOR ALAVERDYAN, HUSBAND OF ACTIVE MEMBER VIKTORYA ALAVERDYAN, DECEASED 4-10-14		
JOANN BOGDANICH, WIFE OF RETIRED MEMBER VINCENT T. BOGDANICH, DECEASED 4-18-14		
BETSY FAIN, WIFE OF RETIRED MEMBER JOHN W. FAIN, DECEASED 4-12-14		
LESTER PICARDAL, HUSBAND OF ACTIVE MEMBER NANCY PICARDAL, DECEASED 4-14-14		
KELLY E. STEWART, DAUGHTER OF ACTIVE MEMBER MARVIN D. PAYNE, DECEASED 4-19-14		
JEFFERY TURNER, HUSBAND OF ACTIVE MEMBER KELLEY E. DIXON, DECEASED 3-29-14		



West Hollywood Knights

By Jill Gardner
West Hollywood Station

Greetings from West Hollywood! I mentioned in the last article the friendly weight-loss competition going on here that ended on April 15. The results are in; drum roll, please ... Detective Dave Cusiter, Deputy Paul Kashani, Sergeant Jon Klaus, Detective Greg Boagni, Sergeant David Valentine and Deputy Todd Mohr lost a combined total of 151.5 pounds! Deputy Todd Mohr won the grand prize by losing 40 pounds. All of these losers are winners! On a side note, four deputies (whom I will not name) misunderstood the rules and gained weight.

Operations Lieutenant Sergio Aloma has just returned from the Boston Marathon, which he finished in 3:11 hours — very impressive, sir! He told me three other Department members also competed; they are Sergeant Mark Flores of EOB, Sergeant Shawn Ruda of LHS and Lieutenant Erik Ruble of Parks Bureau. Great job, gentlemen; way to represent LASD!



West Hollywood recently held an opportunity drawing to raise money to rebuild our Station gym. A total of \$420 was raised. Congratulations to Detective Thomas Brooks, who is the winner of a new 60-inch flat-screen television. However, he was not the first winner. Our captain had his ticket pulled, but graciously refused to accept the prize, which gave another employee the chance to win. Way to go, Captain Honings!

The “Hook of the Month” for March 2014 goes to Deputies Manual Barraza and Sergio Venegas.

The deputies were advised by CityWalk security personnel that they were detaining a suspicious person loitering within a parking structure. While contacting the suspicious person, they recovered several items not belonging to him. Since the area has been hit with a series of vehicle burglaries, the deputies reviewed the surveillance footage covering the parking structure and saw the suspicious person breaking into a vehicle and taking several items. Afterward, the suspect discarded the items in a nearby bush. The deputies went to this area and recovered several duffel bags belonging to various victims. During the subsequent field investigation, the deputies were able to locate two vehicles that had been broken into by the suspect. All the items taken were recovered and returned to the victims. During the interview, the suspect admitted to the deputies that he had stolen the items. Good work, guys!

On February 26, the city hosted a kids’ safety fair at West Hollywood Park. The Station COPPS team, Motor Deputy Robert Teufel, Lieutenant David Smith, Sergeant Jon Klaus and Captain Gary Honings were all in attendance. We were also joined by TSB Deputy Richard Faulk and his K-9 partner, Clyde. The kids all had a great time, including Sergeant Klaus, who was caught playing



with a purple bubble maker! Additionally, Deputy Teufel was very patient as he described the parts of his motorcycle and the fine art of writing citations. Lastly, Deputy John Hatfield brought his daughter, Faith, who did a great job handing out public safety information. Thank you to all who participated.

We are all gearing up for the 2014 Memorial Torch Relay Run — see you there! Until next time, take care of each other and stay safe. ☆

TEAM *TEMPLE*

By Sherif Morsi
Temple Station

CONGRATS TO TEMPLE'S 2014 BAKER TO VEGAS TEAM

After a few rough years, Temple Station has mugged once again. Temple Station finished the race in 17 hours and 14 minutes, placing sixth in the Station 250 category. Temple Station had a great group of runners who pushed and motivated each other throughout the entire race. The runners consisted of Rolverto Valles, Chris Zuniga, Ed Mackenzie, Stevan Suarez, Gerardo Lozano, Ernesto Baluyot, Jeff Johnsen, Ruben Gonzales, Moises Garcia, John McNicholas, Juan Rivera, Yvonne O'Brien, Tom Harris, Taquon Taylor, Jason McGinty, Jacqueline Morales, Elias Vasquez, Robert Alvarez, Daniel Esqueda, Michael Scott, David Lopez, Nancy Brenes, Esteban Santana and Maria Urena.

Despite having gained one of our favorite lieutenants as their new captain, Industry Station struggled this year and came in four minutes behind us. 'Nuff said ...

Thank you to the Temple Station support team, led by Lisa Rico and Hector Figueroa, for organizing the command post, shuttles and all the ham operators who kept us in



communication throughout the entire race. I also want to thank Detective Juan Rivera and Deputy Stevan Suarez for all their hard work organizing, coordinating and motivating the team. Juan has been doing an outstanding job coordinating all of our runs for the past five years. As much as we tried, he's ready to pass the baton to the next coordinator, Deputy Rob Alvarez. Rob, you have some very big shoes to fill. Juan, *thank you*, sir — you've done an outstanding job for us.

LET BARBARA JEWELL AWARDED

I am very proud to announce that Barbara Jewell received an Honorable Mention award for Telecommunicator of the Year from the California Public Safety Association, the Southern California Chapter of the Association of Public-Safety Communications Officials. Barbara was honored for her crucial role in handling a 9-1-1 call. Her keen attentiveness and training kicked in when

she received a call from an individual claiming he was going to attack one of our local schools. I will not go into details about the call, but the important thing is the suspect was identified, arrested and charged due to her outstanding handling of the call. Barbara was presented the award during an awards banquet held at the Knott's Berry Farm Resort Hotel. Her husband, Roger, Captain Chris Nee and Lieutenant Bill Wicker proudly joined her for the ceremony. Barbara received her award from my prior chief and the current Sheriff of Orange County, Sandra Hutchens.

Barbara, *thank you* for what you do every day for the LASD and the public we serve. Your award is well deserved.



NOTABLE ARREST

Deputies Charles Guzak and Christopher Flores were assigned to the city of Rosemead on Early Morning Shift. Both deputies saw a suspicious vehicle backed into a business while unoccupied and idling. Due to the time of night and a rash of recent burglaries, they immediately requested assistance for a possible burglary in progress. With the help of aero and assisting units, the suspect was captured and arrested. It was later determined that the suspect was responsible for other recent commercial burglaries. Your well-written and articulated report resulted in a felony filing by the district attorney.

NOTABLE ARREST 2.0

Deputies Ramon Chavez and Esteban Santana were on patrol in the unincorporated Pasadena area. They made a consensual contact with a pedestrian. While talking to him, both deputies immediately smelled the unmistakable scent of marijuana emitting from his person. Deputies used their skills and obtained a confession from the suspect that he was in possession of narcotics. When all was said at the conclusion of their investigation, 17 baggies containing cocaine, numerous empty baggies and a large amount of U.S. currency were recovered. This resulted in numerous charges, including possession for sale. Your well-written and articulated report resulted

in a felony filing by the district attorney.

You are all commended for your proactive police work and investigative skills. Congratulations on the outstanding arrests.

THANK YOU TO OUR VOLUNTEER SERVICES PERSONNEL

On April 25, The Booster Club, in conjunction with Temple Station, honored our volunteers at the 27th Annual Volunteer Appreciation Dinner. The volunteers consist of seven distinguished units: Civilian Volunteers (working inside the Station and patrol), Clergy, Hamwatch, Explorers, Posse, Reserves and Search & Rescue. Combined, these volunteers contributed more than 35,000 hours in 2013.

A member of each group is selected annually and honored as the group's member of the year. For 2013, the following individuals were recognized: Lucy Liou, Volunteer of the Year; Mearl Jaegers, Hamwatch Member of the Year; Pastor But Bui (B.B.) Li, Clergy Member of the Year; Lito Iliscupidez, Posse Member of the Year; Deputy Fred Smith, Reserve of the Year; and Tommy Ingulfsen, Search and Rescue Member of the Year. Congratulations to all of you and a big *thank you* to our entire volunteer services personnel. We truly cannot function as efficiently as we do without your many hours of service and friendship. *Thank you!*

RANDOMNESS THROUGH PICTURES



Deputy Brant Frederickson, don't do it!



Sergeant Julie Geary's version of the Duplex Patch.

Until next time, have fun and do the right thing. ☆



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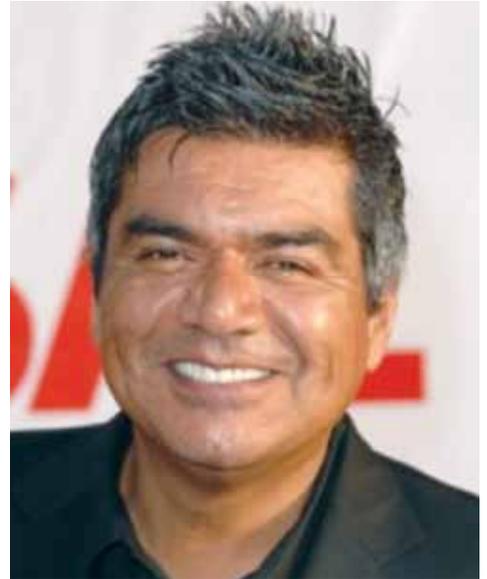
THE LEGENDS OF SLEEPY HOLLOW

By Judy Leyn
Cerritos Station

Summertime has officially arrived! The heat is here and if the 97-degree weather (in April) is any indication of what is in store for the Summer, it's going to be a hot, sweltering mess working in the field or enjoying our RDOs at the beach or poolside.

We have all heard that old saying "A picture is worth a thousand words," or in my case, a very good story for me to share.

Residential burglars are on the rise again with the weather getting warmer and the crooks capering. How many times have we seen in our calls, "male adult wearing all dark clothing, walking between the houses looking into the windows"? While deputies were double-checking a location after a burglary-just-occurred call, they found someone matching the description of a possible suspect at the window, wearing black gloves and removing part of the window. The deputies weren't sure if it was the suspect or "Gru" looking for minions. Needless to say, it was one of our hardworking CSOs, Luke Lesley, printing the location.



participated with us — SEB, EOC, L.A. County Fire and all the volunteers. It wouldn't have been a success without everyone.

Some of Cerritos personnel attended Lieutenant George Berumen's retirement party. At the end of the party, Sergeants Ty Lauderdale and Ciro Racowschi were seen leaning on the podium. As the story goes, they looked like they were sitting on a

fence talking, just like Bert and Ernie from *Sesame Street*. So I guess Cerritos now has its own version of the characters.

Cerritos held another Active Shooter Training Day back in April. Everyone knows when you host the training day, you get there earlier than everyone else and set things up. It must have been too early for some, since it took four deputies and a sergeant to raise an E-Z UP. They weren't very successful in the final outcome of getting it put together. Rumor has it there will be a training day for Deputies Rob Long, Jason Lee, Marty Klaus, fourth deputy unknown and Sergeant Paul Ramirez on how to unfold, assemble and refold an

EZ-UP. That was the only glitch the training day had. We even had a celebrity sighting at our training, George Lopez. OK, maybe it wasn't the real George Lopez, but there was a close resemblance as Deputy Scott Enomoto was walking around. Scott could have passed for his double that day, mainly in the hair department. Take a look for yourself. The Active Shooter Training went very well. We thank everyone for all their help and those who



continued on page 25



By Mike Bartman
Lakewood Station

June already! Wow, only a few more weeks and the kiddos will be out of school again, hanging around the house and repeatedly telling their parents, "I'm bored. There's nothing to do." All except those "lucky" kids who get to go to year-round school. I'm sure glad nobody had dreamed up that scam back in the "good ol' days" (back when I was in the one-room schoolhouse).

Congratulations to our Station Explorers! Over the first weekend in April, the LKD Explorers participated in a field competition against approximately 40 other Explorer groups. During the competition, our Explorers "brought home the hardware!" Our Explorers placed first in Hostage Rescue, first in Tactical Emergency, first in the Fitness Challenge, second in the Obstacle Course and third place in High Risk Search Warrants. They were additionally given high praise for their tactics in two additional challenges in which they did not place. Our Explorers continue to excel and represent Lakewood Station at the highest level. Special thanks to Detective Karen Solis (previous Explorer coordinator) and Deputy Andy Emch (current coordinator) for their work and success with our Explorers.

PICTURED

Although it happened a few months ago, I just had to include a photo of Detective Dan Rudd's DB vehicle after his windshield made a great save of a golf ball that had gone astray from one of our local golf courses as Detective Dan drove by. At least that's how Dan says it happened. He swears



he was not at the golf course driving range, hitting a bucket, when the accident occurred.

ADDITIONS TO THE LAKEWOOD FAMILY

A big *congratulations* goes out to Lakewood LET Catherine Brown and former LKD Deputy Rich Brown (now at COPS Bureau) on the birth of their son, Conner Richard, born on April 17.

COMINGS AND GOINGS

We welcome in our latest batch of new patrol deputies: Andrew Hagewood, Jimmy Ho, Samantha Jones, Marcos Medellin, Clarissa Prentice, Ryan Sauls and Hector Sinay. Be ready to work hard and good luck on your training. We bid farewell and best wishes to Jose Diaz (COPS Bureau) and Myesha Rice (TSB) as they have left LKD looking for new challenges. Also goodbye and thanks to Deputy Daniel Sandoval (Carson Station) for coming here on loan and helping out with our personnel shortages.

NOTABLE INCIDENTS

TRAP Detective (and former LKD deputy) Rob Manning was Code 9 on a stolen vehicle in the East Lakewood area when the driver, who is a Hawaiian Gardens gang member, drove directly at him, side-swiping his vehicle (minor damage, no injuries).

The subject then deliberately drove at and struck Artesia High School School Resource Deputy Scott Terry's patrol vehicle (major damage, minor injuries) before proceeding on and crashing into a tree. The subject was arrested without incident.

Lakewood Station personnel were advised by Riverside County

Sheriff's detectives that an attempted murder suspect, from an incident that had happened in their area several hours earlier, was possibly en route to Hawaiian Gardens, where his two children were staying with his parents. Lakewood Deputy Ben Alvarado located the suspect driving in the city of Lakewood and a pursuit was initiated. The pursuit ended near Carson Street and Norwalk Boulevard in Hawaiian Gardens after spike strips were deployed. The suspect refused to exit the car, which led to a standoff that lasted several hours. The suspect was eventually taken into custody. Adding to all the excitement was the fact that this all happened during a planned parade through the city of Hawaiian Gardens for the weekend-long celebration to commemorate the city's 50th anniversary. The parade route had been scheduled to go down Norwalk Boulevard, directly past the standoff site. Deputy and Station volunteers moved quickly, adjustments were made to the parade route, and it was completed without a hitch.

Lakewood Station VOPs Glade Smith and Chuck Meyer were assisting Norwalk deputies with traffic control for a traffic collision that occurred on Rosecrans Avenue, just across the San Gabriel riverbed in Norwalk's area. They set up a cone pattern, blocking the No. 2 lane and had their VOP car parked with its overhead light-bar warning lights on to divert traffic around the collision. An inattentive driver drove through the cone pattern and crashed into the back of their parked VOP car. Luckily, both VOPs were out of the vehicle at the time and neither was injured. Their VOP vehicle was not so lucky, sustaining major damage to the rear end.

I included this story last about the VOP vehicle as a reminder of the dangers we face on a daily basis, and it's not always from the crooks. Please remember to watch your backs, drive safe and buckle up!

Until next month, stay safe and God bless. ☆

Cerritos Station *continued from page 24*

Cerritos Station also took a Station picture with everyone. There hasn't been a picture in four years and Captain Keith Swensson wanted to add to the wall of fame. During the staff meeting, recognitions went out to our secretaries Marilou McCabe, Susie Nunez, Lydia Chavez, Delia Sepulveda and Elaine Reynolds. Our LETs were also recognized for Dispatcher Week: Barbara Vague, Sal Jimenez and Leslie Gutierrez. Deputy Bill Richardson and I received our 25-year awards. Congratulations to everyone!

Like I said, a picture is worth a thousand words. I felt like I was putting a photo album together.

Congratulations to LET Aloett Paez and family on the birth of their son, Nicholas Andrew Paez, born March 21, 2014, weighing in at 8 pounds, 8 ounces, 21 inches. Nicholas, Mom, Dad and older brother are doing well.

We also say hello and goodbye all in one sentence to our new Watch Deputy Tania Giggles, who seriously was here for a minute before she was

promoted to sergeant. Good luck to you! Another one who is sneaking out the door and thinking no one would notice is Sergeant Ty Lauderdale. Ty is headed for EOB. Good luck in your new assignment! Just remember, the door is always open to come back and visit.

With that said, it's baseball, hot dogs, apple pie and family time as we start Summer vacation and fun times. Until the next go around of Sleepy Hollow, be safe and hug your No. 1 fans. ☆



By Joshua Dubin
Santa Clarita Valley Station

Greetings from the Santa Clarita Valley Station! Did you know that Santa Clarita Valley is home to some of Los Angeles County's most coveted golf courses, wine lounges, dining, impressive shopping centers and live music events, and it even has a rich heritage? We have a solid base as one of California's premier entertainment destinations. With all the hustle and bustle happening daily in Santa Clarita, our deputies were very busy (and having a little fun also).

LATE-NIGHT MUNCHIES

During a Canyon Country EM Shift, deputies responded to a local *Jack in the Box* restaurant regarding a burglary at a closed business. When deputies arrived, they heard someone inside the location. Of course, when the suspect saw the deputies, he dropped his late-night snack and ran. Deputies Yesinia Guzman and Cody Larocco (PDC-South) went in foot pursuit and exercised textbook tactics not only in their radio demeanor, but also while detaining the suspect (who claimed to be a sovereign citizen) at gunpoint until he could

ultimately be taken into custody by assisting deputies without incident.

As the investigation continued, deputies discovered the suspect had allegedly broken into the *Jack in the Box*, turned on the fryer and attempted



BEING PREPARED FOR AN EARTHQUAKE

California has been the state most prone to serious earthquakes in recent years. During a major earthquake, you may hear a roaring or rumbling sound that gradually grows louder. Detective Bill Velek and Deputy Jeff Jackson realize the importance of being prepared. As you can see by these two photos, both deputies were very encouraging to other Station staff during a recent Santa Clarita Valley Station earthquake training session. By planning and practicing what to do if an earthquake strikes, you and your family can learn to react correctly and automatically when the shaking begins.

UNTIL NEXT TIME

If you can't bear the thought of waiting until the next issue of the *Star News*, if you have the burning desire to keep up on the latest news from the Santa Clarita Valley Station, if you cannot get enough #SCV, then why not follow us on social media? Our Sheriff's Station is on Facebook, Twitter (@SCVSheriff) and Instagram. Why not give us a follow? Until next month, stay safe, fight crime and vanquish evil with good tactics and hard work. ☆

to cook some frozen tacos while gathering other items and putting them in his backpack to steal. Wires to the surveillance cameras were also cut.

Great tactics and communication were utilized by all the deputies involved, which led to the capture of a burglary suspect without the use of force, and the restaurant got many of its stolen items returned.

L.A. County Retired Marshals Lunches for 2014

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

June 4

Yang Chow Chinese Restaurant
3777 E. Colorado Blvd.
Pasadena

July 2

Beachwood Brewery BBQ Restaurant
210 E. Third St.
Long Beach

Aug. 6

Elephant Bar Restaurant
12002 Lakewood Blvd.
Downey

Sept. 3

Matt Denny's
145 E. Huntington Drive
Arcadia

Oct. 1

Marino's Italian Restaurant
17126 Bellflower Blvd.
Bellflower

Nov. 5

Northwoods Inn
14305 Firestone Blvd.
La Mirada

Dec. 3

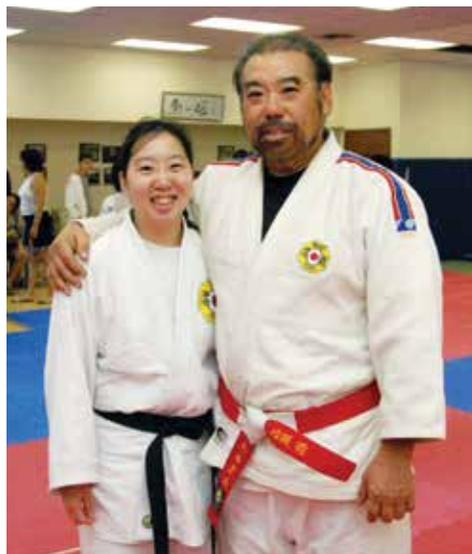
Villa Tepeyac Mexican Restaurant
2200 E. Garvey Blvd.
West Covina



By Kathleen Van Antwerp
 Sheriff's Youth Foundation

INDUSTRY YOUTH ACTIVITIES LEAGUE: CHANGING LIVES THROUGH THE ART OF JUDO

In 2006, sixth-degree black belt and sensei ("teacher") Butch Ishisaka helped create the Industry YAL judo program with the assistance of his students David Matutte and Deputy Jeffrey Domingo. In eight short years, with Ishisaka as its head instructor, the Industry YAL has become one of the top five judo training centers in the country, based on their tournament results, and has more than 60 students.



Sensei Ishisaka with April Dai, the first female student in the judo program to receive her black belt (in 2012). April was an L.A. Sheriff's Explorer and received her B.S. degree in chemistry in 2010 from CSULA. She currently volunteers as a judo instructor and tutor at the YAL.

Ishisaka has donated much of his personal time to running the judo program, volunteering three to four days per week and more than 1,000 hours per year, including all-day weekend tournaments. It is almost a full-time job. In the beginning, it was also an expensive job, as he often paid for students' meals out of his own pocket before gaining "team mom" Gladys Matutte and financial support.

Ishisaka describes judo as a "way of life." His grandfather, father, uncle and three children all earned black belts. For children in the community who lack good role models or whose parents have very limited time to spare, the judo program changes lives. One of the lasting lessons that

Ishisaka instills in his students is that "the judo way is perseverance and to never give up, because one day you will succeed."

As a result of Ishisaka's teaching, his students' self-esteem, discipline and school performance have been dramatically enhanced, and all of the original program's students are attending or have completed college.

The program is now able to send students to camps and competitions. Tournaments are important teaching tools because students must learn how to lose and how to win. Some individuals who lost in the beginning got angry and wanted to walk away but he taught that losing is training them to become better citizens. Losers who walk away in life can be seen in our jails. Life is difficult, judo is difficult; so they have to train and focus, win or lose.

Ishisaka is quick to point out that the program's success is a massive team effort. "Students, parents, assistant instructors, team mom, the Department and YAL make a family!" he says.

Although he has been offered stipends to teach at other clubs, Ishisaka is focused on the present and the future of the Industry YAL's program. His goal is to encourage older program youth to obtain their black belts so they can continue to teach in his style there, but due to work and



Gary Goltz, president of the U.S. Judo Association; Sensei Nakano, Riverside Youth Judo Club PAL; Riley Isozaki, Industry YAL's first student to attain a black belt; Sergeant Brian Money, head instructor, Riverside Youth Judo Club PAL; Sensei Butch Ishisaka; and Deputy Jeff Domingo

college obligations, those former students' time is currently limited. "So, I keep volunteering and trying to make the lives of these wonderful youths better for the future." ☆



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Sheriff's Department



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Contact (661) 618-8636
 Deputy Kristina Seitz - kkseitz@lasd.org
 Sgt. Brian Hawksley - bdhawksl@lasd.org
 Lt. Larry Gregg - lrgregg@lasd.org

STARS Explorer Academy

Staff Pays Tribute to the 45th Anniversary of the Deputy Explorer Program

By Kenn Roller

In 1969, Richard Nixon was president, Charles Manson and his followers were arrested for the Tate and LaBianca murders, the first U.S. troops began coming home from the war in Vietnam, Sheriff John Scott joined the LASD, Neil Armstrong made the first step on the moon and the first 16 Explorers from the LASD graduated from Explorer Academy Class #1 in East Los Angeles.

Last year, the staff at the STARS Explorer Academy conducted a fundraiser to purchase retro uniforms, similar to those worn by Explorers back in 1969, as a tribute to the program and, specifically, the Explorer Academy staff who served before them.

Using only the money raised, the staff purchased custom-made Class "A" skirts and dress shoes for the young women and eight-point dress hats for the young men. All staff members received the old-style LASD black name tags with the silver frames, and the young men received original Explorer cap pieces from that era that were donated. Two of the Explorers acquired donated Eisenhower (Ike) jackets, on which they had Explorer patches sewn, to complete the look.

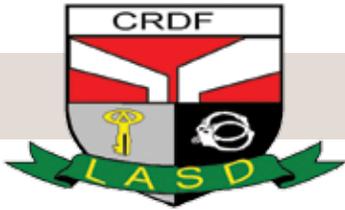


The Explorer staff has had a great time wearing the old-style uniforms of their predecessors as the "uniform of the day" for the current Explorer Academy class (Class #92). They will continue to don these uniforms until graduation on June 21 at Whittier High School. As an added bonus, one of the original 16 Explorers was contacted and has agreed to be the keynote speaker at the graduation ceremony.

To commemorate the occasion, Reserve Forces Bureau is offering a limited-edition 45th anniversary challenge coin. The coins are \$10 each, and the proceeds will go directly to the Deputy Explorer Program to fund equip-

ment, uniforms, trips, competitions and related items for the youth in the program. Those interested in purchasing challenge coins should contact Sergeant Kenn Roller at RFB. This is a must-have item for the many Deputy Explorer Program alumni on the Department who began their career as Explorers. ☆





By Andrea Arroyo and Jenna Underwood Nunez
Century Regional Detention Facility

Greetings from CRDF! As the first day of Summer approaches, many of us will attend graduations, weddings, family vacations or other celebrations. We would like to wish everyone a wonderful upcoming Summer!



DEPUTY LEADERSHIP INSTITUTE GRADUATION

Speaking of graduations, we would like to congratulate our peers who have graduated from the six-month leadership development program at the Deputy Leadership Institute (DLI) on April 11. Congratulations, Deputy Denise Martinez and Custody Assistant Deanna Valenzuela, for pursuing this great accomplishment. You both have been a great example of how we should continue our education and strive to make ourselves the best we can be.



When asked about her experience with the program, Deputy Martinez said, “To me, being a good leader is leading by example, being a positive person and listening to others. I hope to use what I have learned during this DLI Continuum to help me be a better more effective leader, now and as I go forward in my career.”

EMPLOYEE OF THE MONTH

CRDF is proud to announce the first Employee of the Month, LET Teodoro Rodriguez. The entire facility nominated Mr. Rodriguez by having a vote for the Employee of the Month for April. His great attitude and work ethic do not go unnoticed. Congratulations! Mr. Rodriguez



would like to thank all the people who helped him achieve the Employee of the Month award here at CRDF.

JMET AT CRDF

Congratulations to Deputy Alicia Williams and Deputy Denise Martinez, who were chosen to be a part of the Jail Mental Evaluation Team (JMET) at CRDF. With the growing population of inmates in mental observation units, the JMET is much needed at CRDF.

JMET addresses the needs of mentally ill inmates within the custody of the Los Angeles County Sheriff’s Department. The primary responsibility of the JMET teams is to

identify mentally ill inmates who may be in need of attention to address their special needs.

INMATE FAMILY COMMUNITY PROGRAM

CRDF will be hosting its second Inmate Family Community Program meeting at Kenneth Hahn Auditorium on May 29 starting at 6 p.m. The first meeting was held in September 2013 and was a huge success. The IFCP allows the public to attend and meet with CRDF’s Captain Nuñez and facility representatives from various units within the facility in an open forum in which attendees can express

concerns, make queries and learn more about our facility and its programs.

MUD RUN FUN

Deputies Maribel Romero, Iris Bernal and Liliana Rodriguez participated at the Glen Helen Mud Factor Run on April 26. They had a great time completing this challenging 5K obstacle course. Great job!



NEW ADDITION

Congratulations to Deputy Tina Flores on the birth of her first-born baby boy on April 22. Both mother and baby are doing very well.

As always, CRDF believes in “Excellence Through People” like all of you, so keep up the wonderful work and be safe! ☆



By Andrew Basey and Mark Contreras
Pitchess Detention Center, South Facility

BAKER TO VEGAS

Congratulations are in order for the North-South Baker to Vegas team! The combined effort from everyone at South Facility, North Facility and Fire Camp resulted in an impressive performance, finishing fourth place in the Invitational Division and 21st place overall, with a finishing time of 15:10:57. It was an extraordinary accomplishment for this team to move up 13 places from last year's ranking of 34th place. Great job!

Of course, the accomplishments of this year's Baker to Vegas team would not have been possible without all the hard work and training everyone put in prior to race day. I am sure everyone remembers all the tough training runs up "Coco Hill." I am not sure why it is called "Coco Hill," but maybe Greg Chico could provide some insight, since the word on the yard says it was named after him. Anyway, it was certainly a team effort by everyone involved, which included the runners, alternates and support personnel. The South team was led by Greg Chico and Manny Pastrana, who were both tied for the top times in this year's time trial. Greg and Manny were also the inspirational forces behind the enthusiasm of this year's team. This combined team showed great camaraderie between facilities, and a huge thank-you is owed to everyone involved, especially Ben Casebolt for his motivational efforts at North Facility. Ben was inspirational not only to the North runners, but to the South runners as well. Let's not forget the contributions made this year from Fire Camp, with the addition of Toni Parra (aka "Flakes") and Jamaal

French to this year's team. Both of them were great additions to the team who helped push this team to a higher level. Deputy Parra even declared the cereal "Frosted Flakes" as the team's breakfast of champions. Somehow I think her choice of cereal may have something to do with her name.

This was definitely a memorable year for Baker to Vegas, with many highlights. The dramatic sprint to the finish line by Gary Brooks was certainly exciting to see, especially since Gary edged out the other runner at the finish line. If you did not make it to the finish line to watch our team finish, you definitely missed a special moment as Gary crossed the finish line in dramatic fashion. What a fantastic finish!



Once again, congratulations to all the runners, alternates and support personnel for an outstanding performance. Your combined effort made this one of the most exciting and memorable B2V years in recent history. *Congratulations, Team 21!*

INS AND OUTS

We would like to say goodbye and good luck to some of our more veteran deputies who recently departed to patrol: Oscar Rodriguez (Century), Richard Bray (Industry), Luis Cano-Robles (South Los Angeles), Jose Morales (Compton) and James Hubbard (Compton). Good luck to the guys who made the jump to Courts: Nicholas Lopez-Gil, Josue Hidalgo and Juan Perez-Zavala. Officer Todd Ingersoll decided to head back up North to the desert to become a jailer at Lancaster Station, good luck!

South Facility would like to welcome 19 deputy sheriffs fresh out of the Academy.

Congratulations to Officer Jessica Portillo on the birth of her second child, Elijah Portillo, born on April 25, 2014, and weighing in at 7.6 pounds and 20 inches. Both mother and baby are doing wonderfully. And good luck to Officer Pinedo, who gets to fill Officer Portillo's shoes in scheduling while she is out.

And finally, a big congratulations to Sergeant Robert Klein, who recently retired. South Facility would not be what it is today without your passion and influence. Enjoy retirement!

SERGEANT WILLIAMS

We would like to ask everyone to please keep Sergeant Glen Williams in your thoughts and prayers as he is still in the hospital and is continuing to fight every day. ☆



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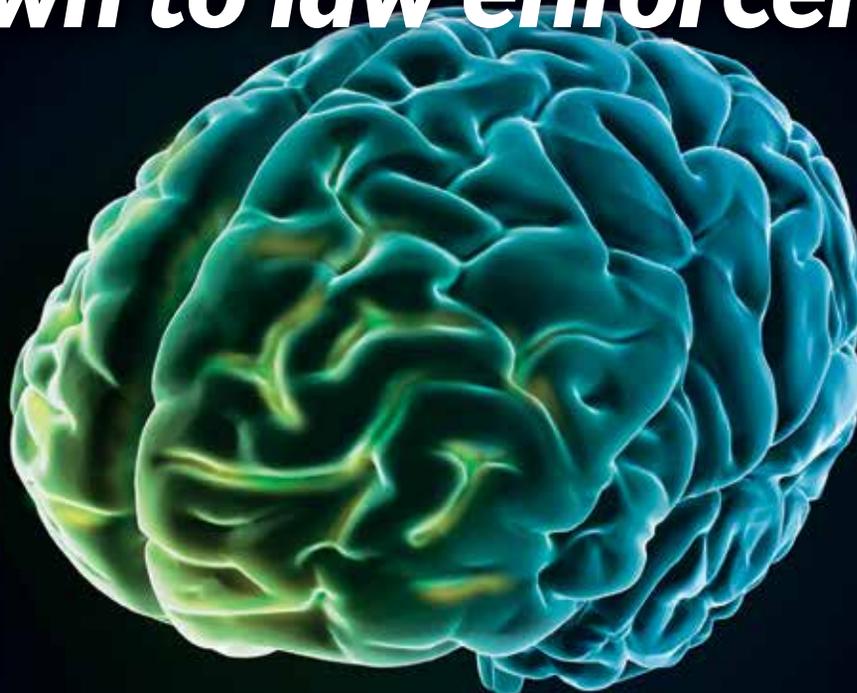
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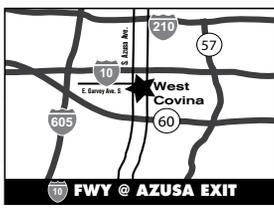


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